

## ORGANIC ANCIENT GRAINS

DO-IT is a leading company in import and export of 100% Organic Food Ingredients and Consumer Goods

DO-IT is a specialist in ancient grains  
Ancient grains are Future Grains

- Unique properties
- Organic & Balanced
- Pure & unprocessed
- For a healthy lifestyle
- Available in  
5kg – 25kg – big bags 1000kg

Through the centuries grains have been a staple food for most cultures.

Some ancient grains are still grown in their primitive state with their original properties.

All whole ancient grains are rich in B vitamins, minerals and essential amino acids.



**DO-IT**

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**Freekeh** *Triticum durum*

Freekeh whole | Freekeh cracked

For more than 2000 years a food in the Middle-East, Freekeh was accidentally discovered. Now the unripe durum wheat is harvested, burnt (roasted) and cracked. Rich in protein and fibre and with a nutty taste

**Teff** *Eragrostis tef*

Teff white | Teff brown | Teff flour

The seed of an annual grass domesticated in Ethiopia more than 6000 years ago. The grains are 150 times smaller than wheat. Rich in minerals, fibres and essential amino acids. Teff is gluten free and easy digestible

**Amaranth** *Amaranthus spp*

Originated in Africa and Mexico, can produce up to 500.000 seeds. Amaranth is gluten-free, has a balanced protein and is rich in nutrients, calcium(4x as much as wheat), iron (2x as much as wheat), magnesium, potassium.

**Kamut® Khorasan** *Triticum turgidum ssp.turanicum*

Kamut® Khorasan Grain | Kamut® Khorasan Flour

This cereal originated thousands of years ago in Mesopotamia. Reintroduced in the U.S. and renamed as kamut® Khorasan. It has a high nutritional value, more protein and more minerals (zinc – selenium).

**Millet** *Panicum miliaceum*

Millet Grain | Sweet Millet Grain | Millet Flakes | Millet Puffs

Has been cultivated in Asia and North Africa since prehistory. Millet is gluten-free, has B vitamins and minerals and is high in copper and silicium. One of the few cereals that is alkaline and therefore easily digestible.

**Spelt** *Triticum spelta*

Spelt Grain | Spelt Flour | Spelt Flakes | Spelt Couscous

This 9000-year old grain originated in the Fertile Crescent and was a popular grain in Europe. Spelt's mild flavour and superiority comes from the protective outer hull. High in fiber, B vitamins and high digestible protein.

**Quinoa** *Chenopodium quinoa*

Quinoa | Quinoa Red | Quinoa Mix | Quinoa Flour | Quinoa Flakes

In Bolivia quinoa has been used for 6000 years as a crop suitable for the highlands. The Real variety with bigger seeds is used for food and has a high nutritional content, with minerals such as potassium and magnesium. Gluten-free and easily digestible.

Properties of whole flour:	Freekeh	Teff	Amaranth	Kamut® Khorasan	Millet	Spelt	Quinoa
Flavour enhancer							
Adds texture							
Adds viscosity							
Extended shelflife							
Retains moisture							
Adds fibers							
Organic and GMO-free							

- You can offer your clients the stories behind your products.
- Honest, pure, original food with high nutritional value.
- Ancient grains combined in whole grain products for endless applications.