



Premium Garden

Spices and seasoning



Spices are big part of every nations cuisine. We put them in every dish we cook, or bake. From the salad- to the dessert.

Spices have grant impact on human health. They can cure, or prevent form different illnesses.

Eu Foods Ltd. Works with the biggest spice and seasoning factory in Bulgaria, and we both can provide your market with the best quality spices. We have them in packages and in plastic jars.





Black pepper



Black pepper helps in weight loss, and prevent many diseases. It also reduces the risk of cancer, and heart and liver ailments.



All-spice



All-spice contain more than dozen antioxidants. Has anticancer effects, decreases proliferation of cancer cells.



Cumin



Seeds have antiglycemic effect. Stimulate bile acid production. Helps in metabolic abnormalities in diabetes.



Paprika



Paprika is loaded with antioxidants, that play important role in keeping your cells healthy. It`s a great source of Vitamin A.

Chili



Chili is rich in antioxidants and vitamins: C, B6, A and K1. The potassium reduce the risk of heart disease. Lutein improve eye health.

Curry



Curry is known for it`s anti-bacterial properties and helping to fight infection . It also boost immune system.



Turmeric



Turmeric has neuroprotective and anti-aging effects on the brain. It increases the antioxidant capacity of the body.

Cardamom



Cardamom is helpful for people with high blood pressure. It protects from chronic diseases.

Coriander



It lowers bad cholesterol and increases the levels of good cholesterol. Very good for digestive system, stimulate the insulin.



Poppy seeds

Caraway

Sesame

White pepper

Dill seeds




Dried garlic

The image shows a pile of finely ground, light-colored dried garlic. A single, unpeeled garlic clove with a purple-tinged skin is placed on top of the pile. Above the pile is a green leaf-shaped graphic with the text 'Dried garlic' written in white.

Dried onion

The image shows a pile of finely ground, light-colored dried onion. Two whole red onions are placed next to the pile. Above the pile is a green leaf-shaped graphic with the text 'Dried onion' written in white.

Universal seasoning

The image shows a pile of a colorful, mixed universal seasoning blend. Above the pile is a green leaf-shaped graphic with the text 'Universal seasoning' written in white.

Hippocrates used to treat a variety of medical conditions. Rich in vitamin C and B6. It combat sickness, including cold and flu. Reduces blood pressure, lower the risk of heart disease and help you live longer.

The image on the left side of the text block shows five silver spoons arranged vertically, each containing a different type of spice. From top to bottom: the first spoon has brown cumin seeds, the second has bright orange turmeric powder, the third has dark brown peppercorns, the fourth has red paprika powder, and the fifth has light brown ground mustard. Spices are also scattered around the spoons.

It's shown that onions have stronger antibiotics than penicillin. For this, it heals many illnesses and kills many dangerous germs.



Bread crumbs

For chicken



For cheese



For fish



Dried green herbs





Lovage

Because of the quercetin Lovage inhibits allergies. It's good for skin and has antibacterial properties.



Oregano

Oregano promotes bone health. Boosts immune system and treats colds. It's very good for upset stomachs.



Basil

Basil fights aging and treats arthritis. It helps with inflammatory bowel disease.



Thyme

Rich source of B-complex vitamins, beta carotene, vitamins A, K, E and C.





Rosemary

Rosemary helps in fighting seasonal allergies, liver diseases, gastritis. Reduce inflammation. It protects against retina damage and improved eye health.



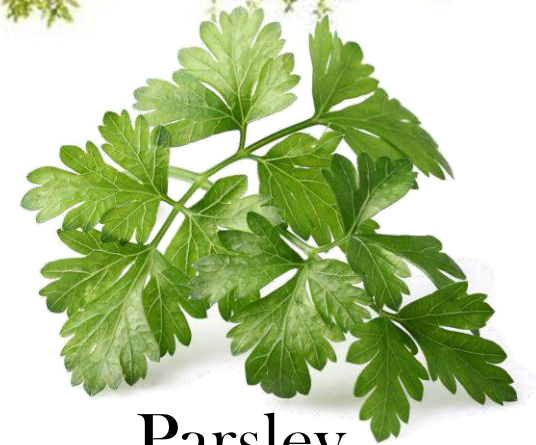
Savory

It's believed that savory has antiseptic properties and digestive benefits.



Spearmint

Spearmint gives you glowing and acne free skin. Helps fight oral infections and most importantly- boost immunity.



Parsley

Parsley inhibits tumor formation and prevent artery buildup.





Spices for sweets





Ginger



Ginger can stop nausea and may also relieve heartburn and bloating. It also helps with morning sickness.



Cinnamon



Just $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon daily lower blood sugar, bad cholesterol and triglycerides in people with type 2 diabetes. Promotes weight loss and life longevity.



Clove



Cloves relieves pain and nausea. Helps with cough and cold symptoms. Fight tooth pain and bleeding gums.





Coconut



Rich in minerals, amino acids, calcium and potassium, coconut has many benefits over human body.

Nutmeg



Contains antibacterial compounds that may help fight listeria, E.coli and salmonella.

Baking soda



Who said it`s only for cakes?
Baking soda supports healthy detoxification and regulates pH levels.





Check our other products

**GOURMET
À LA MAISON**



roasted nuts & seeds





Thank you!

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