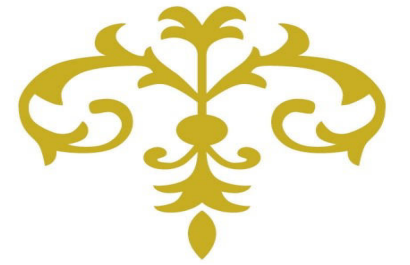


**MARINAL**  
EMIRADOS

  
**Sunlight Nutritionals**  
EUROPEAN GOURMET FARMING



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P R E S E N T S

# CANARY PALM SAP

— SWEET OASIS OF ORGANIC SUPER NUTRIENTS —

## GUARAPO: ECOLOGY AND TRADITION

The palm honey is obtained by cooking the “Guarapo” (a mixture of raw and processed sap flowing from the palm of the Canary Palm), very sweet and with a distinctive taste, the Guarapo is a refreshing drink, energetic with a high concentration of minerals, and very delicious.

Depending on the quality of the Guarapo and the area, in order to obtain one litre of palm honey, roughly eight litres of Guarapo are needed.

The palm honey is made exclusively from the sap of the Canary Palms (*Phoenix Canariensis*) of the Gomera Island in the Canary Islands, from a tradition of at least 500 years.





The process begins with choosing a palm tree, taking into account its height and location, indicating the quality and quantity of Guarapo. The quantity and quality of Guarapo that a palm tree may give depends on various factors: vigour, geographical situation, height and altitude, and humidity. Tall palm trees, although older, provide better Guarapo than young ones.

The extraction of Guarapo takes place in Gomera island, normally from February to July, therefore it is a seasonal product with a limited production.

Our palm honey is a natural product with a European Organic Certification certified by Artisan and Organic Product Regulatory Council.





In the Canary Islands, the technique has been specialized since the prehispanic period, to avoid exposing the plant to the danger of dying. This agricultural-craft activity is performed in a sustainable way in the Canary Islands.

Once the healing process has finalized, the wound is covered with a mat made from the palm leaves in order to protect the palm from solar irradiation. A brass sheet may also be placed on the trunk at the height of 1'5 m in order to stop rodents climbing the palm tree and destroying the plant.

A few days after finishing extracting the Guarapo, the plant begins to grow new shoots. La Gomera is the only island where the tradition of the obtention process of Guarapo has survived.



# PROPERTIES

Comparative study of the concentration of inorganic ions in "Palm Honey and Bee Honey"		
IONS	PALM HONEY	BEE HONEY
CALCIUM	0,0043	0,006
COPPER	0,00015	0,00007
IRON	0,0010	0,0009
PHOSPHORUS	0,025	0,016
MAGNESIUM	0,019	0,006
POTASSIUM	1,038	0,010
SODIUM	0,056	0,003
ZINC	0,00034	

Data: Given in grams for each 100g of product

Fuente: Análisis bromatológico de iones inorgánicos en Miel de Palma.

Alberto Castilla Armas – Pedro Abreu Gonzalez

The qualities of palm honey are remarkable. The chart show a comparison with bee honey. Palm honey contains higher levels of copper, iron, phosphorus, magnesium, potassium, sodium and zinc. Having a refreshing effect, it is also a restorative and cleanser of the body, with good qualities for intestinal discomfort. Regulator of urine and prevents urine infections.



## PRODUCT FORMAT



750 Grams



410 Grams



195 Grams



130 Grams

All the containers are made of glass.



# CHEF'S DELIGHT

Palm honey has attracted numerous Chefs for their new exquisite creations. Four Gastronomic Working Days about Guarapo has taken place in the Canary Islands as well as different Cooking Workshops and the publication of a Book of Recipes from the Chef Dani Albors.

segunda jornada  
GASTRONÓMICA  
del **guarapo**  
sábado 14 de noviembre

semana del 18 al 24  
noviembre  
2009

restaurante  
**NELSON**  
Playa de Arinaga  
928 18 08 60



**MARIDAJE**

Crema de puerros con caviar de guarapo y huevo de codorniz escalfado

Bolita crujiente rellena de crema de queso de Uga y marisco con reducción de limo y guarapo.

Ajón rigo poco hecho con guarapo y wasabi sobre filetes de atún.

Muslo de conejo relleno de aceite y jamón ibérico en su jugo con guarapo y piñones.

Helado de guarapo con cuscús de chocolate.

Café Emicela Alta Selección

ELABORADO POR: JORAY MACÍAS



www.produtocraivista.com

**guarapo**

savia de palma canaria

**RECETAS CON GUARAPOR DANI ALBORS**

**Jornada GASTRONÓMICA del Guarapo**  
miel de palma



semana del 20 al 26 de abril 2009

Restaurante **NELSON** - Playa de Arinaga  
reservas: 928 18 08 60

**Maridaje**

Composición de hojas tiernas, quesos canarios y nueces  
(Con salsa agria de guarapo)  
El Gato Verde

Salteado de hongos, verduras y mariscos  
(Con miel y guarapo-4)  
El Gato Verde

Suprema de cherna al vapor sobre gelatina de guarapo® y anís estrellado  
El Gato Verde

Milhojas de solomillo de cerdo y pila tropical  
(4 salsas de canario y guarapo-4)  
El Gato Verde

Bizcocho de miel de palma(\*), cremoso de chocolate y helado de requesón  
El Gato Verde

Café Alta Selección Emicela  
(Reserva 100 % de origen natural)

Elaborado por Joray Macías.

(\*) Savia de la palmera canaria "Phoenix canariensis" cruda



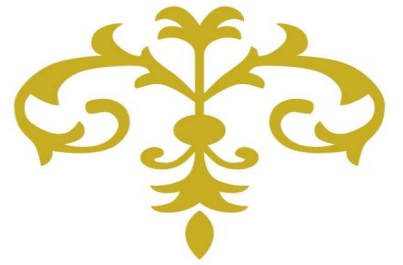


Reserve your Oasis of sweet and healthy super Nutrients...

500 years of tradition will be in your hands...

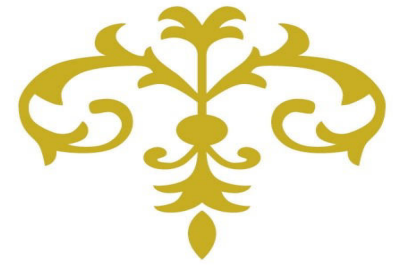






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