



*PREMIUM CEYLON SPICES*

# Lanka Guardian Commodities Exports

since 1990



# Welcome to Lanka Guardian Commodities

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Lanka Guardian Commodities, a family owned business specializing in providing and exporting premium quality Sri Lankan teas and spices. Based in Sri Lanka yet dealing our products on a global scale, we're an aspiring company committed to quality.

Lanka Guardian Commodities was established in 1990 by a single founder, A.C.M. Mukhtar, who stands as the current chairman of the company. Mukhtar's plan was to supply spices in wholesale to local exporters. Soon after, his three sons also joined the company as directors. Lanka Guardian Commodities was a small business in the beginning, and only started exporting in 2010. Initially, there were very few exports conducted. However, with time, the export processes grew, as the four directors of the company put in all their best efforts and hard work.

Today, we stand with more than 25 years of experience in the field of tea and spices. We have been known as the largest exporter of sesame seeds in 2014 and 2016, heavily exporting Sri Lankan products to many countries, especially Japan, Middle East, and India. Despite our growth, our work approach remains intact from the start: to commit ourselves to what we do and never waver from our ethical values.





# OUR PROMISES

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Lanka Guardian Commodities makes a promise to all its clients and that is of quality and value. Sourcing the richest products, we only supply the highest grade of Sri Lankan spices. This way, all our clients are promised good value for money and we can form the best of relations with all our buyers, national and international.

We look forward to establishing further worldwide relations. For more information, contact us today.





# OUR PRODUCTS

## NATURAL SESAME SEEDS

Natural sesame seeds are considered to be the oldest oil seed crop known, domesticated well over 5000 years ago. Sesame is very drought tolerant, and is been called a survivor crop with an ability to grow where most other crops fail. Sesame has one of the highest oil content of any seed. With a rich nutty flavor, it is a common ingredient in rich cuisines across the world for thousands of years.

Sesame requires well-drained sandy soil and tropical environment to flourish. It grows about 5 feet in height and bears plenty of pink-white foxglove type flowers. The pods appear soon, containing white, brown, or black seeds depending upon the cultivar type, arranged in rows inside.



The Sri Lankan sesame season starts in June and will continue till December depending on the crop size. The current domestic production of sesame is estimated to be around 10000mt and is on the rise as new land areas are cultivated every year.

We do not use any kind of pesticides to our products which have led us to acquire a premium price in the Japanese market. We were the leading exporter of sesame seed for the year 2014 and 2016.

### Grade & Specification

Grade	Natural mixed sesame seed
Purity	99% min
Oil Content	48% min
Moisture	07% min
FFA	02% min



# OUR PRODUCTS

## Black pepepr

Black pepper is the fruit of the black pepper plant from the Piperaceae family and is used as both a spice and a medicine. The chemical piperine, which is present in black pepper, causes the spiciness. It is native to Kerala, the southern state of India. Since ancient times, black pepper is one of the most widely traded spices in the world. is ubiquitous in the modern world, often paired with salt. It is not considered a seasonal plant and is therefore available throughout the year. Once the pepper corns are dried, pepper spirit and oil can be extracted by crushing the berries. Pepper spirit is used in many medical, herbal and beauty products.



Pepper is harvested in different parts of Sri Lanka during different times. It is bred mainly in Uva, Sabagamuwa, Southern and central provinces. The total quantity is estimated around 15000mt during a good season. The black pepper is graded as light berries which are often called LB and regular heavy berries which we call black pepper.

### GRADE AND SPECIFICATIONS

GRADE	500/525/550 G/L
MOISTURE	13% MAX
DUST	01% MAX



# OUR PRODUCTS

## Nutmeg And Mace



The hard brown seed from the nutmeg tree (a tropical evergreen) has a warm, spicy sweet flavor. The nut is dried for up to 2 months until the inner nut rattles inside the shell. It is then shelled to reveal valuable egg-shaped nutmeat which is the edible nutmeg. Second-rate nuts are pressed for the oil, which is used in perfumes and in the food industry.

Mace is the dried lacy membrane from around the nutmeg seed. The nutmeg tree is indigenous to the Banda Islands of Indonesia but is also grown in the Caribbean, and south and south east part of Asia. The first harvest of nutmeg trees takes place 7-9 years after planting, and the trees reach their full potential after 20 years.

At one time, nutmeg was one of the most valuable spices. It has been said that in England, several hundred years ago, a few nutmeg nuts could be sold for enough money to enable financial independence for life.

The Sri Lankan nutmeg harvest begins in April and will continue through the entire year depending on the crop size.





## Betel nut/areca nut

Betel nut tree is a feathery palm that grows to approximately 1.5 m in height and is widely cultivated in tropical India, Bangladesh, Japan, Sri Lanka, south China, the East Indies, the Philippines, and parts of Africa. The tropical palm trees bear fruit all year. The nut may be used fresh, dried, or cured by boiling, baking, or roasting. The quid is a mixture of areca nut, tobacco, and lime wrapped in the leaf of the betel vine.



The areca nut is not a true nut, but rather a drupe. It is commercially available in dried, cured and fresh forms. While fresh, the husk is green and the nut inside is soft enough to be cut with a typical knife. In the ripe fruit, the husk becomes yellow or orange and, as it dries, the fruit inside hardens to a wood-like consistency. At the stage, the areca nut can only be sliced using a special scissors-like cutter.

### Grade & Specification

Grade	Whole
Style	Dried
Moisture	05% max
Good cut ratio	70%-75%, 80%-85%





## CLOVES



Cloves are the aromatic dried flower buds of a tree in the family myrtaceae syzygium aromaticum. They are native to the Maluku islands in Indonesia but it is an important spice product used in cuisines all over the world. Cloves are a very common type of spices that are extensively used for cooking and other purposes. It is also prominently used in Cigarettes to add flavour. It is used to make oil, as an antiseptic and even for other medicinal purposes. Its flavour is due to the presence of a compound called Eugenol (composition varies from 70 – 90%) which has a very strong aroma. Apart from the seasoning benefits, Cloves are also well known for their health benefits and have been traditionally used as a component in preparing remedies for many diseases.

Cloves provide relief from toothache (1) and this is one of the main reasons why you will see them listed as an Ingredient in 99% of toothpastes.

and exposure to light. It has a numbing effect in mouth tissues. Cloves are also used in Indian ayurvedic medicine, Chinese ayurvedic medicine and western herbalism and dentistry where the essential oil is used as an anodyne (pain killer) for dental emergencies.

Cloves are considered a minor export agriculture product in Sri Lanka. It is cultivated primarily in the central and Sabaragamuwa provinces of the country. The Sri Lankan cloves season begins in November and lasts for an year relying on the quantity. The average annual total output on a good season is estimated to be around 4000-5000mt.

We are able to offer both sundry and oven dry quality cloves in quantities during the season.

We can offer the following qualities ,

- Cloves hand pick (sun dry/oven dry)
- Cloves lalpari (sundry/oven dry)
- Cloves faq





## Tamarind

Deliciously tangy and one of the most highly prized natural spice-condiments found in every South-Asian kitchen!

tamarind – the melodic name of which comes from the Persian "tamar-I-hind," meaning "date of India" – is gaining recognition and appreciation throughout the world. Said to be native to Africa, this exotic fruit grows on exceptionally tall trees of the fabaceae family, such as peas, beans, and other legumes, mostly in the warmer, dryer areas of Asia, Mexico, and India.

Tamarind trees produce an abundance of long, curved, brown pods filled with small brown seeds, surrounded by a sticky pulp that dehydrates naturally to a sticky paste. The pods look a bit like huge, brown, overly mature green beans.



After harvest, tamarinds are sometimes shelled in preparation for export. From there, they're often pressed into balls and layered with sugary water or syrup; sometimes they're salted.

Processed tamarind products can be found in supermarkets, but remember that additives can alter the nutritional profile.

It's better to purchase tamarind when it's fresh and still in the pod. Refrigeration is the best way to preserve the freshness for up to several months.



## Cinnamon



First, all types of cinnamon belong to the same family of plants, called the Lauraceae family. In fact, there are more cinnamon species in this plant family (an estimated 2,000-2,500 total) than any other plant species. Other members of the Lauraceae family commonly enjoyed as foods include avocado and bay leaves.

Cinnamon produces in srilanka is famously known as the “ceylon cinnamon”. The science names for Ceylon Cinnamon are *Cinnamomum zeylanicum* and *Cinnamomum verum*. The word "verum" in this species name comes from the Latin word verus for "true," and is connected with the reason that you also hear this species of cinnamon being referred to as "true cinnamon". There are two major types of cinnamon in the world

- Ceylon cinnamon
- Cassia cinnamon

So for persons who are avid cinnamon lovers and regularly consume the equivalent of a teaspoon of ground cinnamon multiple times per week, we think it makes sense to choose Ceylon cinnamon in order to avoid risk of unwanted coumarin intake. Some persons who experience adverse reactions to cassia-type cinnamon may also be able to enjoy Ceylon cinnamon without experiencing those unwanted reactions





# OUR PRODUCTS

## Tea



Black tea is a type of tea which is made from the *Camellia sinensis*, a species of plant. James Taylor was a British citizen who introduced commercial tea plantation in Sri Lanka. He arrived in 1852 and settled down in Looleconera estate in Kandy. Tea growing areas in Sri Lanka are Nuwareliya, Uda Pusallawa, Dimbulla, Uva, Kandy and Ruhuna. Tea is cultivated in Sri Lanka using the contour planting method, where tea bushes are planted in lines in the coordination with the contours of the land, usually on slopes

For commercial manufacture the 'flush' or leaf growth on the side branches and stems of the bush are used. Generally two leaves and a bud, which have the flavor and aroma, are skillfully plucked, usually by women. After plucking, the tea is very quickly taken to the muster sheds to be weighed and monitored under close supervision, and then the teas are brought to the factory for processing. Ceylon black tea is one of the country's specialties. It has a crisp aroma reminiscent of citrus, and is used both unmixed and in blends. It is grown on numerous estates which vary in altitude and taste. There are plenty of benefits in tea. Some of them are as follows.

Tea is very low in Sodium, Fat and Calories. It can reduce cardiovascular problems and Bountiful Antioxidants.







*PREMIUM CEYLON SPICES*

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