



NISHI TRADING

Goodness Grown in Tonga.....
to help Tonga prosper



Introduction

Nishi Foods is a brand of Nishi Trading Co. Ltd, a family owned Tongan enterprise which has operated for over two decades. Nishi Trading has a proud history of exporting quality products from Tonga to international markets including New Zealand, Japan, Korea, Samoa, American Samoa and China.

Our commitment to quality and food safety ensures that our local farmers get a fair price and our customers get the best produce and service from Tonga.

We have developed a line of frozen products specifically for chefs, caterers and the food service industry who seek a consistent supply of quality local produce at affordable pricing.

Our frozen root crop is convenient, versatile and most importantly easy to store in your freezers. Time and waste is minimised, allowing you and your team to spend more time in the kitchen preparing tasty dishes for your customers.

www.nishitrading.to

FRESH PRODUCE

- Watermelon
- Butternut
- Squash
- Butterkin
- Crown Pumpkin
- Onions
- Potatoes
- Taro
- Taro Leaf

HEALTHY FROZEN

- Pumpkin
- Taro
- Sweet Kumara
- Yam
- Cassava
- Breadfruit
- Taro Leaf

NUTRIENT RICH

- Moringa Powder
- Turmeric Powder

GLUTEN FREE FLOURS

- Breadfruit
- Cassava
- Pumpkin
- Taro



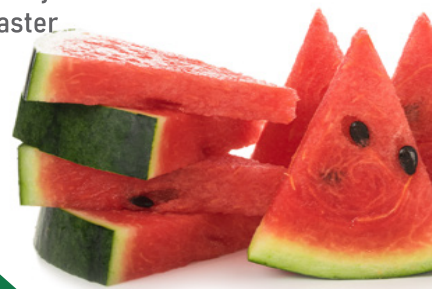
FRESH PRODUCE

Watermelon

- Sugar Belle
- Sugar Mommy
- Master Blaster

Availability:
ALL Year

ALL
YEAR



Butternut

Availability:
May - Dec

MAY-
DEC



Crown Pumpkin

- Crown Pumpkin - Grey
- Availability:
May - Dec

MAY-
DEC



Squash

- Ebisu K7
- Availability:
May - Dec

MAY-
DEC



Taro

- Swamp Taro
 - Taro Tarua
- Availability:
ALL Year

ALL
YEAR



Butterkin

Availability:
May - Dec

MAY-
DEC



Taro Leaf

Availability:
ALL Year



Onions

Availability:
Sept - Jan



Potatoes

Availability:
Sept - Jan



HEALTHY FROZEN

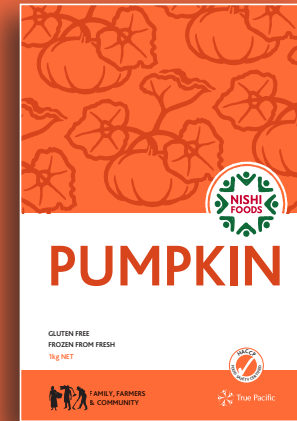
Pumpkin

This brightly coloured, "cheerful-looking" vegetable is nutrient rich, making it very valuable for your health. It is packed with vitamins and rich in minerals.

Our cubed pumpkin is a great base for soups and baking as they impart moisture and texture. Being highly nutritious, our pumpkin cubes are versatile and go well into healthy juices, smoothies and spreads.

It can also be enjoyed on its own.

1kg



READY TO COOK

PUMPKIN
Pumpkin is low in calories, yet rich in dietary fibre, antioxidants, minerals and vitamins. Pumpkin can be used in a similar way to potatoes, mashed, roasted or boiled. It is perfect for soups and pulsed for baby food or desserts.

STORAGE
Store at -18°C or less. Keep frozen until needed. Once thawed do not refreeze.

COOKING INSTRUCTIONS
Cook from frozen. Pumpkin must be cooked thoroughly before being consumed.

STONE TOP
Add pumpkin to lightly salted boiling water and cook for 30-40 minutes or until tender. Drain and serve.

OVEN
Preheat oven to 220°C. Partially boil the pumpkin for 10 minutes then place on a baking tray and bake for 30-40 minutes or until golden.

INGREDIENTS: Frozen Pumpkin

Nutrient	Per 100g	Per 1kg
Energy	27	2700
Protein	0.5	50
Carbohydrate	1.5	150
Total Dietary Fibre	0.5	50
Calcium	1	100
Iron	0.1	10
Vitamin C	1	100
Vitamin E	0.1	10
Vitamin K	0.1	10
Folate	0.1	10
Potassium	1	100
Sodium	0.1	10
Zinc	0.1	10
Copper	0.1	10
Manganese	0.1	10
Phosphorus	0.1	10

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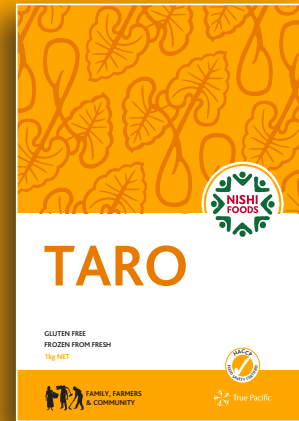
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Taro

Our Tongan Taro is a rich source of nutrients, antioxidants and a great dose of Vitamin C including magnesium, iron, fibre, potassium, manganese, zinc, copper and phosphorous. Our frozen taro fries and cubes give you the versatility and convenience to enjoy in stir-frys, soups, or your favourite casserole.

They are also tasty deep fried or shallow fried in a pan.

1kg



READY TO COOK

TARO
Taro is a fantastic source of fibre. It is used in traditional Pacific Island recipes and is a great alternative to kamara or potatoes in casseroles, curries and soups.

STORAGE
Store at -18°C or less. Keep frozen until needed. Once thawed do not refreeze.

COOKING INSTRUCTIONS
Cook from frozen. Taro must be cooked thoroughly before being consumed.

STONE TOP
Add taro to lightly salted boiling water and cook for 30-40 minutes or until tender. Drain and serve.

OVEN
Preheat oven to 220°C. Partially boil the taro for 10 minutes then place on a baking tray and bake for 30-40 minutes or until golden.

INGREDIENTS: Frozen Taro

Nutrient	Per 100g	Per 1kg
Energy	27	2700
Protein	0.5	50
Carbohydrate	1.5	150
Total Dietary Fibre	0.5	50
Calcium	1	100
Iron	0.1	10
Vitamin C	1	100
Vitamin E	0.1	10
Vitamin K	0.1	10
Folate	0.1	10
Potassium	1	100
Sodium	0.1	10
Zinc	0.1	10
Copper	0.1	10
Manganese	0.1	10
Phosphorus	0.1	10

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Taro Leaf

Taro leaves are a low calorie green leafy vegetable that's high in potassium, folate, and vitamins A and C. They're also a good source of fiber.

Taro leaves are a nutritious and versatile ingredient that can fit well into any diet.

READY TO COOK

TARO LEAF
Taro leaves are a low calorie green leafy vegetable. The leaves can be used to prepare a number of traditional dishes or can be cooked and eaten on their own.

STORAGE
Store at -18°C or less. Keep frozen until needed. Once thawed do not refreeze.

COOKING INSTRUCTIONS
Cook from frozen. Taro leaves must be cooked thoroughly before being consumed.

STONE TOP
Add taro leaves to lightly salted boiling water and cook for 30-40 minutes or until tender. Drain and serve.

OVEN
Preheat oven to 220°C. Partially boil the taro leaves for 10 minutes then place on a baking tray and bake for 30-40 minutes or until golden.

INGREDIENTS: Frozen Taro Leaf

Nutrient	Per 100g	Per 1kg
Energy	27	2700
Protein	0.5	50
Carbohydrate	1.5	150
Total Dietary Fibre	0.5	50
Calcium	1	100
Iron	0.1	10
Vitamin C	1	100
Vitamin E	0.1	10
Vitamin K	0.1	10
Folate	0.1	10
Potassium	1	100
Sodium	0.1	10
Zinc	0.1	10
Copper	0.1	10
Manganese	0.1	10
Phosphorus	0.1	10

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Sweet Kumara

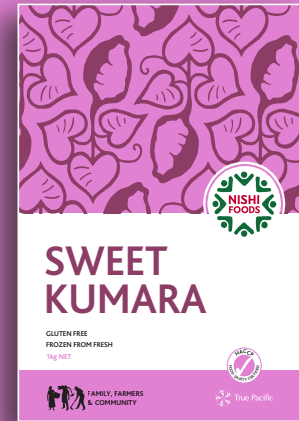
This vibrantly purple sweet potato or kumala, is rich in flavour and packed with nutritional benefits.

High in vitamin A, vitamin C and manganese this kumala are also a good source of copper, dietary fibre, vitamin B6, potassium and iron.

These are tasty as fries - and pack more flavour and nutrition than your regular hot potato fries.

Great for restaurants and burger bars!

1kg



READY TO COOK

SWEET KUMARA
Kumara is a good source of dietary fibre and potassium. It is a versatile vegetable that can be used the same way as potatoes, mashed, baked, roasted, cooked as chips or wedges and baked whole. It is perfect for soups, stir fries, salads, pies, quiches and stews.

STORAGE
Store at -18°C or less. Keep frozen until needed. Once thawed do not refreeze.

COOKING INSTRUCTIONS
Cook from frozen. Kumara must be cooked thoroughly before being consumed.

STONE TOP
Add kumara to lightly salted boiling water and cook for 30-40 minutes or until tender. Drain and serve.

OVEN
Preheat oven to 220°C. Partially boil the kumara for 10 minutes then place on a baking tray and bake for 30-40 minutes or until golden.

INGREDIENTS: Frozen Sweet Kumara

Nutrient	Per 100g	Per 1kg
Energy	27	2700
Protein	0.5	50
Carbohydrate	1.5	150
Total Dietary Fibre	0.5	50
Calcium	1	100
Iron	0.1	10
Vitamin C	1	100
Vitamin E	0.1	10
Vitamin K	0.1	10
Folate	0.1	10
Potassium	1	100
Sodium	0.1	10
Zinc	0.1	10
Copper	0.1	10
Manganese	0.1	10
Phosphorus	0.1	10

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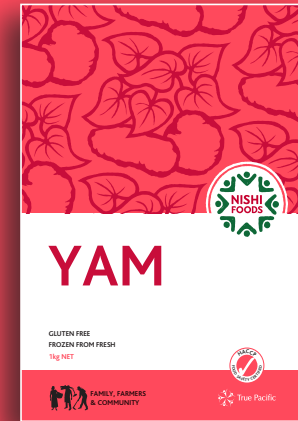
HEALTHY FROZEN

Yam

Yams are a low GI food and contains good levels of Vitamin A which is good for eyesight and general health.

Yams can be used instead of potatoes in a salad and can also be enjoyed alone with your favourite meat or fish dish.

1kg



READY TO COOK

YAM
Yam is a good source of potassium. It is a versatile vegetable that can be used the same way as potatoes, mashed, baked, roasted, cooked as chips or wedges and baked whole. It is perfect for soups, stir fries, salads, pies, quiches and stews.

STORAGE
Store at -18°C or less. Keep frozen until needed. Once thawed do not refreeze.

COOKING INSTRUCTIONS
Cook from frozen. Yam must be cooked thoroughly before being consumed.

STONE TOP
Add yam to lightly salted boiling water and cook for 30-40 minutes or until tender. Drain and serve.

OVEN
Preheat oven to 220°C. Partially boil the yam for 10 minutes then place on a baking tray and bake for 30-40 minutes or until golden.

INGREDIENTS: Frozen Yam

Nutrient	Per 100g	Per 1kg
Energy	27	2700
Protein	0.5	50
Carbohydrate	1.5	150
Total Dietary Fibre	0.5	50
Calcium	1	100
Iron	0.1	10
Vitamin C	1	100
Vitamin E	0.1	10
Vitamin K	0.1	10
Folate	0.1	10
Potassium	1	100
Sodium	0.1	10
Zinc	0.1	10
Copper	0.1	10
Manganese	0.1	10
Phosphorus	0.1	10

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Cassava

Cassava is high in carbohydrate and is delicious baked or fried.

It is a tasty accompaniment for all meals, that your family and friends will enjoy. Great for those summer BBQs.

1kg



READY TO COOK

CASSAVA
Cassava is high in carbohydrates and starch. It is an incredibly versatile product that can be baked, baked, roasted, grilled, fried, mashed or added to stews.

STORAGE
Store at -18°C or less. Keep frozen until needed. Once thawed do not refreeze.

COOKING INSTRUCTIONS
Cook from frozen. Cassava must be cooked thoroughly before being consumed.

STONE TOP
Add cassava to lightly salted boiling water and cook for 30-40 minutes or until tender. Drain and serve.

OVEN
Preheat oven to 220°C. Partially boil the cassava for 10 minutes then place on a baking tray and bake for 30-40 minutes or until golden.

INGREDIENTS: Frozen Cassava

Nutrient	Per 100g	Per 1kg
Energy	27	2700
Protein	0.5	50
Carbohydrate	1.5	150
Total Dietary Fibre	0.5	50
Calcium	1	100
Iron	0.1	10
Vitamin C	1	100
Vitamin E	0.1	10
Vitamin K	0.1	10
Folate	0.1	10
Potassium	1	100
Sodium	0.1	10
Zinc	0.1	10
Copper	0.1	10
Manganese	0.1	10
Phosphorus	0.1	10

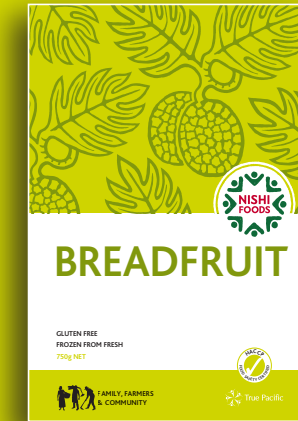
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Breadfruit

Breadfruit is a nutritious fruit that is energy-rich and high in complex carbohydrates and rich in dietary fibre, iron, calcium, potassium, magnesium, thiamin and niacin. A healthy alternative starch and these can either be fried, baked or boiled.

750g



READY TO COOK

BREADFRUIT
Breadfruit is a good source of fibre, carbohydrates and protein. It has a bread-like texture and a sweet taste. Breadfruit can be baked, roasted, fried, baked or barbecued. For a tasty snack we suggest frying thinly sliced breadfruit until golden and crispy. Sprinkle with your favourite seasoning - delicious!

STORAGE
Store at -18°C or less. Keep frozen until needed. Once thawed do not refreeze.

COOKING INSTRUCTIONS
Cook from frozen. Breadfruit must be cooked thoroughly before being consumed.

STONE TOP
Add breadfruit to lightly salted boiling water and cook for 30-40 minutes or until tender. Drain and serve.

OVEN
Preheat oven to 220°C. Partially boil the breadfruit for 10 minutes then place on a baking tray and bake for 30-40 minutes or until golden.

INGREDIENTS: Frozen Breadfruit

Nutrient	Per 100g	Per 750g
Energy	27	2025
Protein	0.5	37.5
Carbohydrate	1.5	112.5
Total Dietary Fibre	0.5	37.5
Calcium	1	75
Iron	0.1	7.5
Vitamin C	1	75
Vitamin E	0.1	7.5
Vitamin K	0.1	7.5
Folate	0.1	7.5
Potassium	1	75
Sodium	0.1	7.5
Zinc	0.1	7.5
Copper	0.1	7.5
Manganese	0.1	7.5
Phosphorus	0.1	7.5

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GLUTEN FREE FLOURS

Pumpkin

Pumpkin flour is a rich dietary source and a great source of protein. It is excellent for baked goods and can be rehydrated to make pumpkin puree, by adding a cup of water to ¼ cup pumpkin flour. Pumpkin flour is not only gluten free but grain, dairy, nut and soy free.

500g



Taro

Taro flour is the ideal plant-based protein that is rich in dietary fiber and minerals like potassium. It is gluten-free and a nutritious alternative to wheat flour. The flour contains natural binding ingredients so additional ingredients such as xanthan gum are not needed.

500g



Cassava

Cassava flour is a great source of Vitamin C and manganese. It is naturally vegan, nut-free and gluten free making it a great choice for those on selective diets or with food allergies and sensitivities. Cassava flour's white colour, neutral taste and fine texture make it an excellent baking substitute.

This flour is most similar to wheat flour out of gluten free flours.

500g



Breadfruit

Breadfruit flour is gluten-free, nutrient dense, high in protein with a low glycemic index that is a wonderful substitute for wheat flour.

Breadfruit flour is high in carbohydrates and a good source of energy, protein, dietary fiber and an excellent source of potassium & antioxidants.

500g



NUTRITIONAL POWDERS

Moringa Powder

Moringa is a rich source of vitamins and minerals. Add to your favourite smoothie or hot drink – makes a great moringa latte or nutritious smoothie.

150g



Tumeric Powder

Tumeric is an antioxidant that is power packed with vitamins and minerals. Turmeric powder complements well with any vegetable or meat preparations and mixes nicely with other spicy powders and herbs, enhancing overall flavor and fragrance of dishes. Try a turmeric latte at any time of the day with your favourite milk.

150g



Enquiries

FOR ALL TRADE ENQUIRIES AND WHERE TO PURCHASE

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