



Taste the goodness of nature



IDEAL BAE LIMITED COMPANY PROFILE

COMPANY NAME:

IDEAL BAE LIMITED

COMPANY'S CONTACTS

Company Name: Ideal Bae Limited
Location (Town): Embakasi
Constituency: Nairobi - Embakasi
Tel/Cell Phone Number: 254722985480/+254722949773
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Website: <https://idealbaeltd.com>

OUR MISSION

We are a Kenyan Fruits export and processing company based in Nairobi with a mission to create a global ecosystem consisting of vibrant thriving markets and sustainably product

LIST OF COMPANY'S PRODUCTS / SERVICES

- | | | | |
|---------------------------------|-----------------------|-------------------------|----------------------|
| 1.Red and Green Bird Eye Chilli | 5.Sugar Snaps | 9.Habanero chili | 13. Asian Vegetables |
| 2.Herbs | 6.Flowers | 10.Cashew Nuts | 14.Aubergine |
| 3.Hass Avocado/Fuerte | 7.Bullet chillies | 11.Baby corn | 15. Capscum |
| 4.Green Beans | 8. French Beans | 12.Tender Stem Broccoli | 16. Purple Passion |
| 17.Macadamia nuts | 18.Cocoa kidney beans | | |



Experience

Ideal Bae Limited prides itself in being one of the leading exporters of Avocado, Vegetables, Mangoes, Pawpaw and Pineapple to markets in Europe, Asia and the Middle East.

Having more than three years experience in the industry, our commitment to honesty, integrity and innovation as our core values has ensured quality, consistency, and growth of our customer's base. We offer advice and technical assistance to affiliated small farmers who form part of the company's supply network.





About Us

Ideal Bae Limited is an East African company that uses technology to empower farmers with agro-tech tools, eco-friendly bio-inputs and agro-processing that leads to value-addition and exports. We develop tools that allow farmers to understand their farms better in terms of plant health, soil health, and critical data points. By leveraging this knowledge, farmers can make informed decisions that optimize their operations, reduce waste, and increase profits.





COMPANY'S REGISTRATION

Our company was registered in the year 2021 under Exporters and incorporated in accordance with the company act. cap 486,law of Kenya.

Throughout these years, we have gained skills in safe horticultural production like use of chemicals friendly to the environment alt being tailored to meet our clients' needs in the targeted markets like Europe,Asia,Middle east as we venture globally and Meaningful social impacts like job creation especially to the small scale farmers.





Ideal Bae Limited is a leading producer, packer and exporter of premium Organic and conventional fresh fruits from Kenya to the international market. The main products include; fresh avocado both conventional and organic, both conventional and organic, Mango, pineapple, coconut and dried fruits.





Ideal Bae Ltd cultivated a rich legacy in farming and exporting fresh produce from Kenya globally. Committed to providing organic, healthy produce, our focus is on wholesaling to retailers aiming to make a positive impact in the food industry. With extensive export experience, we've established ourselves as a reliable source for premium agricultural products. Beyond commerce, our company places a strong emphasis on environmental sustainability and social responsibility, contributing to a healthier planet and communities.



Our Pride

We pride ourselves in offering great experience to our clients from the time an order is placed, shipment and on collection. Our Heritage is built on the ability to offer high quality international standards of Fresh produce.



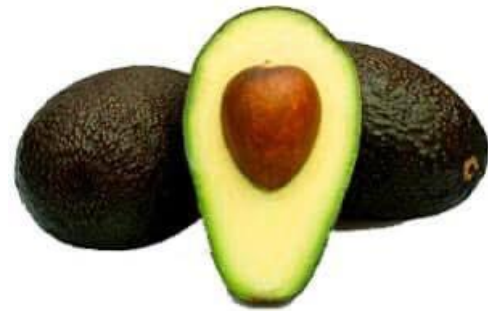
COMPANY'S BRIEF PROFILE

We are a leading and reputable grower and exporter of mature avocados from Kenya. With numerous orchards within the country, we guarantee year round uninterrupted supply of the fruit to Europe, Middle East and Asia. To date, we have exported over 5,000 metric tons of Hass and Fuerte varieties.

Summer Pick also works with local small scale farmers to grow and help export in a bid to improve their economic status. Our annual target is to grow 5000 trees to join in the fight against negative effects of climate change.



HASS AVOCADO



Hass avocados have many health benefits, including promoting heart health, digestive health, and eye health they are also a good source of nutrients for pregnant women.

it also improves cognitive function, bone health, weight loss, and May help with overall well-being.

Heart health

- Contain healthy fats, like monounsaturated and polyunsaturated fats
- Contain beta-sitosterol, a plant sterol that may help maintain healthy cholesterol levels
- May help decrease blood pressure

Digestive health

- Contain healthy fats that may help slow stomach emptying, which can help you feel full longer

Eye health

- Contain vitamin E, lutein, and zeaxanthin, which are nutrients that may support eye health

Cancer prevention

- May help prevent certain types of cancer, including prostate and breast cancer

Folate

- Contain folate, which is an important nutrient for pregnant women and their developing babies

Diabetes prevention

- Contain avocatin B, a fat molecule that may inhibit the cellular process that causes diabetes

Purple Passion



Passion fruit, also known as *Passiflora edulis*, is a tropical fruit celebrated for its unique flavor and impressive nutritional profile. Including passion fruit in your diet can offer several health benefits:

1. Rich in Nutrients

Passion fruit is a good source of essential vitamins and minerals. A single fruit contains vitamin C, vitamin A, potassium, magnesium, and iron, contributing to overall health.

2. High in Antioxidants

Packed with antioxidants such as vitamin C, beta carotene, and polyphenols, passion fruit helps neutralize harmful free radicals in the body, reducing oxidative stress and lowering the risk of chronic diseases.

3. Supports Digestive Health

The fruit is rich in dietary fiber, aiding digestion and promoting regular bowel movements. This can help prevent constipation and support overall gut health.

4. Boosts Immune Function

High levels of vitamin C in passion fruit enhance immune system function, helping the body fight off infections and illnesses.

5. Improves Heart Health

Passion fruit contains potassium, which helps regulate blood pressure, and dietary fiber, which can lower cholesterol levels, collectively supporting cardiovascular health.

6. Enhances Eye Health

The vitamin A content in passion fruit supports good vision and may reduce the risk of age-related eye conditions.

7. May Aid in Blood Sugar Regulation

Some studies suggest that compounds in passion fruit may improve insulin sensitivity, potentially aiding in blood sugar control.

8. Supports Skin Health

The antioxidants and vitamins in passion fruit contribute to skin health, helping to reduce signs of aging and promote a healthy complexion.



1. Rich Nutritional

Profile: These chillies are abundant in vitamins A and C, both essential for maintaining a robust immune system and promoting skin health.

2. Anti-Inflammatory Properties:

Capsaicin, the active compound in bird's eye chillies, possesses potent anti-inflammatory effects, aiding in the reduction of inflammation and alleviation of conditions like arthritis.

3. Pain Relief:

Capsaicin is also known for its pain-relieving properties. Topical application can help manage conditions such as muscle pain and joint discomfort

4. Metabolism Boost:

Incorporating these chillies into your diet can enhance metabolic rate, potentially assisting in weight management by increasing calorie expenditure.

5. Digestive Health:

Green bird's eye chillies can stimulate appetite and improve digestion. They help in relieving flatulence and promoting regular bowel movements.

6. Antioxidant Benefits:

Packed with antioxidants, these chillies combat oxidative stress, reducing the risk of chronic diseases and supporting overall health.

7. Cardiovascular Support:

Regular consumption may contribute to lowering blood pressure and cholesterol levels, thereby supporting heart health.

8. Antimicrobial Properties:

Bird's eye chillies exhibit antimicrobial effects, helping to prevent infections and promote overall health.

9. Respiratory Relief:

They can help alleviate sinus congestion and other respiratory issues .

Basil



Basil (*Ocimum basilicum*), often referred to as the "King of Herbs," is not only a flavorful addition to various cuisines but also offers a multitude of health benefits:

1. Antioxidant Properties:

Basil is rich in antioxidants like eugenol, lutein, zeaxanthin, beta-carotene, and beta-cryptoxanthin, which help neutralize harmful free radicals in the body, reducing oxidative stress and lowering the risk of chronic diseases.

2. Anti-Inflammatory Effects:

The compounds found in basil, such as eugenol, possess anti-inflammatory properties that can help alleviate inflammation-related conditions, including arthritis.

3. Cardiovascular Health:

Basil contributes to heart health by promoting healthy blood pressure and cholesterol levels. It contains magnesium, which aids in blood vessel relaxation, and antioxidants that protect heart tissues from oxidative damage.

4. Blood Sugar Regulation:

Some studies suggest that basil may help manage blood sugar levels by improving insulin sensitivity, potentially benefiting individuals with type 2 diabetes.

5. Stress Reduction:

Basil, especially varieties like holy basil (Tulsi), has adaptogenic properties that help the body cope with stress, reduce cortisol levels, and support mental well-being.

6. Antibacterial and Antimicrobial Properties:

Basil contains essential oils with antibacterial and antimicrobial properties, which can help combat infections and support overall immune function.



Green beans, also known as string beans or snap beans, are not only a delicious addition to various dishes but also offer a multitude of health benefits:

1. Heart Health: Green

beans are rich in fiber, vitamins, and minerals that support cardiovascular health. The fiber content helps reduce LDL cholesterol levels, promoting a healthy heart.

2. Bone Strength:

High in vitamin K, green beans play a crucial role in bone health by aiding in bone mineralization and reducing the risk of fractures.

3. Weight Management:

Low in calories and high in fiber, green beans promote satiety, assisting in weight control by reducing overall calorie intake.

4. Blood Sugar Regulation:

The fiber content in green beans helps moderate blood sugar levels, making them a suitable choice for individuals managing diabetes.

5. Immune Support: Green beans are a good source of vitamins A and C, which bolster the immune system, aiding the body in defending against common illnesses.

6. Digestive Health:

Rich in dietary fiber, green beans support healthy digestion by promoting regular bowel movements and fostering beneficial gut bacteria.

7. Antioxidant Properties:

Green beans contain antioxidants like flavonols, quercetin, and kaempferol, which combat oxidative stress and may lower the risk of chronic diseases.

8. Eye Health:

Green beans contain lutein and zeaxanthin, antioxidants that may help protect against age-related macular degeneration and support overall eye health.

Cashew Nuts



The cashew tree (*Anacardium occidentale*) is a tropical evergreen tree that produces the cashew seed and the cashew apple.

The tree can grow as high as 14 m (46 ft), but the dwarf cultivars, growing up to 6 m (20 ft), prove more profitable, with earlier maturity and greater yields.

The cashew seed is often considered a nut in the culinary sense; this cashew nut is eaten on its own, used in recipes, or processed into cashew cheese or cashew butter. Source of Dietary Fibres, Weight Loss, Good for the Skin, Protects the Eye, Prevents Blood Disease and Heart Health.



Cashew Nuts



Grade W180



Grade W320



Grade W240



Grade LWP



Cocoa Kidney Beans



Cocoa flavanols

Cocoa flavanols have been shown to have beneficial effects on blood vessel function in individuals with normal kidney function.

The flavanols found in cocoa and dark chocolate are part of a larger group of compounds called flavonoids that occur naturally in plant foods, in this case, the cocoa bean



Quality Check

After harvest, cocoa beans go through a meticulous process of quality check, which is done by hand. After which they are packed and stored ready for export.



OUR YUMMY RECIPIES

Delicious Cashew Chicken



This cashew chicken with tender stir-fried chicken and roasted cashews in garlic sauce tastes just like take-out.

Chocolate Peanut Butter Cookies



These chocolate cookies have soft centers, crisp edges, and they are loaded with peanut butter chips, chocolate chips and peanut butter!

Layered Macadamia Ice Cream Cake



This is a Mango, Coconut and Macadamia Ice cream layer cake with chilled lime caramel. .

Easy Fudgy Brownies



Our favorite brownies recipe from scratch. You only need one bowl, a saucepan, and a spoon.

Salted Cashew & Caramel Chews



Nothing says "welcome home" like warm, gooey, chewy cookies right out of the oven with a cold glass of milk—mmm, heaven.

White Chocolate Macadamia Nut Cookies



These delicious white chocolate macadamia nut cookies have a wonderful play of textures.

Cashew Cookies



Some merry dairy snacking is guaranteed when you pass out these cashew-packed goodies!

The Best Homemade Hot Cocoa



It's creamy, chocolatey, and everything hot cocoa should be.



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