



CunadePlatero®
Your **GLOBAL BERRY PARTNER**

CUNADEPLATERO.COM



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Your **GLOBAL
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A leader for excellence

Cuna de Platero is distinguished by the excellence of our berries produced in **Moguer, Huelva**.
All our production is local and the 80% is exported, mainly to **Germany, France, Italy, United Kingdom, Eastern European countries**.



At **Cuna de Platero** we work every day to offer our customers and consumers the best berries all the year.

We produce different varieties of strawberries, raspberries, blueberries and blackberries to give the best to the demand in the different markets responding to the highest quality, taste and shelf life.



We produce more than
**46 million kilos of
strawberries per year**



Raspberry
2.500.000 KG



Blueberry
3.000.000 KG



Blackberry
100.000 KG



We are leaders in the export of strawberries to European markets

We are consolidating this position, backed by the **guarantee and reliability** that give us the experience gained in 25 years working in the sector, **the quality** and freshness of our products.

The strawberry, the super fruit

IDEAL FOR ALL KIND OF DIETS

Its **reduced calorie intake** (35 kcal/100 grams), low carbohydrate level (7 grams per 100) and considerable water and fibre content, make it an ideal fruit for low-calorie food diets.

It is an excellent source of **vitamins and antioxidants (vitamin C, E and beta-carotenes)** so it protects against cell ageing, and other diseases.

Besides, it facilitates intestinal transit, regulates the liver function, helping cleanse our organism from the action of accumulated toxins, helps normalise high blood pressure and **prevents cholesterol from depositing on the artery walls.**



FUENTE DE VITAMINA C

La Vitamina C contribuye a la protección de las células frente al daño oxidativo.

PRODUCTION CALENDAR				NUTRITIONAL VALUES / Per 100 g of product		MARKETING FORMATS		
JANUARY	FEBRUARY	MARCH	APRIL	Energy	35 Kcal/146 kj	Punnets	Grams	Kg
				Proteins	0,7 g	10	500	5
MAY	JUNE	JULY	AUGUST	Carbohydrates	7 g	16	250	4
				Fat	0,5 g	8	250	2
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	Vitamin C	60 Mg (75% RDA*)	12	400	4,8
					*Recommended Daily Allowance	6	1000	6
<div><div></div> In-Season<div></div> Beginning/End of Season<div></div> Summer Strawberries</div>						–	1K PREMIUM	1

OUR VARIETIES

Primoris, Rociera, Rábida and Fortuna.

Summer Strawberries: Amandine, Portolas, Charlotte and San Andreas.

The Spanish Heart Foundation (FEC) recommends a varied and balanced diet and a healthy lifestyle.

If you have special dietary conditions or a disease, you should consult your doctor.

The minimum intake required to obtain the desired benefit is 80 grams per day.



The star fruit in every diet



Your
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daño oxidativo.

The raspberry, flavour and health

INTENSE, FLESHY, JUICY

With a strong flavour and velvety texture. Its pinkish-red colour and its combination of sweetness and light acidity have made it into a succulent delicacy.

Thanks to the different varieties of fruit, it can be produced practically all year round, so we can enjoy its qualities at any time.

It helps to protect against infections due to its **antioxidant properties and high vitamin C** content, and its antiinflammatory properties are also well-known.



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PRODUCTION CALENDAR				NUTRITIONAL VALUES / Per 100 g of product		MARKETING FORMATS		
Adelita				Energy	44 Kcal/185 kj	Punnets	Grams	Kg
JANUARY	FEBRUARY	MARCH	APRIL	Proteins	1 g	8	125	1
MAY	JUNE	JULY	AUGUST	Carbohydrates	9 g	12	125	1,5
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	Dietary Fibre	5 g	12	250	3
Other varieties				Fat	0,6 g	20	150	3
JANUARY	FEBRUARY	MARCH	APRIL	Vitamin C	27 mg (34% RDA*)	20	125	2,5
MAY	JUNE	JULY	AUGUST	*Recommended Daily Allowance		20	170	3,4
SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER					
■ In-Season ■ Beginning/End of Season ■ Out of Season								

OUR VARIETIES
Adelita, Lupita,
Glen Lyon and Glen Rocio

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**Taste and health
in a unique fruit**



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A beneficial and tiny blue delicacy



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The blackberry, nutritious and delightful

DARK AND SMOOTH TEMPTATION

Its intense purple colour, almost black and acid-but-smooth taste make the blackberry a particular fruit.

Its plant is perennial and the first harvest is picked early in April and it continues until the end of May.

Its nutritional properties are beyond doubt. **Its low caloric intake, the presence of vitamin C and A and its high-fibre content** make blackberries the ideal food for every diet, especially those which does not need a high caloric intake.



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PRODUCTION CALENDAR				NUTRITIONAL VALUES / Per 100 g of product		MARKETING FORMATS		
JANUARY	FEBRUARY	MARCH	APRIL	Energy	46 Kcal/193 kj	Punnets	Grams	Kg
				Proteins	0,8 g	8	125	1
				Carbohydrates	8 g	12	150	1,8
				Dietary Fibre	6 g	12	125	1.5
				Fat	0,4 g	12	250	3
				Vitamin C	29 mg (36% RDA*)			
				*Recommended Daily Allowance				

In-Season Beginning/End of Season Out of Season

The Spanish Heart Foundation (FEC) recommends a varied and balanced diet and a healthy lifestyle.
If you have special dietary conditions or a disease, you should consult your doctor.
The minimum intake required to obtain the desired benefit is 80 grams per day.



Delicious
taste



Your
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FUENTE DE VITAMINA C

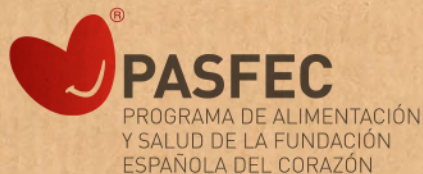
La Vitamina C contribuye a la
protección de las células frente al
daño oxidativo.



WE LOOK FOR A MORE HEALTHY DIET

One of our commitments is the creation of social value. We collaborate with **5 a day** to promote the daily consumption of fresh fruit and vegetables, spreading the message: "**Fruit and vegetables: 5 a day! Good for your health**". The scientific and medical community recommends as a minimum ration the consumption of 5 pieces of fresh fruit and vegetables a day.

The main goal of 5 a day are: to report on the health benefits of daily consumption of at least 5 servings of fresh fruit and vegetables; to influence the improvement of our society's eating habits and to increase the per capita consumption of fruit and vegetables of the Spanish population until reaching the recommended level.



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PROMOTING A HEALTHIER DIET

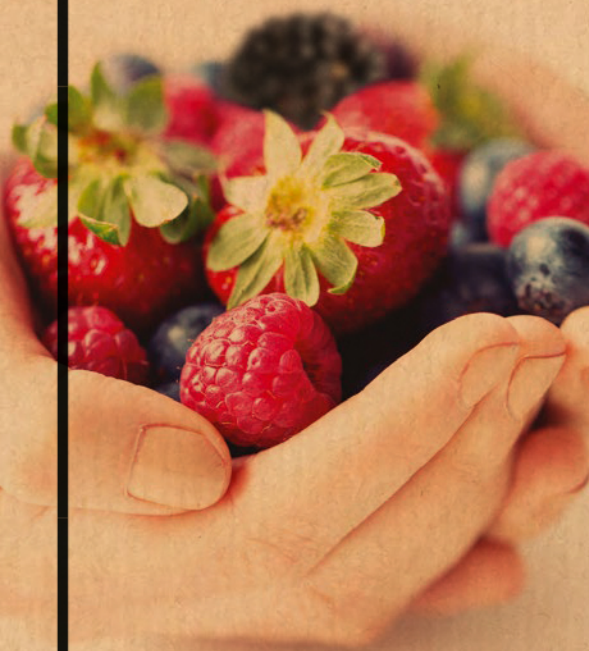
Creating social value is one of our commitments. The berries of Cuna de Platero meet the criteria of the **Spanish Heart Foundation** and are attached to the **Food & Health Program (PASFEC)**. Thanks to this program, a healthy and balanced diet and the practice of sports and healthy lifestyles are promoted, thus contributing to improving health and quality of life of people.

The PASFEC has two main goals: to provide the consumer **a reference for identifying the healthiest products**, based on objective criteria previously established by its experts and help them protect and improve cardiovascular health, and **encourage the business to develop more beneficial to health**.



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fundaciondelcorazon.com

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BERRIES FOR YOUR HEART

Strawberries, raspberries, blackberries and blueberries can help you take care of your cardiovascular health. They are indicated to prevent certain diseases, among other benefits, thanks to its properties for the body:



STRAWBERRIES

This berry, such as raspberry and cranberry, is rich in flavonoids, heart—healthy antioxidants that help to prevent to certain factors that affect your heart.



RASPBERRIES

Source of flavonoids, this berry also has polyphenols, also present in strawberries and blueberries. It is an antioxidant which, among other properties, protects the vascular system and strengthens the small capillaries.



BLUEBERRIES

They are rich in vitamin C (ascorbic acid), providing antioxidant and anti-inflammatory properties, beneficial for your heart health.



BLACKBERRIES

They contain high amounts of antioxidants (flavonoids) and are rich in anthocyanins, which keep your heart young and inhibit harmful cholesterol.

The versatility of these berries in your diet allow you to eat them in many ways, either raw, in juice or as part of a recipe, cooked.

**These berries are your healthy pill.
Please, take them daily.
Your heart will be protected.**

Berrycatessen®

Premium Berries

NATURALLY SUPERB



FUENTE DE VITAMINA C

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We are introducing our **Premium line berries** in markets:
Berrycatessen, our berries of the highest quality, well differentiated in supermarkets.
We have the guarantee to be buying fruit of the highest quality and freshness.

Berrycatessen®
Arándanos Premium



Berrycatessen®
Frambuesas Premium



Berrycatessen®
Moras Premium



By  **Cuna de Platero®**

We are extremely exact

Besides, we strictly comply with all the protocols and regulatory scope of the current legislation related to the quality of the fruit and classification of the product.

CODEX
ALIMENTARIUS

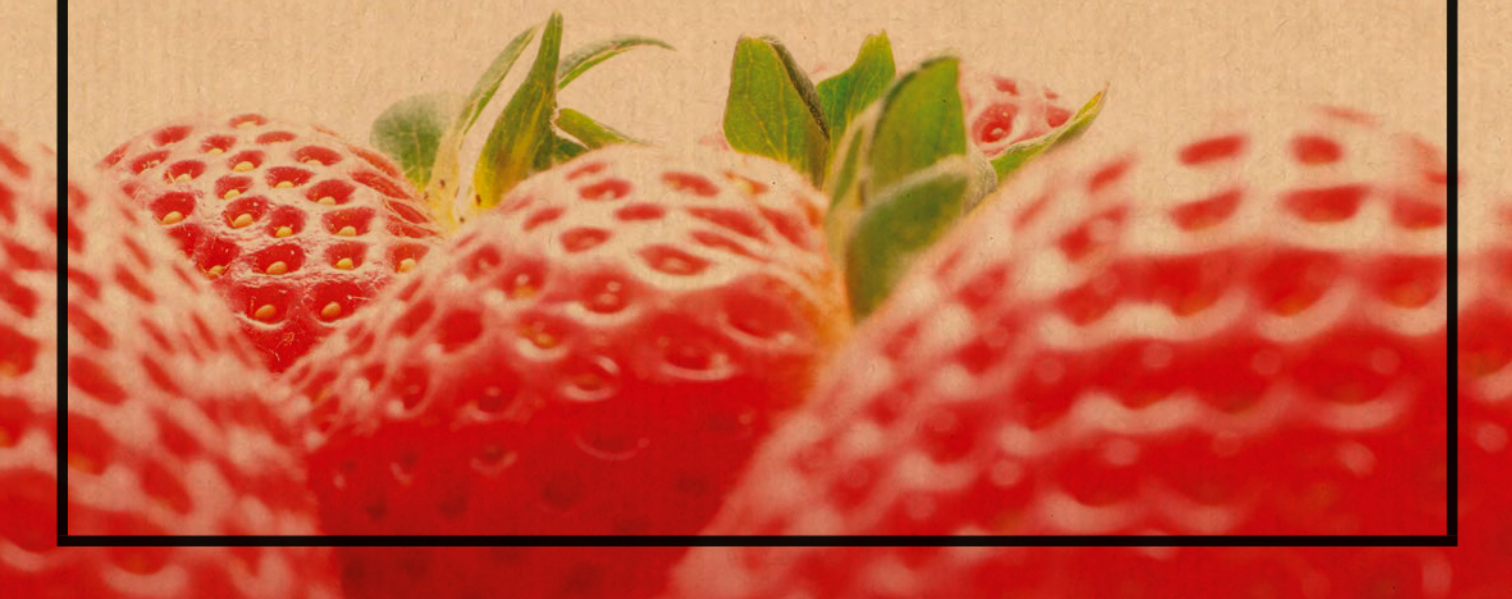
Codex Alimentarius
International Food Standards

CE

REGULATION (CE)
843/2002

CE

REGULATION (CE)
852/2004





From
**OUR
FIELDS**
to YOU

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