



About Sacha inchi

Sacha Inchi (*Plukenetia Volubilis*) is a perennial plant native to the Amazon rainforest, yielding star shaped capsules carrying oleaginous seeds.

Pre Inca civilizations highly valued sachá inchi crops as can be seen interpreted on ceramic vessels found in ancient tombs. Amazonian tribal communities have been using its seeds and oil for nutrition and health.

Sacha Inchi is one of the world's richest vegetable sources of essential unsaturated fatty acids (EFAs) rich in Omega-3, and a gluten free superfood. In addition, this healthy seed also contains high levels of protein, fiber, vitamins A and E.

Furthermore, Sacha Inchi plantations are a perennial crop, highly labor intensive, yielding seeds continually year round and providing an alternative source of income to many underdeveloped rural communities of the Amazon. It's rapid growth and production make it an important alternative to subsistence agriculture, illegal coca crops and unsustainable land uses.



