



The leading International exporting company of **horticultural products** in East Africa

About us

Marky Fruits & Vegetables is best international exporting company of quality and fresh horticultural products with its operation in East Africa. We are exporters of organically produced farm products to a wide range of global consumers in different parts of the world with an aim to meet their nutritional needs and always aiming at exceeding our customers satisfaction.



Vision & Mision

Our Vision

To be the leading exporter of fresh and quality produce whose ultimate goal is customer satisfaction globally.



Our Mision

Our mission is to provide customer safe-to-eat fresh vegetables and fruits to our international markets while we establish long term relationships with our trading partners, through provision of a wide range of premium quality products that meet global food safety standards, consistently and in a timely manner.



Core Values

Customer centricity

We ensure that our clients get quality products by doing thorough checks when sourcing our products from the farms.

Integrity

To be the leading exporter of fresh and quality produce whose ultimate goal is customer satisfaction globally.

Quality

We have developed strict quality checks at both the farm and at pack house level.

Timeliness

We ensure that our clients get their products on or before the timeline given by ensuring there is high coordination from the farm and the transport team.



Why Choose Us

Our Farming Model

We emphasize on restriction of fertilizer usage and we ensure that we use organically accepted manures to grow our products for health living.

Post-Harvest Management - Sorting and Grading

After products reach maturity, the crops are harvested by hand picking, sorted and graded as per our international guidelines. Cleanliness is highly observed making sure that our clients get the best.

Packing and Exporting

The assorted products are packed, customs procedures are finalized and now, we send the products to our customers worldwide using air transport to ensure freshness.





OUR PRODUCTS;

The well drained nutritious soils on the slopes of Mt.Kenya provides us with the optimal climatic condition to organically grow the best varieties of horticultural produce.

Our products include:

- **Herbs:** basil, thyme, rosemary, mint, tarragon, sage, oregano and chives.
- **Fruits:** purple passion, hass avacado, fuerte avocado and mangoes (apple, ngowe, tommy, kent)
- **Vegetable:** green chillies, red chillies, okra, haricot beans, snow peas, snap peas, hot pepper, red cabbage and malow.

HERBS

1. *Basil*

-Annual herb of the mint family (Lamiaceae), grown for its aromatic leaves. Popularly known as 'Mrihani'/ 'Mrehani' in Swahili.

-The most common use of basil is for cooking, such as in tomato sauce, pesto, or vinegars.

- **Basil is packed with Vitamin A, K, Calcium, Iron, Manganese, magnesium and beneficial essential oils that help to protect the body against harmful microbes and bacteria, reduce memory loss associated with stress and aging, reduce blood pressure and hypertension, relax the blood vessels, protect against aspirin's damage to your gut particularly preventing ulcers.**

- Varieties grown in Kenya include: **Sweet basil, African blue basil and Organic Camphor.**



HERBS

2. Chives

Chives (*Allium Schoenoprasum*) belonging to the onion family, are green herbs with long green stems, that are used for flavoring a dish at the end of cooking. Locally known as 'Kitunguu jani' in Swahili.

Grown for their leaves and flowers, where leaves are used to flavor salads, soups, stews, vinegars, cheese dishes, sour creams and butter.

- **Garlic chives are rich in Vitamin C, which prevents from common cold and fever, also rich in riboflavin, potassium, vitamin A, iron, thiamin, and beta carotene. These elements help in blood count increase, maintaining blood pressure, and increasing immunity power.**

Contains organic sulfur compounds and quercetin which prevents cancer by inhibiting tumor growth and mutagenesis, inducing sleep and reducing the risk of plaque buildup in arteries thus improved heart health.



HERBS

3. **Thyme**

-Thyme is an aromatic perennial evergreen Mediterranean herb, which belongs to the genus *Thymus* of the mint family, and it produces small white, lilac or pink flowers.

It's packed with dietary, medicinal and ornamental uses where flowers, leaves, and oil are used as medicine to treat diarrhea, stomach aches and sore throats.

- **Thyme is typically used in savory dishes like braised or roasted meat, vegetables, or fish, as well as in savory baking. It can also be used to add flavor and depth to marinades, soups and stocks, cocktail elements, and teas.**

The leaves are rich in potassium, iron, Manganese, selenium, Magnesium, Vitamin B- complex, K, C, and folic acids that helps in fighting colds, coughs and sore throats, improve eyesight, cure skin problems and Acne.

Varieties grown in Kenya include: **Lemon thyme, orange thyme, French thyme and silver thyme.**



HERBS

4. **Rosemary**

Rosemary is a fragrant evergreen herb native to the Mediterranean

- It is used as a culinary condiment, to make bodily perfumes, and for its potential health benefits.

- The leaves are often used in cooking.

- Rosemary has significant antimicrobial, anti-inflammatory, anti-oxidant, anti-apoptotic, anti-tumorigenic, antinociceptive, and neuroprotective properties known to alleviate several diseases including headache, dysmenorrhea, stomachache, epilepsy, rheumatic pain, spasms, nervous agitation, improvement of memory, hysteria, depression, as well as physical and mental fatigue.

-Additionally, Rosemary herb extractions when applied over the scalp known to stimulate the hair-bulbs and help prevent premature baldness. It forms an effectual remedy for the prevention of scurf and dandruff.



HERBS

5. **Marjoram**

Marjoram is a perennial herb in the mint family. Originated in Mediterranean and parts of Asia and Africa and some ancient civilizations viewed the herb as a symbol of happiness.

-It has an earthy and woody flavor, with notes of balsam-like pine and citrus and is mostly used to flavor and garnish soups, stews, salads, sauces, dressings.

-Marjoram is rich in antioxidants and antimicrobial properties, which can have anti-inflammatory properties to fight chronic diseases like cancer and diabetes as well as help to treat things like fungal infections and bacterial overgrowth in the gut.



HERBS

6. **Mint**

- Mint is an aromatic herb produced by various species of the mint plant (Mentha).

-Mint leaves are packed with antioxidants and phytonutrients, and contains vitamin A, vitamin C, and B-complex, phosphorous, calcium, iron, potassium, manganese and has anti-bacterial properties which improves haemoglobin levels and promotes brain function.

- Its low level in calories, a minimal amount of protein and fat aid in weight loss management.

- Varieties of mint: Apple mint, Pineapple Mint, Corsic, Peppermint, Spearmint

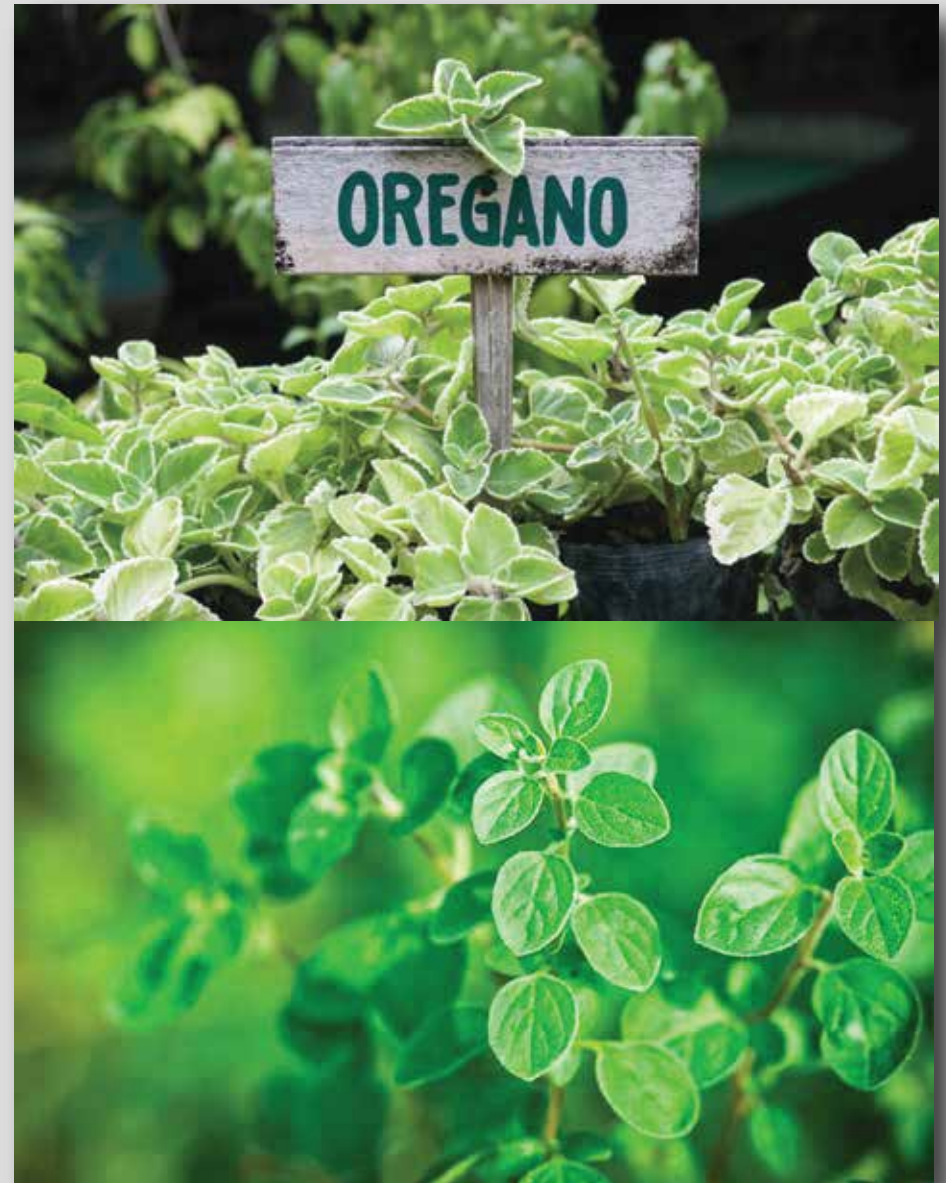


HERBS

7. *Oregano*

Oregano is a perennial herb with rose-purple or white flowers and a taste reminiscent of thyme, originating from the mountains in Greece whose leaves are mostly used to enhance the flavour of tomato sauces, vegetables, and grilled meat.

Commonly known for its ability to add pep to a pizza. can be used either fresh (for an intense flavor) or dried (when the leaves tend to have a sweeter, softer tang).



HERBS

7. Sage

Sage is a shrubby, perennial evergreen plant which belongs to the family Lamiaceae. It is grown for its aromatic leaves, which are used fresh or dry as a culinary herb. Oil can be extracted from the leaves and flowers of the plant and be used as a flavoring in alcoholic drinks and as a scent in perfume.

Highly rich in vitamin K, magnesium, zinc, and copper, chlorogenic acid, caffeic acid, rosmarinic acid, ellagic acid, and rutin which are linked to benefits such as lower cancer risk, memory improvement, Control blood sugar Levels and improved brain function.



FRUITS

1. *Avocado*

Whether its Hass, Fuerte, Nabal or Puebla, Marky exporters got you covered by providing you with the best quality of varieties for the export market.

Avocados are a source of vitamins C, E, K, and B6, riboflavin, niacin, folate, pantothenic acid, magnesium, and potassium. They also provide lutein, beta carotene, and omega-3 fatty acids which helps in: maintaining healthy cholesterol levels, reduce risk of developing colon, stomach, pancreatic, and cervical cancers, reducing depression risks, improve insulin sensitivity, and enhance weight loss for people with obesity.



FRUITS

2. *Passion Fruit*

We are the experienced exporters of this perennial fruits. Our main varieties are purple passion and yellow passion.

Kenyan passion fruits are packed with iron, protein, vitamin A, vitamin C, folate, magnesium, phosphorous, potassium, B vitamins to ensure your body has all the elements needed to boost your immune system, maintain a healthy blood pressure, improve the heart's health, decrease the risk of cognitive decline, improve digestive health, promote restful sleep, offer relief to Asthma patients, improve insulin sensitivity, promote skin and eye health.

Can be served as desserts, juices or in yogurts.



FRUITS

3. *Mango*

When compared to Apples, Mangoes contains 125% times more zinc, 311% more copper, and about 100% more magnesium, as well as being a great source of vitamins such as vitamin A and vitamin C, which it has about 2000% and 700% more of, respectively.

Additionally, contains antioxidants such as quercetin, fisetin, isoquercitrin, astragalín, gallic acid and methyl gallate, which play a role in protecting our bodies against breast cancer, colon cancer, prostate cancer and leukaemia; improves memory and concentration, increases virility in men, prevents heat stroke, aids in weight loss and improves the eye health.

our varieties include; Kent, Apple, Ngowe and Tommy mangoes



FRUITS

4. Plums

- a small, round fruit with a thin, smooth, red, purple, or yellow skin, sweet, soft flesh, and a single large, hard seed, which belongs to the same family, Prunoideae, as apricots, peaches, nectarines and cherries. All varieties have a stone in the centre of the fruit which is not edible.

When dried, plums are known as prunes.

Varieties grown in Kenya include: shiro (syn.: Ogden), Harry pickstone, Reubennel, santa rosa, Burbank (syn. Wright's early), satsuma (syn. red Cardinal; Blood plum), methyl, Cherry plum, Kelsey.

Owing to its rich content in phosphorus, Magnesium and potassium helps in bone formation and prevent the risk of arthritis, osteoporosis and osteopenin; Vitamin A helps fight and lighten Acne scars; Vitamin C improves skin complexion, removing dark spots and scars from the face, the Fibrous content helps in constipation, indigestion and regulate blood sugars, thus a healthy heart and the combination of Vitamin A,C & K, help strengthen the immune system, protecting it from free radicals.





Vegetables

VEGETABLES

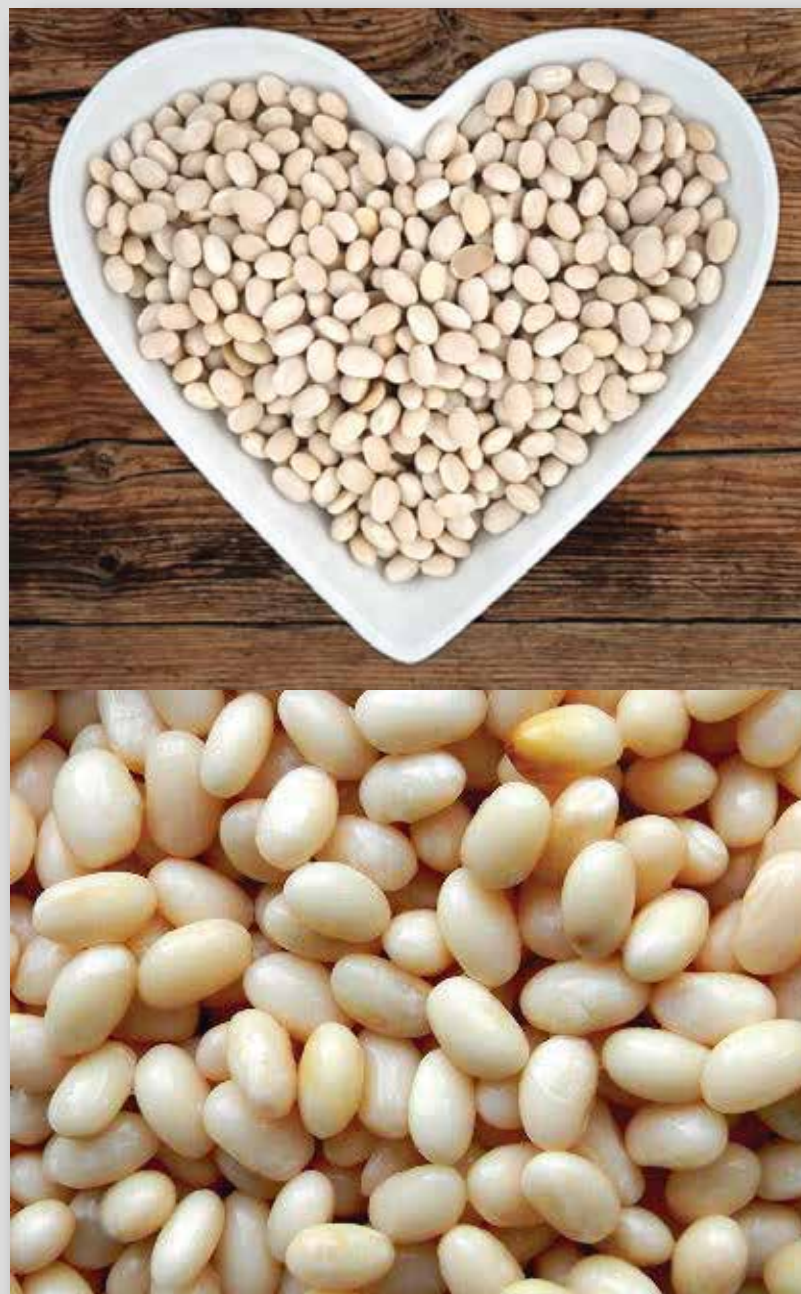
1. *Haricot Beans*

Haricot beans, *Phaseolus vulgaris*, is a small, oval, plump and creamy-white or red bean with a mild flavour and smooth, buttery texture.

Highly rich in protein, folic acid, iron, Vitamin B complex, magnesium, Potassium and cholesterol-lowering fiber, which not only help lower cholesterol, but also benefit in managing blood-sugar disorders since their high fiber content prevents blood sugar levels from rising rapidly after a meal.

Varieties grown in Kenya include: pure-white bean, red bean, which is locally known as "wairimu bean" and the black bean.

Are highly recommended for the vegetarians, pregnant women to avoid malformations of the spine, brain, or spinal cord) in newborns and to ensure a healthy delivery; people with High blood pressure.



VEGETABLES

2. *Snap beans*

They are categorized into two different groups, bush or pole beans, based on growth characteristics. That is, If the bean plant needs support to grow, they are classified as pole beans and if the beans can grow on their own without added support, they are classified as bush beans.

Varieties grown in Kenya include: Venda, Tana, Kenya Amboseli (KSB 13-02), Serengeti, Amy, Paulista, Kenya Safari (KSB 13-04), Kutuleless (J12) and Samantha.

Snap beans are considered a very good source of vitamin A, vitamin C, vitamin K, folate, manganese, potassium, proteins, dietary fiber and contains low levels of sodium, insoluble salts and cholesterol.

They help in the following ways: promote weight loss and overall body health, reduce blood cholesterol levels reduce risk of overall disease by decreasing free radicals in the body, can play a role in slowing the aging process, help to keep a healthy blood pressure, promote normal DNA synthesis and cell division, provide some protection against infectious agents and promote healthy bone development.



VEGETABLES

3. *Snow peas*

Snow peas are scientifically called *Pisum sativum* var. *saccharatum* and locally known as 'Minji' in Kenya.

They are also known as Chinese pea pods since they are believed to have originated in Southwest Asia. They are flat with very small peas inside, harvested before the peas have fully developed in the pod and eaten raw or cooked.

Snow peas are packed with vitamin A, vitamin C, iron, potassium, dietary fiber, magnesium, folic acid, and small levels of healthy fats. These pods are also very low in calories, with slightly over 1 calorie per pod. They also lack cholesterol, making them a filling, yet nutritious dietary component. Consuming the snow peas helps in weight loss, improving heart health, reduced constipation, stronger bones, optimized immunity and lower levels of inflammation.

Varieties grown include: Oregon Sugar Pod II, Sweet Horizon or Snow Wind

Can be served raw, lightly boiled, steamed, stir fried or added to salads or sautéed and buttered. The packaging consists of 1Kg- 25Kg or according to customer specifications.



VEGETABLES

4. Okra

Okra (*Abelmoschus esculentus*) is a green seed pod vegetable that is eaten as a salad spice or in its crunchy raw-green form as a vegetable to sweeten or thicken soup. It is locally known as "Bamia" or "Binda" in Swahili, also nicknamed ladies' fingers for its slender shape.

The varieties grown in Kenya include: "Pusa sawani", "Clemson spineless", "Green Emerald2", "White velvet" and "Dwarf Green Long Pod".

Okra is ideal for those who are expecting or nursing, depressed, diabetic, or have breast, lung, cervical, or pancreatic cancer. They are excellent sources of antioxidants, vitamin K, potassium, sodium, thiamin, magnesium, calcium, vitamin A, B6, folate, iron, niacin, phosphorus, copper, protein, and fiber. Okra contains lectin, folate, and antioxidants that reduce the risk of developing cancer.

Okra can be fried, pickled, or grilled, seeds are roasted and ground to create a non-caffeinated coffee alternative. The packaging differs with customer specifications.



VEGETABLES

5. Zucchini

Zucchini (Cucurbita Pepo) is a small green firm, fleshy vegetable in Cucurbita family. It is popularly known as Courgette or Baby marrow.

Its fruits, leaves and flowers are used as vegetables and preferred for their mild flavor.

Are best for arthritic, pregnant women, diabetic, people with ulcers and colon cancer, males with benign prostatic hypertrophy and for anti-aging.

Zucchini are rich in Vitamin B1, B2, B6, calcium, Omega-3 fatty acids, Zinc, niacin, protein and copper- which prevents rheumatoid arthritis, its low sodium levels and high potassium helps in healthy blood pressure, Vitamin C and Polyphenols especially in the peels improves thyroid and adrenal functionality, the fibers smoothens the digestion and reduces the likelihood of experiencing a variety of GI issues.

Serving options include: steaming, boiled, grilled, stuffed and baked, barbecued, fried, or incorporated in other recipes such as soufflés.



VEGETABLES

6. *Hot pepper*

Hot peppers or Chilli peppers which is popularly known as 'Pilipili kali in Kenya, is mostly grown for their fresh fruits used to flavor soups, stews, seasoning and making sauces.

Varieties grown in Kenya include: Bird Eye, Habareno, Cayenne pepper, Serenade and Jalapeno

Kenyan hot peppers are excellent sources of vitamin A, B6, C, E, K1, iron, potassium, magnesium, zinc, phosphorus and copper. The capsaicin in them contains antibacterial, antidiabetic, anticarcinogenic and analgesic properties, which helps in preserving canned or packaged foods, help in weight loss by reducing the appetite, improve kidney functionality by flushing unhealthy sodium out of the body, improve eye health, Fight blood pressure and hypertension, prevent the risk of type II diabetes and fight cancer where capsanthin antioxidant helps kill cancer cells.

The serving options include: in soups, salads, stir-fries, raw or according to your preference.



VEGETABLES

7. Karella

Karella (*Momordica charantia*) is also known as the "bitter melon" or "bitter gourd" and classified as a member of the Cucurbitaceae family, is a tropical and subtropical vine that is widely cultivated for its edible fruit, which ranks among the bitterest vegetables and is best consumed while still green, like cucumbers and green bell peppers.

The fruit is oblong in shape and has a distinctive warty appearance on the outside. It has a hollow cross section with a thin coating of flesh enclosing a core seed cavity containing large, flat seeds and pith.

It's packed with Vitamin B1 & B2, Calcium, Potassium, dietary fiber and Vitamin C which helps in Lower Blood Sugar, Liver Detoxification, lowering cholesterol level, Weight Management, Support digestion, Skin & Hair Care Blood Purification, Vision improvement, improving healing capacity and fighting against colds by activating the white blood cells. Can be served either as salads or Juice, without cooking.

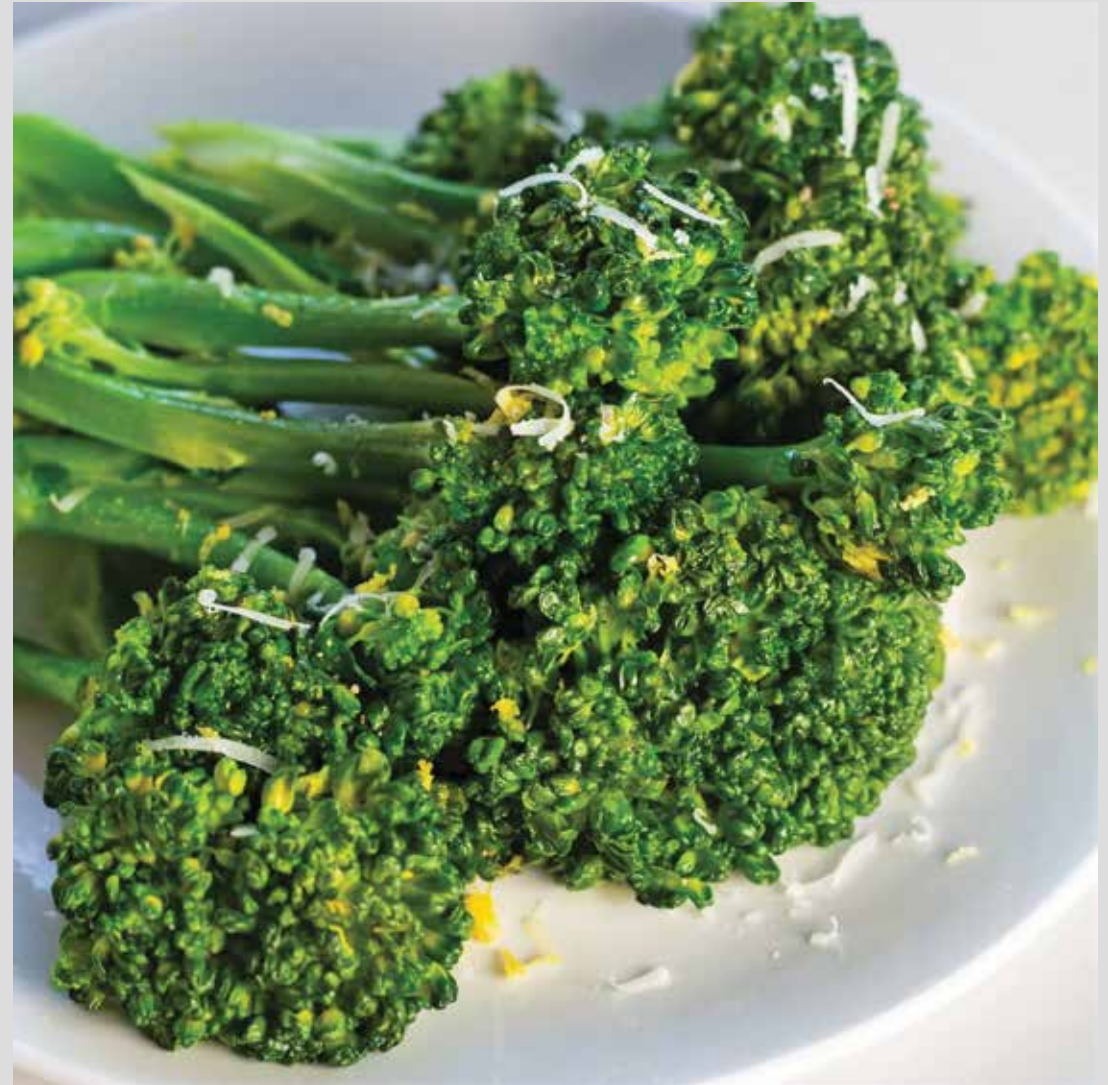


VEGETABLES

8. *Broccolini*

Broccolini is a cross hybrid of broccoli and Chinese broccoli which was invented in 1993. Unlike the Broccoli, they have long firm stalks which are thinner and more tender with few small leaves, have more phosphorus, Manganese and calcium and provides more Vitamin A almost four times than broccoli.

Can be eaten raw, steamed, roasted, boiled, grilled or sautéed.



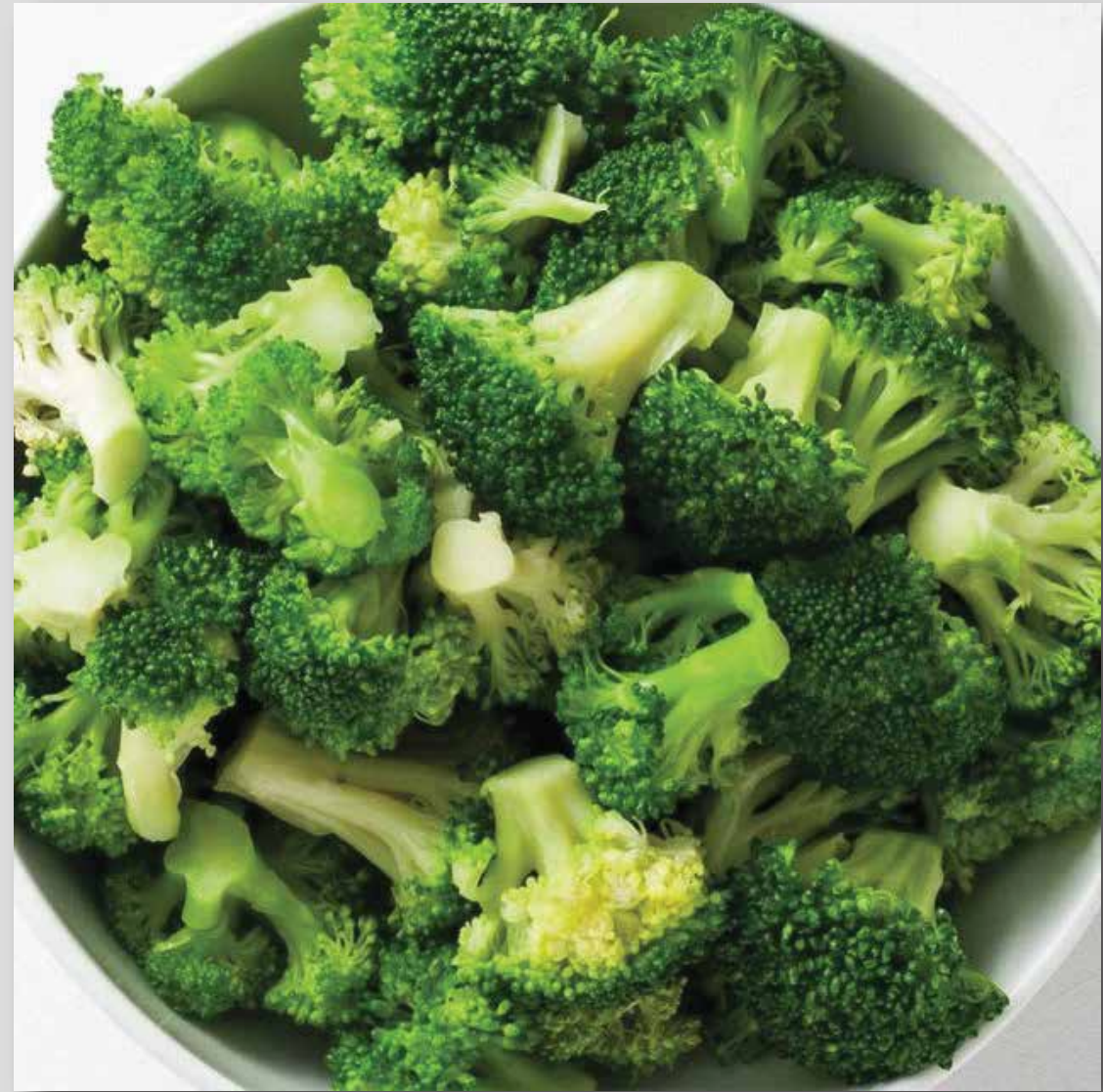
VEGETABLES

9. Broccoli

Broccoli (*Brassica oleracea* cv.italica.) is an edible green plant in the cabbage family) whose large flowering head, stalk and small associated leaves are eaten as a vegetable. Broccoli is classified in the Italica cultivar group of the species *Brassica oleracea*. Broccoli has large flower heads, usually dark green, arranged in a tree-like structure branching out from a thick stalk which is usually light green.

A 1/2-cup (45-gram) serving of raw broccoli provides Vitamin C. Vitamin K1. Folate (vitamin B9) Potassium Manganese, Iron, Indole-3-carbinol, Sulforaphane, Carotenoids, Kaempferol and Quercetin.

Helps in blood clotting and may promote bone health, blood pressure control and heart disease prevention, help fight cancer, protect against heart disease, cancer, inflammation and allergies and lowering blood pressure in people with high levels.



VEGETABLES

10. *Baby Spinach*

Baby spinach (*Spinacia oleracea*), is just a young spinach harvested early between 15 - 35 days after planting, usually for their tenderness and more sweeter flavor than mature spinach. Moreover, they are so clean and mild in flavor that leaves and stems can be eaten raw

Varieties grown in Kenya include: Ford hook Giant, King of Denmark, New Zealand, Bloomsdale long standing, Giant noble, and Early hybrid no. 7.

They are best for the diabetic, pregnant women, anemic, hypertension and stroke, fighting cancer, improving eye health and insulin sensitivity. Are rich in Vitamin A, B6, C, D, E, K, Zinc, Folate, Potassium, Magnesium, Iron and calcium. The Lucronides and methylenedioxyflavol in them helps prevent breast and ovarian cancer; boost immune health system, bone density, prevent Spina bifida diseases in inborns at the development stage, lower blood sugars and improve iron secretion to increase blood capacity.

Used in salads, soups, sautéés or eaten raw/cooked.



VEGETABLES

11. *Sweet potato*

The sweet potato (*Ipomoea batatas*) is an underground tuber that is used as a staple food in many countries globally. It is locally known as *Viazi Vitamu* in Swahili ". In most places it's consumed as a breakfast snack along with tea or preferred beverage.

Varieties grown differs in color at maturity: Kabonde, Vitaa, Mugande, Kenspot 3;4;5 are orange in color respectively; Kenspot 1 (Yellow); Kenspot 2 (White).

Sweet potatoes are excellent sources of Calories, Water, Protein, Carbs, Sugar: 4.2 grams, Fiber, Fat, which helps in Promoting gut health, enhancing brain functioning and supporting vision.

Serving options include: Sweet potato chips, fried, toasted, mashed, baked, hashed, spiralized or sauced.



VEGETABLES

12. Arrowroot

Arrowroot is a starchy root vegetable obtained from the rhizomes of the tropical plant *Maranta arundinacea*, used to make arrowroot powder. It derived its name from aru-aru meaning meal of meals, in the Caribbean Arawak language, which was a staple food in the Caribbean cooking and which was believed to treat poison in wounds. It's locally known as "Nduma"

The common varieties grown in Kenya are Dasheen and Eddoe, where Dasheen arrowroot is known for its large tubers while Eddoe is better suited to grow away from riverbeds because it can tolerate less water.

Arrowroots are good for the diabetic, people with sleep disorders & Celiac disease, the pregnant women, where Folate in arrowroot helps prevent birth malformations and the teething infants.

Arrowroots are rich in Vitamin C, Calcium, Iron, Vitamin A, Vitamin B6, Cobalamin, Magnesium, Potassium, which provides a variety of health benefits including gluten-free starch that could potentially be used as a starch substitute for people w

Arrowroots take five to six months to mature.



VEGETABLES

13. *Banana*

In Kenya a wide range of banana varieties is grown which include: Ripening- Grand naine, Giant Cavendish, Vallery, William's hybrid, Chinese dwarf, Gold finger & Kisii sweet. Cooking types- Kisii matoke, Uganda Green, N'gombe, Nusu N'gombe, Solio, Ishighame.

Bananas are packed with Fiber, Vitamin C, Riboflavin, Folate, Niacin, Copper, Potassium, Magnesium which helps in weight loss, improving kidney health, support exercise recovery, improve blood sugar levels and support digestive system.

Can be steamed, boiled, stir-fried, batter-fried, deep-fried, mashed and curried, and also be used as a stuffing, in salads or to make traditional dips.



VEGETABLES

14. Red cabbage

The red cabbage (*Brassica oleracea*, var. *capitata*), also known as purple cabbage, is an edible cabbage with a slightly sweet flavour and beautiful purple, magenta, or dark purple leaves. Red cabbage is used in salads while the common white cabbage is cooked and is much healthier than the latter as it has a higher antioxidant content.

Varieties grown in Kenya include: Red Dynasty, Rio Grande Red, Red express, Ruby King, scarlet red, red jewel, Super Red 80, Intergro and Ruby perfection.

Red cabbage is rich in Vitamin A, B6, C, E and K, Calcium, Magnesium, Riboflavin, Thiamin, Phosphorus, Potassium, Manganese and Zinc.

They are best for improving digestive system, reducing the risk of bladder, breast, colon, and prostate cancers, reducing aortic inflammation and the risk of vascular inflammatory diseases; Weight management, improving heart health- Vitamin B6 in red cabbage is linked with a reduced cardiovascular disease (CVD) risk.; Boosting immune system and strengthening bones, reducing the risk of fatty liver and help boost hair health and growth. Can be eaten raw or cooked, as a fermented food, juice, salads and boiled veggies.



We are approved by



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