



GUATEMALA

To find the world's best organic cardamom, we traveled deep into the rich cardamom-growing region surrounding the Polochic Valley in central Guatemala. Here our Well Earth™ partners — a small farming community of indigenous Mayan families — have come together to form a cooperative and improve their lives by growing organic spices.

This cardamom farm is different from most in Guatemala in that it's at a lower elevation — 350 meters compared to the usual 1000 to 1500 meters — which provides warmer growing conditions. But what really sets this cardamom apart is that most of the original large trees have been left in place where it is grown. This cardamom grows in the shade, rather than directly in the sun like most cardamom grown in Guatemala. Leaving the original trees stabilizes the hillsides and reduces the chance of landslide. It also creates richer soil, which cardamom needs with its shallow root system.

The cardamom is harvested by hand every two weeks from late September through March. Harvesting cardamom is a true art — the people doing the picking must make sure that the pods are ripe, but not overly ripe, since cardamom is at its quality peak just before it's fully ripe.

Our Well Earth partnership with these small farmers not only guarantees them the best prices for their organic cardamom, but it ensures we get the freshest, most aromatic organic cardamom in the world.

Best Wishes,

Kai Stark, sourcing expert for Frontier Natural Products Co-op



Frontier's Sustainable Botanical Sourcing Program



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