

# Fairtrade: a World of Difference

## Commodity Profile: Quinoa

Quinoa, Bolivia, Anapqui



**1.** Quinoa (*keen-waa*) is a grain-like crop which has a light, fluffy texture when cooked. Its mild, slightly nutty flavour makes it a good alternative to rice or couscous.



**2.** There are more than 17 varieties of quinoa grown from northern Ecuador to southern Bolivia. 'Quinoa Real' is the most popular of these, which is mostly cultivated around the Salar de Uyuni (Uyuni Salt Flat) where Anapqui are based.



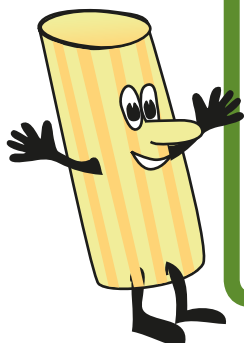
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**3.** Only quinoa can be grown here because the conditions are too harsh for other crops.

High up in the mountains there is not very much water and the temperatures are very low, but quinoa can still grow.

**4.** In October and November, producers have to set up butterfly traps to protect the quinoa from butterflies and they also use organic insecticide to get rid of "qakos," one of the most devastating bugs.

**5.** The quinoa is harvested between March and May and then the farmers have to separate the grains by hand and select some to replant for next year's crop.



People in Bolivia like to eat the quinoa in soups and breakfast cereals and they also make a special kind of Bolivian quinoa bread, but most of the quinoa is exported to Europe and manufactured in to Fairtrade pasta. The pasta contains about 20% quinoa and the remaining 80% will be made up of other grains, such as wheat.

### Word list:

Organic insecticide

Chemicals that don't harm people or the environment which are used to kill bugs and insects.