



FRESH & TASTY
FARMS LIMITED

PRODUCT CATALOG



FRESH AND TASTY FARMS CATALOG 2025



To become a leading agro-processing brand in Africa, recognized globally for delivering healthy, and sustainably produced food products that nourish communities and promote agricultural growth



OUR MISSION

At Fresh and Tasty Farms Ltd, our mission is to process and deliver high-quality agro-based products that meet international standards, empowering local farmers, creating jobs, and driving sustainable export growth. As a Free Zone enterprise, we are committed to producing at least 70% for export while enriching the local market with nutritious, affordable food options.

- ✓ Premium quality
- ✓ Product direct from source
- ✓ Best Prices available
- ✓ Manufacturer





OUR OWN BRAND



We process from scratch, we partner with Farmers to ensure highest quality

Serving both West-African and global markets, our products come straight from the source—offering authentic foods and ingredients at unbeatable prices



LOCATION



Ghana,
Greater Accra Region
Ga West
- Sapeiman

V11 Southampton
GW-0102--8806

POSTAL ADDRESS

Fresh And Tasty Farms
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CANNED PRODUCT





PEA AUBERGINES

FTFPA - 12 X 800g
Ing: Pea Aubrgines



BANGA SOUP

FTFBS - 12 X 800g
Ing: Palm Fruit



PALM CREAM

FTFPC - 12 X 800g
Ing: Palm Fruit



ABEMURO

FTFAB - 12 X 800g
Ing: Palm fruit,
Prekese,
Pea Aubergines



KONTOMIRE

FTFKT - 12 X 800g
Ing: Kontomire



GARDEN EGGS

FTFGE 12 X 800g
Ing: Garden Eggs

F R E E Z O N E E N T E R P R I S E

READY TO

EAT



Ghanain
Foods



FANTE KENKEY
FTFFK - 12 X 500g

Ing: Maize



GA KENKEY
FTFGK - 12 X 500g

Ing: Maize



DRY FOODS



POWDERED PEPPER



EXTRA HOT





POWDERED PEPPER

FTFPP - 12 X 200g

Ing: Pepper



KHEBAB POWDER

FTFKP - 12 X 250g



WAAKYE LEAVES

FTFWL - 12 X 85g

Ing: Waakye Leaves



PREKESE

FTFP - 12 X 200g

Ing: Aidan



CORN HUSK

FTFCH - 6 X 500g

Ing: corn husk

DRY FOODS



*Shelf Already
Mixed Banku Flour*



BANKU MIX

FTFBM - 10 X1KG

Ing: Maize, Cassava



KONKONTE FLOUR

FTFKF - 10X1KG

Ing: Dry Cassava



HAUSA KOOKO

FTFHK - 6 X500g

Ing: millet. Spices

F R E S H A N D T A S T Y F A R M S C A T A L O G 2 0 2 5



WHITE GARI

FTFWG - 5 X 5KG

12 X 1KG

Ing: White Cassava



YELLOW GARI

FTFYG - 12X1KG

5 X 5KG

Ing: Yellow Cassava



TOMBROWN

FTFTB - 6X500g

Ing: Rosted Maize,

Smooth, soft, moisture skin,
Promote collagen production
Anti-inflammatory properties
Anti aging properties,
Help treat ezcema, dermatitis



CHEMICAL-FREE



PURE & NATURAL



CRUELTY FREE



NATURAL SHEA





SHEA BUTTER

FTFS - 12 X 500g



Nutritional Benefits of PALM OIL

*Carbohydrate
Fat & Oil
Vitamins*





3 X 4L



12 X 1L



12 X 0.5L



12 X 1L

RED OIL (NORMAL)

FTFRO - 3 X 4L

12 X 1L

12 X 0.5L



12 X 1L



12 X 0.5L



3 X 4L



12 X 1L

ZOMI

FTFZ - 3 X 4L

12 X 1L

12 X 0.5L

COCONUT OIL

FTFC - 3 X 4L

12 X 1L



