



More about Teeccino Maya Herbal Coffees, ramon nuts and the rainforest projects we support

Organic Teeccino Maya Herbal Coffee



The latest evolution in herbal coffee that is the closest approximation to real coffee! After 10 years of serving Teeccino at numerous events where people would tell us what they liked and disliked about the Classic Teeccino flavours, we knew there was a set of taste preferences that the Classic flavours weren't satisfying. These purists wanted a less complex flavour without any sweetness.

It took discovering ramon nuts to inspire Teeccino's Maya Herbal Coffee line into being.

But it hasn't been easy. Four years ago, the effort began to organize rural communities in the Peten region of Guatemala to harvest a dependable supply of ramon nuts from trees growing wild in the Maya Biosphere Reserve. Organic certification was part of the process that led us to certify all the other ingredients and processors as well. We truly hope you enjoy Organic Teeccino Maya Herbal Coffee!

NUTRITIOUS RAMON NUTS



Collectors under Ramon Trees

Known as "Yaxox" in Mayan, the ramon tree (*Brosimum alicastrum*) is a member of the fig family, which also includes mulberry trees. Referred to as "corn tree" by the Maya civilization, its nut was a staple food crop, capable of being stored for lengthy periods of time, that was roasted, ground into a flour and combined with corn for baking or boiled and eaten like potatoes. Like soy, roasted ramon nuts are high in protein, containing all the essential amino acids, and rich in nutrients including high levels of calcium, iron, the amino acid tryptophan and vitamins C and B. Ramon nuts are both fat free and gluten free. Ramon nuts were used medicinally by the Maya to detoxify the liver and promote lactation

in nursing women. Other common names for ramon nuts are ojoche, mojo, breadnut and mayanut.

About the Maya Rainforest

The Maya Biosphere Reserve spans over 5 million acres in Mexico, Belize, and Guatemala. Approximately 20% of the upper story trees in the Meso-American rainforest are ramon trees. Towering over 120 ft., ramon trees are home to numerous rainforest inhabitants including monkeys and birds and provide forage food for mammals. For 2000 years, a vibrant Maya civilization thrived within this rainforest cultivating ramon trees and many other species to produce food and medicine for their vast communities. Today, the Maya are working to restore the productivity of the rainforest and prevent its destruction for cattle grazing and monoculture. Following the ancient Maya tradition of using sustainable harvesting methods, ramon nuts are now being wild harvested from ramon trees that originally were selectively cultivated by their Maya ancestors.

Sales of Teccino Support Rainforest Preservation



Cleaning ramon nuts before drying

1% of all Maya sales are donated to organizations developing sustainable forest crops with rural communities in The Maya Biosphere Reserve.

The Maya Alliance - Supports traditional Maya horticulturalists in the restoration of the garden city of El Pilar, an ancient Maya city that straddles the border of Belize and Guatemala . The project is headed by UC Santa Barbara archeologist, Anabel Ford, who has worked with the government of Belize to create a management plan for El Pilar that includes the preservation of the forest canopy to protect the ancient Maya buildings.

The Equilibrium Fund -. Creates income sources for rural women through educational programs teaching about the sustainable harvest and use of nutritious ramon nuts. Founded by Erika Vohman, the Equilibrium Fund runs women's educational programs in Nicaragua, Honduras, Guatemala and Mexico. Programs are designed to help women start small businesses using ramon nuts to create and market nutritious food products. Their programs address the key factors for creating sustainable livelihoods: Sociocultural, Environmental and Economic.