



*Hongos*   
**Kawsay**

Feed yourself delicious and healthy

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Designed for the most demanding palates,  
maintaining a culture of environmental care.

Catalog 2023

## *Our Products*

At **Hongos KAWSAY**, we offer a variety of products based on oyster mushrooms, cultivated naturally. Due to their versatility and nutritional properties, these mushrooms provide different alternatives for creating unique products that satisfy the palate of the most discerning diners.

Our **production processes** align with our environmental care policy, utilizing raw materials from the residue of the timber industry, thus reducing the carbon footprint generated in the area.

At Hongos KAWSAY, we create products based on oyster mushrooms, and we work closely with our suppliers, ensuring fair treatment and benefiting our farmers and their families.

**Contact us for more information on how we can assist you with our products.**



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# Quinotto



The unmatched nutritional value provided by Quinoa, oyster mushrooms, vegetables, and spices can be harnessed in a 50g serving of Quinotto. The benefits for our body include:

## Quinoa

It contains more protein than any other cereal and helps with various health issues such as autoimmune diseases, muscular problems, hypertension, anemia, and blood vessel obstructions.

## Oyster Mushrooms

High content of essential amino acids, proteins, and low calorie value.

## Onion

It is an antioxidant, more powerful than vitamin E, and has anti-inflammatory, antiallergic, and cancer-protective properties.

## Pepper

Source of carotenes with antioxidant properties.

## Carrot

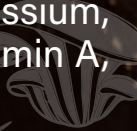
Rich in phosphorus, which invigorates tired minds and bodies. Very useful for alleviating colic and promoting digestion.

## Celery

Helps regulate bacteria in the intestines, improves digestion, and facilitates nutrient absorption.

## Spinach

Source of nutrients such as potassium, magnesium, folate, iron, calcium, and vitamin A, which reduce inflammation.

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# Oyster Mushrooms



They have a **firm texture and a unique aroma**, with a meaty flavor that makes them very versatile for preparing a variety of dishes, both at home and in haute cuisine. They serve as the main accompaniment for pastas, sauces, roasts, etc.

From a nutritional standpoint, they stand out for their content of essential amino acids, proteins, vitamins, and low calorie value, making them a good complement to a healthy diet. Additionally, they are attributed with medicinal properties such as helping to lower cholesterol, strengthening the immune system, antiviral and anti-inflammatory actions, anticancer properties, and aiding in digestion.

Fresh Oyster Mushroom




Dried Oyster Mushroom

## Oyster Mushrooms *Dried*

Dried oyster mushrooms help extend their shelf life in our pantry while preserving and enhancing their medicinal and nutritional properties. They are an important source of selenium for the human metabolism, providing antioxidant effects. Additionally, their high polysaccharide content has a beneficial impact on the immune system.

Dried oyster mushrooms are sought after for their versatility in preparation and more intense flavor compared to fresh mushrooms, making them desirable in haute cuisine and ideal for soups, sauces, or as a complement to a main dish.

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# Hongos Kawsay



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Ambato - Ecuador