



SEEDS



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TOGETHER WE CAN DO IT 100% ORGANIC

We believe in the power of organic farming to nurture ecosystems, preserve soil fertility, and support resilient communities, while producing food with respect for nature. Guided by the four principles of organic agriculture - care, health, ecology, and fairness - we work together with farmers, producers, retailers, and consumers to accelerate the transition to organic. That's why 100% organic is our standard.

- Over 160 unique food ingredients, including seeds, nuts, pulses, oils, and cocoa
- Custom private label packaging
- Consumer products for retail

For over 35 years, we have built global partnerships with farmers and producers, fostering long-term relationships at origin. Committed to sustainable, traceable, and responsible sourcing, we continuously strive to improve, collaborating with cocoa cooperatives in Peru and working side by side on organic sesame projects in Uganda, alongside many other global initiatives.



WE ARE PROUD TO BE:



DID YOU KNOW:

- We work together with a worldwide network of 180 suppliers in more than 60 countries.
- We naturally protect our organic ingredients in 12 advanced EcO₂ chambers, using a precise balance of gases to eliminate insects - without chemicals or irradiation.

FOR MORE INFORMATION VISIT [DOITORGANIC.COM](https://www.doitorganic.com)



SEEDS

We offer a wide range of high-quality organic seeds and kernels – from chia, flax, and hemp to sunflower, sesame, poppy, and pumpkin.

Each sourced through trusted partnerships with suppliers who share our commitment to quality and sustainability.

By visiting them regularly, we ensure reliable supply chains and consistent standards. Whether for bakery, snacks, cereals, or plant-based products, our organic seeds bring nutrition, texture, and flavour to every application.

We can supply in a variety of packaging formats, from smaller pack sizes to big bags.



Click ingredients to quickly navigate

OUR ORGANIC SEEDS ASSORTMENT

Article nr.	Product	Origin
14186	Chia seed black org. 1000kg	IN/UG/PY
14182	Chia seed black org. 25kg	PY/BO
14184	Chia seed black org. 25kg	IN/UG
14183	Chia seed white org. 25kg	PY
14152	Flax seed blond org. 25kg	KZ
14151	Flax seed blond org. 25kg	EU
14154	Flax seed blond org. 750kg	KZ
14150	Flax seed brown broken org. 20kg	NL
14122	Flax seed brown ground org. 20kg	NL
50081	Flax seed brown org. 1000kg	KZ
14020	Flax seed brown org. 25kg	KZ
50120	Flax seed brown org. 25kg	PL
14193	Hemp seed hulled org. 20kg	EU/ NON-EU
14100	Poppy seed org. 25kg	TR
14104	Poppy seed org. 750kg	TR
14210	Psyllium husk org. 95% 25kg	IN
14213	Psyllium husk org. 99% 25kg	IN

Article nr.	Product	Origin
14216	Psyllium husk powder org. 99% 25kg	IN
51231	Pumpkin seed GWS AA org. 25kg	PL
51236	Pumpkin seed GWS AA org. 25kg	EU
14200	Pumpkin seed roasted org. 20kg	NL
14111	Pumpkin seed SS A org. 25kg	CN
14109	Pumpkin seed SS A org. 750kg	CN
14118	Pumpkin seed SS AA org. 25kg	CN
14202	Pumpkin seed SS AA org. 750kg	CN
50263	Sesame seed black org. 25kg	BO
14130	Sesame seed hulled org. 25kg	PK
14136	Sesame seed hulled org. 750kg	PK
14091	Sesame seed unhulled org. 25kg	EG
14133	Sesame seed unhulled org. 25kg	UG
14093	Sesame seed unhulled org. 750kg	UG
50262	Sesame seed unhulled org. 750kg	EG
14096	Sesame seed unhulled roasted org. 25kg	NL
14072	Sunflower kernel bakery org. 1000kg	EU
14043	Sunflower kernel bakery org. 25kg	EU



CHIA SEED

- ✓ ORGANIC
- ✓ MULTIPLE VARIETIES
- ✓ LONG-TERM PARTNERSHIP

Organic chia seeds from the fertile lands of Bolivia, India, Paraguay, and Uganda. Available in both black and white - identical in nutrition but slightly different in appearance and texture. Sourced through long-standing partnerships that we regularly visit to ensure consistent quality. Our organic chia offers versatile functionality for bakery, cereals, snacks, and plant-based applications.

- Varieties:** Black, white
- Packing:** Multi-layer paper bag
- Origin:** Paraguay, Bolivia, India, Uganda
- Harvest:** Jun – Jul, Dec – Jan

14182	Chia seed black	25 kg	PY, BO
14183	Chia seed white	25 kg	PY
14184	Chia seed black	25 kg	IN, UG
14186	Chia seed black	1000 kg	IN, PY, UG

*Our Category Manager
Hans in Paraguay*



FLAX SEED

- ✓ ORGANIC
- ✓ VARIOUS ORIGINS
- ✓ STABLE SUPPLY

Organic flax seeds from various origins, regions known for their strong growth and high oil content. As flax is sensitive to weather conditions, we work closely with local suppliers to monitor each harvest and maintain stable quality. Through these partnerships, we ensure a reliable, traceable supply of organic flax seeds with consistent performance for bakery, cereals, and plant-based applications.

- Varieties:** Brown, golden, broken or ground
- Packing:** Paper bag
- Origin:** India, Kazakhstan, EU
- Harvest:** Apr – May, Sep – Nov

14020	Flax seed brown	25 kg	KZ
14080	Flax seed brown	25 kg	KZ
14122	Flax seed brown ground	20 kg	NL
14150	Flax seed brown broken	20 kg	NL
14151	Flax seed blond	25 kg	PL
14152	Flax seed blond	25 kg	KZ
14154	Flax seed blond	750 kg	KZ
14155	Flax seed blond	25 kg	KZ
50081	Flax seed brown	1000 kg	KZ
50120	Flax seed brown	25 kg	EU



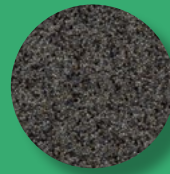
HEMP SEED

- ✓ ORGANIC
- ✓ NO ADDITIVES
- ✓ STABLE SUPPLY

Organic hemp seeds, naturally rich in nutrients and mild in flavour. Grown without additives and ready to use in a wide range of applications. They can also be cold-pressed to extract high-quality hemp oil, valued for its balanced fatty acid profile and smooth, nutty taste.

- Varieties:** Hulled
- Packing:** Paper bag with foil lining
- Origin:** China, EU
- Harvest:** Aug – Sep

14193	Hemp seed hulled	20 kg	CN, EU
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POPPY SEED

- ✓ ORGANIC
- ✓ LONG-TERM PARTNERSHIP
- ✓ VARIOUS PACK SIZES

Organic poppy seeds from Turkey, where ideal growing conditions create their deep flavour and distinctive crunch. Carefully cleaned and selected for bakery and confectionery applications, and available in a range of bulk formats to fit various production needs.

- Varieties:** Poppy seed
- Packing:** Paper bag
- Origin:** Turkey
- Harvest:** Jun - Aug

14100	Poppy seed	25 kg	TR
14104	Poppy seed	750 kg	TR



PSYLLIUM HUSK

- ✓ ORGANIC
- ✓ DIFFERENT VARIETIES
- ✓ STABLE SUPPLY

Organic psyllium husk from northern India, where the crop grows well in dry, sunny conditions. The outer husk is carefully separated and cleaned to ensure purity. Naturally rich in soluble fibre, psyllium husk is ideal for improving texture in bakery and gluten-free recipes, as well as for use in cereals and functional foods.

- Varieties:** Powder, Husk 95% / 99%
- Packing:** Multi wall paper bonded polywoven bags with PE inliner
- Origin:** India
- Harvest:** Apr - Jun

95% VS 99% PSYLLIUM HUSK

The difference lies in purity.

- 95% contains a small amount of the inner seed, giving it a slightly coarser texture and making it well suited for bakery and general food applications.
- 99% is an extra-pure form with almost no seed particles left. It absorbs more water and forms a stronger gel, which makes it ideal for high-viscosity or functional applications where maximum thickening, binding or fibre content is needed.

14210	Psyllium husk 95%	25 kg	IN
14213	Psyllium husk 99%	25 kg	IN
14216	Psyllium husk powder 99%	25 kg	IN



SESAME SEED

- ✓ ORGANIC
- ✓ LONG-TERM PARTNERSHIP
- ✓ STABLE SUPPLY

Organic sesame seeds available in both hulled and unhulled varieties, each offering its own unique character. Hulled seeds deliver a smooth texture and mild flavour, while unhulled seeds provide extra crunch and a deeper, nuttier taste. Sourced from various trusted partners, we ensure consistent quality, traceability, and a stable supply for bakery, tahini, snack, and plant-based applications.

Varieties: Hulled, unhulled, roasted, black

Packing: Paper bag

Origin: Uganda, Egypt, Pakistan, Bolivia

Harvest: Apr – May, Sep – Oct, Dec – Jan

14091	Sesame seed unhulled	25 kg	EG
14133	Sesame seed unhulled	25 kg	UG
14093	Sesame seed unhulled	750 kg	UG
14096	Sesame seed unhulled roasted	25 kg	EG / UG
14130	Sesame seed hulled	25 kg	PK
14136	Sesame seed hulled	750 kg	PK
50263	Sesame seed black	25 kg	BO



STRENGTHENING SESAME CULTIVATION

Through long-term collaboration with our partner in Uganda, we trained local farmers in sustainable practices, from preparing organic fertilisers to caring for new sesame trees. With tools such as oxen for ploughing and practical field workshops, farmers improved soil health, managed weeds naturally and increased their yields by 30 to 70 percent. Hands-on training empowered farmers to grow organically and build long-term resilience, creating a foundation we aim to further expand through future social initiatives.





PUMPKIN SEED

- ✓ ORGANIC
- ✓ MULTIPLE VARIETIES
- ✓ LONG-TERM PARTNERSHIP

Organic pumpkin seeds sourced from carefully selected suppliers in China and the EU, where pumpkins grow freely in open fields until the seeds reach full maturity. We work closely with our long-term partners, visiting them regularly to ensure consistent quality and a stable, reliable supply. Our pumpkin seeds are an excellent choice for bakery, snack and plant-based applications.

Varieties: SS A, SS AA, GWS AA, roasted

Packing: Multi-layer paper bag

Origin: China, EU

Harvest: September – October

14109	Pumpkin seed SS A	750 kg	CN
14111	Pumpkin seed SS A	25 kg	CN
14118	Pumpkin seed SS AA	25 kg	CN
14202	Pumpkin seed SS AA	750 kg	CN
14200	Pumpkin seed roasted	20 kg	CN
51231	Pumpkin seed GWS AA	25 kg	PL
51236	Pumpkin seed GWS AA	25 kg	EU



SUNFLOWER KERNELS

- ✓ ORGANIC
- ✓ BAKERY QUALITY
- ✓ LONG-TERM PARTNERSHIP

Organic bakery-grade sunflower kernels, selected for their superior size, uniformity, and clean finish. Carefully processed to ensure low moisture and minimal breakage, they retain their mild, nutty flavour and firm texture even after baking. Developed for professional use, these organic kernels deliver consistent performance in bread, cereals, snacks, and plant-based products.

Varieties: Sunflower kernels, bakery

Packing: Paper bag

Origin: EU

Harvest: Aug – Oct

14043	Sunflower kernel bakery	25 kg	EU
14072	Sunflower kernel bakery	1000 kg	EU



INTERESTED IN ORGANIC SEEDS & KERNELS?

Feel free to reach out via sales@organic.nl or contact your account manager directly.

Our assortment may change over time. Get in touch for the latest information.



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