

# Buy and support locally - Fiji Times Online

Sandhya Narayan Of Friend Fiji Style

Friday, April 22, 2016

Foundation for Rural Integrated Enterprises and Development's (FRIEND) has introduced a range of local herbal teas with a promise of health and taste for the discerning tea drinkers in flavours of lemon grass , cinnamon, star apple, rosella, layalaya tea with cinnamon, tulsi and yaqona.

The best seller of the range is lemon grass tea — a flavour that most people in Fiji remember growing up with, lemon grass tea has a distinct yet appeasing lemony taste — its citrusy aroma chasing away the tiredness with every sip.

One of the primary reasons why so many people swear by the power of lemon grass tea is for its help in curing insomnia and calming the body down. It helps ease and relax the muscles of the body as well as the nerves.

As a digestive aid it can help detoxify a body. Many studies have shown that drinking lemon grass tea regularly is a natural way to decrease cholesterol levels. Served hot or iced, Lemon grass tea is a refreshing drink full of natural goodness.

Friend's Fiji Style lemon grass tea is organically certified.

'The leaves are collected at maturity from selected organic farms around the country.

These are then sorted and naturally sun-dried at the foundation's quality controlled kitchen in Tuvu, Lautoka.

Raw material for other teas are similarly sourced from farms and forests of Fiji.

Friend's Fiji Style® range of teas are lightly and attractively packaged making it an ideal choice for a gift to say thank you or to carry in your bag when visiting relatives overseas to bring them a taste of home.

Our pure fruit jams are also a treat for the taste buds. Friend's Fiji Style® Jams use real fruit and are free from any artificial additives or preservatives.

Real fruit pieces are blended and cooked using traditional recipes trialed and tested over generations.

The jams are cooked in batches by potful's to maintain the homemade taste and each jar is packed by hand as opposed to machine packing in larger production outfits.

The range includes jams made from locally abundant fruits such as mango, pawpaw, pineapple, guava and marmalade.

The purchase of raw fruits from farms provides incomes for smaller farms and households who receive market prices for their goods.

Friend's Fiji Style® products are an initiative of Foundation for Rural Integrated Enterprises and Development, (FRIEND) a development NGO working with rural and marginalised communities for social and economic empowerment.

The foundation was formed in 2001 and since has introduced a number of products including jams, pickles and chutneys, dried fruits, gluten free flours and spices into the market.

"We work with skills and resources of our local communities to develop products that can provide sustainable sources of incomes for families," says FRIEND founder/director Sashi Kiran.

Friend's Fiji Style products are distributed by the Motibhai Group, bringing quality products for you and your family.