

FFP (U) LTD · ICEMARK GROUP · KAMPALA, UGANDA

Product List

Fresh Produce from Uganda

Every box starts on a smallholder farm. We buy from family growers spread across Uganda, then grade and pack each box at our Kampala packhouse and airfreight it from Entebbe to buyers in the UK, Europe and the Gulf, typically within two days of harvest.

28

PRODUCT LINES

4-10

KG PER BOX

2001

EXPORTING SINCE

4

PRESIDENT'S EXPORT
AWARDS

AWARD-WINNING UGANDAN EXPORTER IN 2006, 2007, 2008, 2009, 2017, 2019



**4–10 kg
per box**

Every product ships in vented export cartons from **4 kg up to 10 kg**, packed to your order. Tell us the product and the volume you need: email info@ffpmashamba.com, use the contact form at ffpmashamba.com/contact-us, or WhatsApp +256 757 748 811, and we confirm sizes, grades and availability within one business day.



African Eggplant

Solanum macrocarpon

ALSO KNOWN AS
Gboma

ALL YEAR

The firm, mild white garden egg eaten across West and East African cuisines. A Mashamba staple crop with steady weekly volumes for ethnic retail.



Bird Eye Chilli

Capsicum frutescens

ALSO KNOWN AS
Rawit, Thai Chilli

SEASONAL

Small, sharp and intensely hot green and red rawit chillies for Asian and African foodservice, graded to size before packing.



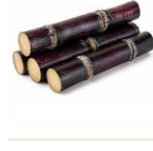
Apple Banana

Musa acuminata

ALSO KNOWN AS
Baby Banana, Sweet banana

ALL YEAR

Sukali Ndizi, Uganda's small dessert banana, with a firm bite and a sweetness commercial Cavendish cannot match. A proven repeat seller in diaspora retail.



Black Sugar Cane

Saccharum officinarum

ALL YEAR

The deep-purple chewing cane prized across African and Asian markets for its softer fibre and rich, sweet juice. Cut to export lengths and trimmed at the packhouse.

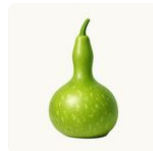


Avocado

Persea americana

ALL YEAR

From the large West Indian avocado, the original tropical lowland fruit, to Hass and jumbo grades: creamy, sun-grown fruit for wholesale programmes.



Calabash

Lagenaria siceraria

ALSO KNOWN AS
Bottle gourd, Lauki, Dhudi

SEASONAL

Long dhudi bottle gourd, the mild cooking squash of South Asian kitchens, harvested young for tender flesh and packed to order.



Beans

Phaseolus vulgaris

SEASONAL

Fresh Papuddi beans plus coco, butter, yellow, white, pinto and red kidney varieties, packed in retail-ready 1 kg bags inside the export carton.



Cocoyam

Xanthosoma sagittifolium

ALSO KNOWN AS
Malanga, Tannia

ALL YEAR

A starchy, nutty root sold as malanga or tannia, with strong demand across Caribbean, African and Latin American food channels.

**Curry Leaves***Murraya koenigii*ALSO KNOWN AS
Kadi Patta, Sweet Neem

ALL YEAR

Aromatic dried curry leaves in retail-ready 50 g bags: the everyday seasoning of South Asian cooking, packed for wholesale distribution.

**Ginger***Zingiber officinale*

ALL YEAR

Firm, aromatic Ugandan rhizomes with the strong pungency the spice trade pays for. Fresh turmeric ships on the same programme.

**Gunda***Cordia dichotoma*

SEASONAL

The small green lasora berry used across South Asian pickle traditions: a hard-to-source specialty Mashamba supplies in season.

**Hot Pepper***Capsicum chinense Jacq.*

ALL YEAR

Uganda's signature export crop: fiery, aromatic peppers in red, yellow and mixed colours. Field-inspected under our EU-registered systems approach and airfreighted weekly.

**Jackfruit***Artocarpus heterophyllus*ALSO KNOWN AS
Fenesi, Jaka

SEASONAL

Uganda's sweet fenesi, shipped whole or as baby fruit around 1 kg, for retailers serving African and Asian communities.

**Karela***Momordica charantia*ALSO KNOWN AS
Bitter Gourd

SEASONAL

Fresh dark-green bitter gourd, the sharp-flavoured staple of Indian cooking, picked young and firm for export.

**Mango***Mangifera indica*

SEASONAL

Firm green raw mango for pickling, chutneys and cooking, harvested to order through the season.

**Matoke***Musa spp.*ALSO KNOWN AS
Cooking Banana

ALL YEAR

The green cooking banana at the centre of Ugandan food culture: harvested green, starchy rather than sweet, and shipped in tight, fresh bunches.

**Melon***Citrullus lanatus*

ALL YEAR

Sugar Baby round watermelon and horned melon, grown in Uganda's equatorial climate and supplied all year for wholesale fruit programmes.

**Okra***Abelmoschus esculentus*ALSO KNOWN AS
Lady fingers, Gumbo, Bihindi

SEASONAL

Clemson Spineless and Indian Pusa dark-green okra, cut young and tender for Asian, African and Caribbean retail.



Papaya

Carica papaya

ALSO KNOWN AS
Pawpaw, Papwa, Tree melon

SEASONAL

Sweet Ugandan pawpaw with deep orange flesh, packed firm so it ripens on arrival, not in transit.



Passion Fruit

Passiflora edulis

ALSO KNOWN AS
Granadilla

SEASONAL

Hybrid and small Ugandan purple passion fruit, heavy with juice: the signature East African flavour for juicing and retail.



Peanut

Arachis hypogaea

ALSO KNOWN AS
Groundnut

SEASONAL

Fresh groundnuts, in shell or in the kernel, a Ugandan staple supplied in season for African food retail.



Pineapple

Ananas comosus

ALSO KNOWN AS
Ananas

ALL YEAR

A pineapple never sweetens after harvest, so ours is cut at eating ripeness and flown fresh, available all 12 months of the year.



Pumpkin - Squash

Cucurbita

ALSO KNOWN AS
Ugandan Pumpkin

SEASONAL

Ugandan butternut and round green pumpkin, dense and sweet-fleshed, packed for African and Caribbean grocery.

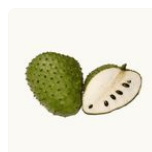


Ripe Mango

Mangifera indica

SEASONAL

Sun-ripened Ugandan mango with full colour, aroma and juice, picked at eating ripeness and flown fresh: ready to sell on arrival.



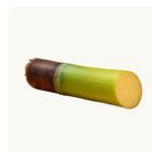
Soursop

Annona muricata

ALSO KNOWN AS
Guanabana

SEASONAL

Fragrant guanabana with soft, aromatic white flesh: a prized specialty fruit supplied in limited seasonal volumes.

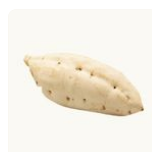


Sugar Cane

Saccharum

ALL YEAR

Chewing-grade green cane, cut to export lengths and trimmed at the packhouse, supplied in cut pieces or large fresh bundles.

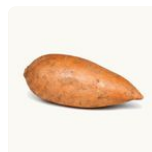


Sweet Potatoes

Ipomoea batatas

ALL YEAR

The white-fleshed sweet potato traditional to Uganda: firmer, drier and less sugary than the orange supermarket type.



Yam

Dioscorea rotundata

ALSO KNOWN AS
Bwaise

ALL YEAR

Bwaise yam, the firm white tuber of West African cooking, cleaned and graded for export.

Ready to source fresh produce from Uganda?

Tell us what you need, we quote in 24 hours or less.

Tell us the products, volumes and destination you want. Within 24 hours you get a landed price, the first available flight and the grading spec we will pack to. Every order is packed in vented export cartons from 4 kg up to 10 kg.

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