

## About Gambian Green Beans

In The Gambia, we grow premium-quality green beans using sustainable farming practices. Our commitment to freshness, nutritional value, and eco-friendly production ensures a product that is both healthy and delicious.

## Why Gambian Green Beans?

The Gambia's fertile soils and year-round sunshine create the perfect environment for producing green beans of exceptional quality. By choosing our green beans, you are supporting sustainable agriculture and helping local farmers thrive.



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*Fresh from our  
fields to your table*



## The Gambian Promise

We provide green beans (*Phaseolus vulgaris*), that are freshly harvested, expertly packed, and exported to meet the highest international standards. From farm to table, we ensure unmatched quality and freshness.



+220 4377377 /  
+220 9962903



info@giepa.gm  
export@giepa.gm

www.giepa.gm



## Gambian Green Beans

Green Beans: Nature's Crisp Delight

Gambian green beans are crisp, flavorful, and packed with nutrients, offering a wholesome addition to any meal. Experience the difference of beans grown with care and dedication.



Unlocking The Gambia's Export potential:  
Bridging Markets, Powering Growth



Gambia Pure

## Health is Wealth

Green beans are a powerhouse of nutrition, offering a range of health benefits:

- **Rich in Vitamins:** High in vitamins A, C, and K for overall health and well-being.
- **Low in Calories:** A healthy, low-calorie vegetable perfect for balanced diets.
- **Heart Health:** Naturally low in cholesterol and rich in fiber.
- **Bone Strength:** Packed with calcium and magnesium to support strong bones.

## Why Choose Gambian Green Beans?

### 01 Freshness Guaranteed

Harvested at peak ripeness for optimal flavor and texture

### 02 Sustainability

Produced using eco-friendly and traditional farming practices.

### 03 Support for Farmers

Every purchase supports Gambian farmers and rural communities

### 04 Global Standards

Meets international export standards for quality and safety.

### 05 Economic Value

Boost agricultural exports, create jobs, and contribute to the economy



## Export Opportunities

Gambian green beans are increasingly in demand in global markets for their quality, taste, and sustainability. We provide reliable export solutions for fresh green beans to wholesalers, retailers, and distributors worldwide. Partner with us to bring this exceptional product to your market.

## Our Goal

To position The Gambia as a leading supplier of premium-quality green beans, fostering sustainable agricultural growth and empowering local farmers.



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