

## Samples of our product lines



Our grilled cherry peppers, cousins to the bell pepper, are sweet with a surprisingly hot bite. Perfect for antipasto, salads, sauces, and as a side with meats.



Pickled cabbage leaves, useful for a vast array of culinary delights.



We take only the highest quality and crunchiest red peppers and roast them with garlic and parsley; perfect for mozzarella, sauces, sandwiches, and appetizers.



Our home-style recipe malidjano (MAHL eh DYAHN oh) combines mostly roasted eggplant and green pepper with a medley of spices (parsley, mustard, salt).

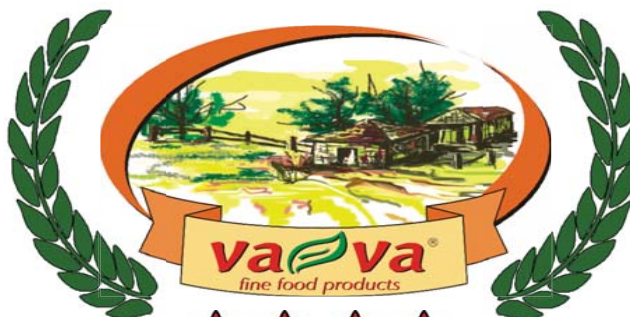
Ajvar (EYE vahr) is a vegetable spread made with hand peeled red peppers double-roasted with eggplant and garlic. This mild, piquant vegetable spread goes perfectly as an appetizer, over rice, with meat or as a stand alone side dish!



Our pickled extra class baby cucumbers are a particular treat, crispy and popping with flavor.



Lutenica (loo TEHN ee SAH) is a chunky blend of roasted red and feferoni (chili) peppers, tomatoes, carrots, and garlic. Served as an appetizer, with tortilla chips, pasta, or meat.



“...hot or cold on crackers or crusty bread [these] rock...”  
- *The Courier*

“...goes great with cheese and makes killer dips and spreads...”  
- *Gourmet Magazine*

“...a garden of exotic foods...”  
- *The Record*

## What is VaVa?

VaVa is our brand. All VaVa foods are 100% all natural vegetable or fruit products. These vegan friendly products contain 0% cholesterol and very low saturated and trans fats. Our products are also naturally contain vitamin C, A, B12, B1, B6, K, and beta-cerotene, as well as calcium, potassium, and zinc.

All Va-Va products for Chex are fire roasted, hand-peeled and deseeded, and then marinated in a special blend of whole garlic, parsley, white vinegar, and spices.

### Are they organic?

They are transitional organic. Our USDA Organic Certification is entering its second year of a four year certification process. We are on schedule for 2011.

### How long do they last?

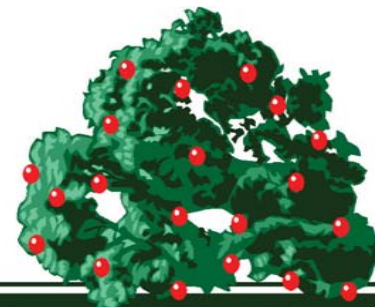
All of our products are pasteurized and sealed to preserve freshness. The shelf life of our products is typically two years. Once opened, our products last about three to four weeks properly refrigerated.

### Are they kosher?

Circle-U certification will follow USDA Organic certification some time in 2011.

### Where are they from?

All of our vegetables come from family owned farmland in the Republic of Macedonia utilizing sustainable agriculture. The produce is then moved to our HACCP certified facility where it is quickly grilled or roasted or marinated then jarred for maximum freshness and crispness.



# FAST-PAK TRADING, INC.

## FINE FOOD IMPORTER



Va-Va all natural vegetable products, including ajvar, gherkins, marinated red peppers, stuffed peppers, and more.

Airborne New Zealand honey.

Products include different types of Manuka honey, rare Honeydew, native floral honey, and more.



Evropa has been a leading European chocolatier since the late 19th century. Their line includes cookies, wafers, chocolates, and candies.

Vitalia produces all natural, low sugar sweets, like compotes, jams, marmalades, and cooking oils.



Swiss Lion is an industry leader in many different kinds of pretzels, crackers, cookies, sweets, and juices.

Univer makes many wonderful Hungarian gourmet products, such as spreads, spices, and condiments.



Vincinni make some the most delicious swiss rolls, cakes, cookies and other sweets.

*Large sizes available!*

## What can I do with...?

These products are thicker than salsas, spicier than tapanades, and more flavorful than baba ganoush. Our peppers are crispy and bursting with flavor and, in some cases, heat. Here are some quick, great ideas on how to use them (more can be found on our website @ [www.fastpakstore.com](http://www.fastpakstore.com)):

**Hoers D'Oeuvre:** Our vegetable spreads are perfect out of the jar as a dip with any kind of chip or mixed vegetables. They also go great with any kinds of meats, especially sausage, and cheeses, especially feta.

**Topping:** Bake a favored meat in an oven (personal favorite happens to be chicken or pork). About half way through cooking, add some vegetable spread or marinated vegetable as a roasting base and allow it to finish.

**Sauce:** Another singular great way to use these products. Pre-cook your favorite pasta. In a frying pan, add some olive oil and fresh garlic. Add in the pasta, then quickly add half a jar of vegetable spread. Flip a couple times until nice and hot.

## Grilled Super Sandwich

- (2) Slices Swiss Cheese
- (4) Slices Meat (Pastrami, Ham, etc.)
- (2) Slices Rye Bread
- (1) Jar Va-Va Roasted Red Peppers
- Cole Slaw
- (1) Jar Va-Va Vegetable Spread
- Olive Oil / Butter

Put olive oil and a tablespoon of butter in a skillet. Get it hot! Then add the rye bread, placing a slice of cheese on each peice of bread. When the cheese becomes slightly melted, add two slices of your favorite meat to each side. Wait about the meat becomes slightly brown, then add slices of red pepper and the cole slaw to each side. Wait about thirty seconds, then close the sandwich. Give it a few flips until nice and hot. Cut sandwich into fours and use the vegetable spread as a wonderful dip!



## Vegetarian Quesadillas

- (1) Ajvar (Hot or Mild)
- (1) Grilled Zucchini
- (1) Roasted Red Peppers
- (1) Malidjano
- (1) Zesty Grilled Peppers
- Onion
- Provolone Cheese (or substitute your favorite)
- Tortillas (recommended whole wheat)
- Black Pepper

Cut the tortilla in half. Spread ajvar on one half and malidjano on the other (thickness depends on taste). Arrange the onion, zucchini and red pepper on top of the ajvar and malidjano in any way you want. Slice the zesty peppers, and sprinkle them along with some black pepper on top of that. Place the cheese on top of the vegetables. Be generous but don't go crazy. Finally, put one side of the soon-to-be-quesadilla on top of the other, and cook over a medium heat in a skillet, until both sides are brown and the cheese is melted. Enjoy!

If you like your quesadillas really spicy, substitute or add VaVa grilled cayenne peppers for the roasted red peppers.



For more information, including nutrition facts, private label, and product information, please contact us at 973-925-1111

[www.fastpakstore.com](http://www.fastpakstore.com)



Airborne honey is specifically monofloral, its pollen hailing from the diverse and fertile country of New Zealand. Each honey has its own flavor, color, and texture, and are useful in diverse varieties of dishes, desserts, and sauces. Airborne monofloral honeies are guaranteed at least 75% monofloral pollen content, indicated by a time/date stamp on the label.



Manuka honey's popularity has soared in recent years, due to its high anti-bacterial properties and robust flavor. Used as a curative for centuries, Manuka honey is not only an all natural sweetener, it is a wonderful addition to a holistic healing process. We carry three kinds of Manuka honey!



Clover honey is one of the most popular honeys worldwide. Our Clover honey has been "creamed", using other creamed honey as a catalyst, to reduce the size of the honey molecule, thus creating a much more buttery, much more spreadable honey. Also in regular liquid!



Airborne Multifloral honey showcases the best honey made from the various flora of the New Zealand islands. Multifloral contains no particular one source, ranging from the common clover, thistle, and rose to the more rare rata, kamahi, and vipers flowers.



With a heritage dating back to the ancient tribes who cultivated the arid, unforgiving soils of the Mediterranean, thyme continues to flourish today across Neew Zealand. An intensely aromatic honey, the pale thyme flowers imbue it with lingering, herby, savoury flavours enjoyed by the experienced honey connoisseur.



Honeybees extract this from a nectar that forms on the bark of New Zealand black beech and sparkles in the sunlight (hence "honey" dew"). Honeydew honey has a full aroma, is heady, almost pungent, and malty with a thick red amber color. Also comes in a stronger Health version!

*Many more available!*