



# SPEC QUINOA

(CHENOPODIUM QUINOA WILLD.)

# CV. FREYJA

QUINOA QUALITY APS  
TEGLVÆRKSVEJ 10  
DK-4420 REGSTRUP

CVR 40610588

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Freyja is the newest quinoa variety, just released, without saponins. The saponin content is 0!. Taste is excellent, disease is on a low level, and yield is high.



## Technical specs

Seed weight, mg	Seed colour	Flower colour	Type	Growth duration, days
3.0	Yellow	Yellow	Non-bitter (sweet)	120-150

Saponin (1-10, 10 highest)	Stress tolerance	Packaging	Storage	Additional information
0	Drought, salinity, frost	10 and 20 kg	Cool and dry	

## Nutritional value

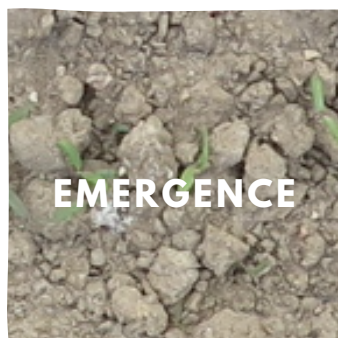
Quinoa has a high oil content (7% compared to 2% in cereals), and a high content of poly-unsaturated fatty acids (omegas). It has a high protein content,

including a high lysine- and methione content (double of cereals). Quinoa has a high iron content, 50% higher than in cereals, and higher than any other crop.

Nutrients pr. 100g	
Energy	1496 kJ /356 kcal
Fat	7,3 g
- Incl saturated fatty acids	0,9 g
Carbohydrate	53 g
- Incl sugar	2,5 g
Dietary fiber	13 g
Protein	13 g
Salt	0 g
Iron	4,7 mg



# Cultivation instruction



Climate zone	Europe (n to s), Asia, Africa, South America
Soil type	Sandy-loamy
Establishment	Clean, humid seedbed
Seed bed	Clean and humid
Sowing conditions	High quality seed
Sowing date	Early in spring
Row spacing	25-50 cm
Sowing rate	10 kg/ha
Weed control	Mechanical
Nutrient requirement	Organic manure or fertilizer containing 80 kg N, and P and K dependent on soil
Diseases and pests	Downy mildew, black aphids
Harvest	Direct combining
Yield	1-2.5 t/ha
Post harvest	Dry immediately after harvest, clean, dehull



**HARVESTED SEED**

# USES

Quinoa is attractive for food purpose. Main use of the primary product, the seed, is for human consumption, and the other plant parts are used for animal feed or for soil improvement.

Freyja is a full grain quinoa variety, without saponins in the seed hull. The seed can be consumed without a dehulling and a washing, as is the case for all imported quinoa from South America.

No nutrients are lost as in the physical processes with bitter quinoa, hence nutritional quality is higher in Freyja, and in addition there is a high content of dietary fibers. They are good for health, digestion and structure of the seed as a food, and taste is great.



Jacobsen, S-E. 2024.  
Freyja spec. From  
[www.quinoaquality.com](http://www.quinoaquality.com), 4 p.

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