

Tara

Tara Protein Powder

Tara pods and seeds are used to make three main products: tara gum, made from the endosperm (the outer layer of the “meat”) of the seeds, used as a thickener and stabilizer in foods and cosmetics; Tara powder, a tannin-rich substance made from the pods encasing the seeds, used mostly in leather tanning; And tara germ or tara protein, made from the germ (nutrient-dense core) of the tara seeds.^{1,2}

Daily Harvest lists “Organic Tara Flour” as an ingredient in the Crumbles. On the Crumbles’ product page, the very brief description of “Organic Tara” says the ingredient is “a protein-rich flour made from the seeds of the tara tree.”³ Tara *gum* powder, which would be added for the purpose of thickening or stabilizing the food, only contains about 2% protein by weight.⁴ This may suggest that the ingredient used in the Crumbles is actually tara *protein*, which would serve the purpose of boosting the Crumbles’ nutrient profile by adding protein and fiber.⁵

“Tara Protein” was also one of the ingredients listed in Revive Superfood’s smoothies that reportedly made customers ill, another reason to think that the “Organic Tara Flour” used in Daily Harvest’s Crumbles is tara protein powder.⁶ Some Reddit users noticed that Revive Superfoods replaced “tara protein” in the ingredient list of their smoothies with “pea protein” for a short time.⁷ One exporter refers to purified tara seed germ as “tara flour.”⁸

Exporters and Distributors

Three of the largest Peru-based tara exporters are Exandal, Silvateam, and Molinos Asociados.⁹ Molinos’s tara protein product is a powder containing 40%-50% protein.¹⁰ On Molinos’s website the company claims that it has the only purified tara germ product for human consumption on the market.¹¹ Exandal, however, also has a product page for their “tara germ” that says it is a plant-based protein for humans as well as animals, though additional information about the product on their website is scarce.¹² Both companies offer USDA-certified

¹ <https://www.exandal.com/en/tara-germ/>

² <https://molinosasociados.com/productos/>

³ <https://www.daily-harvest.com/browse/crumbles/french-lentil-leek>

⁴ https://www.colorexa.com/wp-content/uploads/2019/03/TDS-ORGANIC-TARA-GUM_Retail-_Colorexa.pdf

⁵ <https://unipektin.ch/wp-content/uploads/2020/11/Product-Information-Tara-Protein-Molinos-Asociados-Peru.pdf>

⁶ <https://www.foodsafetynews.com/2022/07/revive-superfoods-no-longer-has-tara-as-a-listed-ingredient-what-happened-in-the-last-24-hours/>

⁷ <https://www.foodsafetynews.com/?s=tara>

⁸ <https://peruorigins.com/tara/>

⁹ <https://usercontent.one/wp/www.tdc-enabel.be/wp-content/uploads/2020/11/Tara-gum-ENGLISH-1.pdf>

¹⁰ <https://unipektin.ch/wp-content/uploads/2020/11/Product-Information-Tara-Protein-Molinos-Asociados-Peru.pdf>

¹¹ <https://molinosasociados.com/productos/>

¹² <https://www.exandal.com/en/tara-germ/>

organic products. SilvaTeam offers tara gum and tannin products, but does not have any information about tara protein or tara germ in its product listings.¹³

According to Molinos, their tara protein is intended for use in protein supplements, baked goods, pasta, vegetable-based meat replacements, and protein drinks.¹⁴ Fieldcraft is a B2B “marketplace” that aims at simplifying sourcing from sustainable agricultural producers that is used by many large-scale companies such as Bob’s Red Mill, Califia, and Pom.¹⁵ Fieldcraft sources their tara protein from Westec Inc. (a Nevada-based importer) who imports their tara protein from Molinos Asociados.^{16, 17}

Peruvian Nature is another Peru-based exporter of tara protein powder. They use a New Jersey-based distributor, Nature360, to supply tara protein to US-based food manufacturers.^{18,19} Peru Origins is another smaller exporter of tara protein powder.²⁰

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Fieldcraft: hello@fieldcraft.com

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Nature360: +1-866-628-3602, info@nature360si.com

Peru Origins: info@peruorigins.com

¹³ <https://www.silvateam.com/en/>

¹⁴ <https://nature360si.com/super-ingredients/tara-protein/>

¹⁵ <https://www.fieldcraft.com/>

¹⁶ <https://westecinc.com/wp-content/uploads/2020/06/Tara-Plant-Protein-Certificate-of-Origin-Dec-3-2019.pdf>

¹⁷ <https://www.fieldcraft.com/co/westecinc/product/16526/Tara-Plant-Protein>

¹⁸ <https://peruviannature.com/products/tara-protein/>

¹⁹ <https://nature360si.com/super-ingredients/tara-protein/>

²⁰ <https://peruorigins.com/tara/>