

# HELLENIC FARMS

PRODUCTS OF EXCELLENCE





# Reimagining Greece

Our journey into all things Greek began when I decided to leave my hectic life in New York City and follow my heart to Greece.

Coming from a lineage of foodies: my paternal grandfather owned the only bodega in the village of Armolia, Xios where surrounding villagers would come to shop, and my maternal grandparents were and still are Mastic farmers, a unique natural resin that only grows on the island of Xios, I always knew that really good, all-natural, traditional food existed in Greece, after all it is where democracy, philosophy & the Olympics began!

I have always found it challenging to find great Greek foods at the local grocer, so in 2013 I decided that I would make it my mission to reintroduce the American table to Hellenic products of excellence!



Me agapi,

Vivianna Karamanis





# Nutritional benefits of the Mediterranean diet

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Abundant in fruits, vegetables, whole grains, legumes and olive oil, the Mediterranean Diet is considered one of the healthiest diets.



Improved weight loss



Better control of blood glucose levels



Reduced risk of depression



Reduced risk of inflammation



Reduced risk of heart attack



Reduced risk of stroke



Reduced risk of cancer



Reduced risk of Alzheimer's disease



# Vegan Fig Salami

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- Raw, natural & wholesome
- We source the highest quality non-GMO ingredients
- We have a variety of vegan options
- No added sugars & no added salts
- Low sodium & low in carbohydrates
- A unique product ideal in the cheese department, a meat substitute, and so much more.





# Gourmet Spreads & Olives

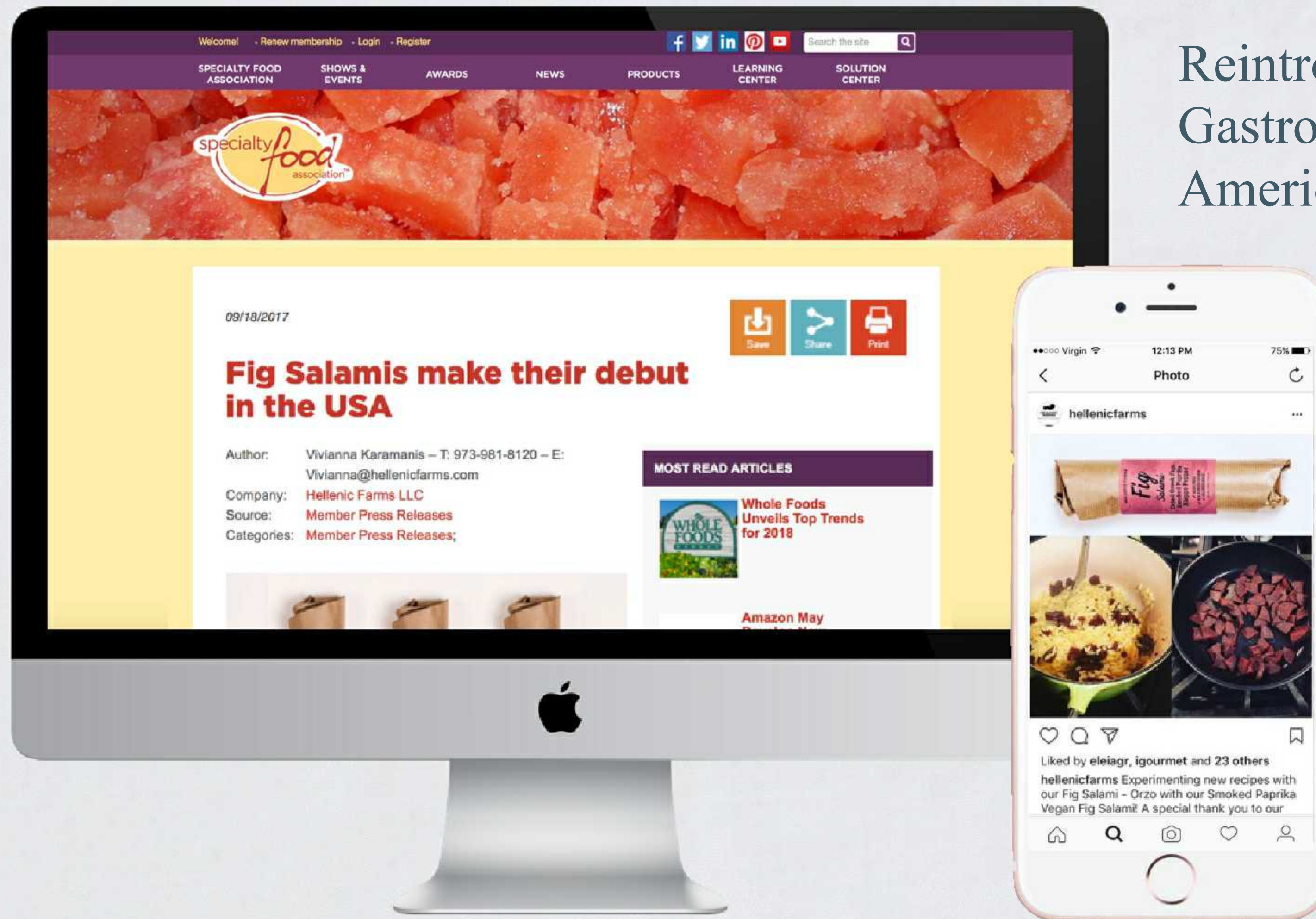
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- Our bold and unique flavors are inspired by the traditional Greek cuisine
- Natural, authentic & wholesome
- We source the highest quality ingredients
- We have a variety of vegetarian &/or vegan options
- Using traditional pickling methods, we are able to drastically reduce or completely eliminate the need for artificial additives
- Part of a healthy Mediterranean Diet





# Attracting New Customers



Reintroducing Grecian  
Gastronomy to the  
American table!



# Hellenic Farms in the news

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## The Star-Ledger

"We really want to offer a platform for small Greek producers to share their products with the U.S. market," she says of her company, Hellenic Farms. It is at once a business venture, a nod to her Greek heritage and an effort to preserve and share Greek folkways.



“FoodNavigator-USA’s latest gallery of new products hitting US shelves,... ‘fig salami’..”



“Hellenic Farms introduces a collection of vegan Fig Salamis, made from premium figs, Aleppo pepper and dried fruits or nuts.”



The background of the entire image is a light-colored, textured surface, possibly a wall or a backdrop, with several olive branches and green olives scattered around. The branches are thin and woody, with long, narrow, green leaves. The olives are small, round, and green. In the top right corner, there is a dark blue rectangular logo with rounded corners. Inside the logo, the text "HELLENIC FARMS" is written in a white, serif font, and below it, "PRODUCTS OF EXCELLENCE" is written in a smaller, white, sans-serif font. There is also a small white circular logo with a stylized olive branch inside.

**HELLENIC FARMS**  
PRODUCTS OF EXCELLENCE

# THANK YOU

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For more information, please contact Vivianna Karamanis  
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