



Minnelea

Azienda Agricola

National Park of Cilento,
Vallo di Diano and Alburni

PRODUCT CATALOG 2024

The Company

Minnelea, located in the heart of Cilento in Moio della Civitella, symbolizes a perfect balance between tradition and innovation. In our in-house laboratory equipped with advanced vacuum cooking technologies, we meticulously oversee the entire production process of our oil preserves and fruit spreads. We use our hands as the sole tool for processing, a method that emphasizes our commitment to quality and tradition.

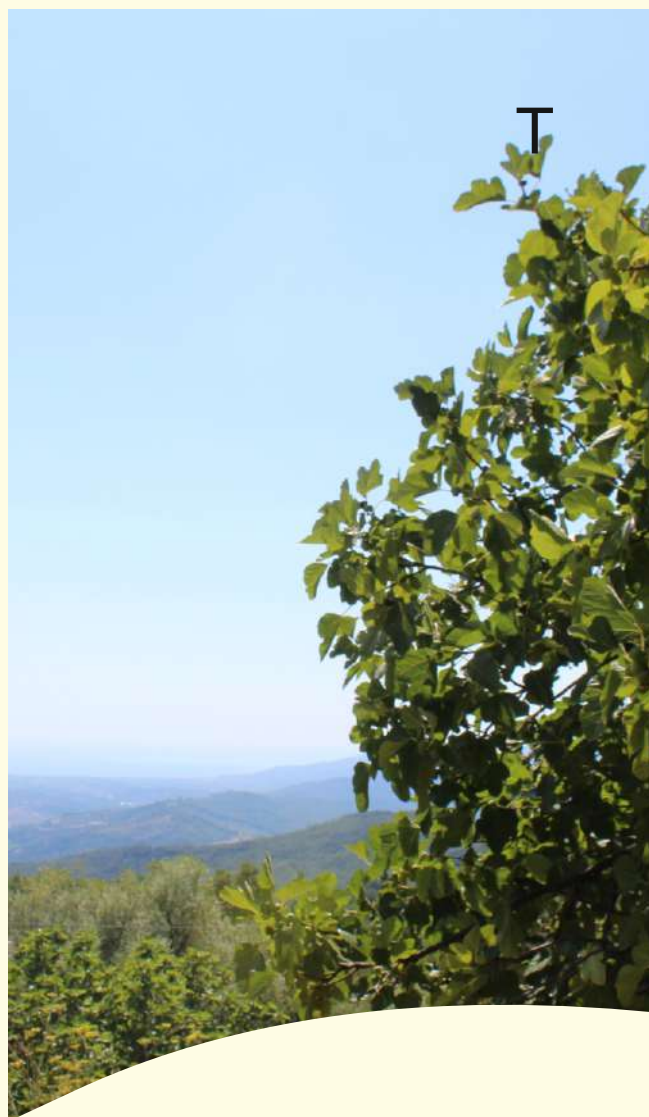
For our fruit spreads, we avoid the use of pectins, while in all our products, we completely forego the use of preservatives and colorants. This choice ensures the authenticity and purity of flavors, in line with our philosophy of respect for nature and the ingredients it provides us.

The extra virgin olive oil, vital in our oil preserves, comes from our Cilento olive groves, where we diligently cultivate the ancient native varieties. This oil is not just an ingredient; it represents our deep connection with the land. Cilento, the cradle of the Mediterranean diet, inspired Ancel Keys, who, fascinated by our diet, lived there until the age of 100, an example of the typical longevity of the Cilento people.

The name Minnelea reflects this heritage, combining the richness of the territory with our commitment to authentic and sustainable products. Our catalog is constantly evolving, following the rhythms of nature to ensure the highest quality. Each product we offer is an invitation to explore and celebrate the genuine flavors of Cilento, a territory that continues to inspire us every day.



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The Laboratory

Inside our farm, we have invested in cutting-edge technology: a machine that allows vacuum cooking. This is not just a simple tool, but a revolution in the world of food processing. Vacuum cooking preserves the integrity of the ingredients, maintaining intact colors, flavors, and nutrients that are often lost with traditional cooking methods.

This process, carried out at lower temperatures and in the absence of air, prevents oxidation and thermal degradation of the food. The result? Products that not only maintain a more authentic and intense flavor but are also healthier.

Thanks to this technique, we are able to enhance the unique characteristics of vegetables and fruits. Every jam, preserve, or cream we produce is a concentration of tradition and innovation, a true tribute to the richness of our territory.

By collaborating with neighboring companies in the organic district, we expand our range of products, also giving space to ancient varieties of vegetables and fruits, transforming them with the same care and passion. Our mission is clear: to offer the best of Cilento, enhancing every single ingredient through a process that combines tradition and technology.



Extra LEMON Jam



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This lemon jam has a fresh and zesty flavor, made with delicious lemons from an organic farm established in Ascea in 1988. The taste of the Sfusato lemon variety is very similar to the world-famous Amalfi lemons.

It takes several days to make the jam, but this process allows for the use of the entire lemon, including the peel. To round out the flavors of the lemon, almost 50% sugar is added to the jam. Like the lemons, this sugar is also regionally sourced.



INGREDIENTS: Lemon juice and peel, sugar.

Fruit used per 100 g of product: 86 g.

May contain seed parts.

NUTRITIONAL VALUES

(Average values per 100 g of product)

Energy	800/190 Kj/Kcal
fats	0 g
of which:	
saturated fatty acids	0 g
carbohydrates	45 g
of which: sugars	45 g
fiber	1,7 g
protein	0,5 g
salt	< 0,5 g

peso netto

212 g



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Extra jam of ORANGE



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The exquisite Washington orange variety finds its ideal habitat in the Cilento National Park in southern Italy, distinguished by its sweet and succulent flavor. The preparation of the orange jam follows a process similar to that of the lemons, but with a significant advantage:

the oranges are seedless, making the processing simpler and more straightforward. In addition to oranges, in each jar, Minnelea adds only sugar and a touch of lemon, to ensure perfect preservation.

INGREDIENTS: Orange juice and peel, sugar, lemon juice

Fruit used per 100 g of product: 66 g

NUTRITIONAL VALUES

(Average values per 100 g of product)

Energy	896/210 Kj/Kcal
fats	<0,5 g
of which:	
saturated fatty acids	<0,1 g
carbohydrates	50 g
of which: sugars	50 g
fiber	3 g
protein	0,9 g
salt	0 g

peso netto

220 g



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Extra FIG Jam



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Our exquisite jam originates from white figs, authentic jewels of Cilento. The harvesting of these fruits takes place between the end of July and the end of August, preferably in the cool hours of the morning to preserve all their qualities. Choosing the right moment, when the fig reaches its peak of ripeness, is fundamental to ensure the excellence of the finished product.

To obtain 100 g of this delicacy, we process about 120g of figs. To these, we add exclusively Italian-produced sugar and a light spray of lemon juice, thus ensuring a completely natural preservation.



INGREDIENTS: figs, sugar, lemon juice
Fruit used per 100 g of product: 88 g

NUTRITIONAL VALUES

(Average values per 100 g of product)

Energy	900/212 Kj/Kcal
fats	<0,5 g
of which:	
saturated fatty acids	<0,1 g
carbohydrates	50 g
of which: sugars	50 g
fiber	2,5 g
protein	0,7 g
salt	0 g

peso netto

212 g



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CHESTNUT

Cream



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Directly from our historic chestnut grove, located in the heart of the Cilento National Park in the picturesque town of Stio, we are pleased to introduce you to our Chestnut Cream. This delight represents a journey through time, evoking the ancient culinary traditions of Cilento, all enclosed in an elegant jar.

The chestnuts, jewels of our territory, are manually harvested among the branches of the majestic trees of Stio, becoming the starring ingredient of this cream with a rich and enveloping flavor. The authenticity of the chestnuts is further enhanced by the sweetness of the cane sugar, provided by Italia Zuccheri through sustainable practices. Our Chestnut Cream, made exclusively from these two raw materials, is a tribute to the genuineness and authenticity of the products of our land.

INGREDIENTS: chestnuts, cane sugar
Fruit used per 100 g of product: 70 g

NUTRITIONAL VALUES

(Average values per 100 g of product)

Energy	1328/313 Kj/Kcal
fats	1,6 g
of which:	
saturated fatty acids	0,3 g
carbohydrates	71 g
of which: sugars	50 g
fiber	5,2 g
protein	1,5 g
salt	0,05 g

peso netto

212 g



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Extra BLACKBERRY JAM



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From the uncontaminated valleys of the Cilento National Park, a UNESCO site, we present our Blackberry Jam, a gem of nature cultivated with a zero-residue method. The blackberries, handpicked in the months of June, offer a superior quality compared to the industrial harvest, capturing the pure essence of the fruit at its peak ripeness.

The jam, made with 100% fruit, enhances the intense and authentic taste of the blackberries. The production process preserves the flavors and beneficial properties, ensuring a unique taste experience.

Perfect for enriching breakfasts, accompanying cheeses or as an ingredient in desserts, our jam is a tribute to the authentic flavors of Cilento. Store in a cool, dry place after opening to maintain its freshness and quality.

INGREDIENTS: Blackberry juice and pulp, sugar, lemon juice
Fruit used per 100 g of product: 100 g

NUTRITIONAL VALUES

(Average values per 100 g of product)

Energy	893/211 Kj/Kcal
fats	<0,5 g
of which:	
saturated fatty acids	<0,1 g
carbohydrates	49 g
of which: sugars	47 g
fiber	2,4 g
protein	0,9 g
salt	<0,01 g

peso netto

212 g



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PUMPKIN

Cream



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From the heart of the Cilento National Park, a UNESCO heritage site, we present our precious Pumpkin Cream. A product that captures the essence of our land, offering a rich and authentic taste.

Our pumpkins, of the round Neapolitan variety, grown under the southern Italian sun, give this cream a sweet flavor and a creamy texture. The extra virgin olive oil from our olives adds a distinctive touch, while golden onion, salt, and fresh lemon juice create a perfect balance of flavors.

Each jar is a tribute to the culinary tradition of Cilento. Ideal as a condiment for pasta and risotto, base for soups, or spreadable on toast and croutons, or for a gourmet pizza, it transforms every dish into a unique gastronomic experience.



INGREDIENTS: Pumpkin, extra virgin olive oil (16%), onion, lemon juice, salt

NUTRITIONAL VALUES

(Average values per 100 g of product)

Energy	665/161 Kj/Kcal
fats	16 g
of which:	
saturated fatty acids	2,4 g
carbohydrates	3,2 g
of which: sugars	0,9 g
protein	0,6 g
salt	1,3 g

peso netto

200 g



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Extra Red Apple Jam



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From the heart of Cilento National Park, our Extra Red Apple Jam is crafted with love and respect for our land and its traditions. Handpicked, chemical-free red apples from a sustainable local farm ensure maximum freshness. With only apples and cane sugar, our jam offers a naturally sweet and genuine flavor

NUTRITION FACTS

(average values per 100g of product)

Energy: 100 KJ/Kcal

Fat: 0g

of which saturates: 0g

Carbohydrates: 37g

of which sugars: 37g

Fiber: 1.5g

Protein: 0.19g

Salt: 0g

Net weight

212 Gr



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Extra Strawberry Jam

From the heart of Cilento National Park, our Extra Strawberry Jam is born. This delight reflects our love and respect for our land and its agricultural traditions.

Handpicked strawberries from a local, sustainable farm ensure maximum freshness and integrity. With just strawberries and cane sugar, our jam boasts over 120% fruit content, offering a rich and genuine flavor without added lemon juice.

Perfect for enhancing breakfasts, desserts, or pairing with cheese, our jam captures the essence of Cilento with its velvety texture and unmistakable taste.

Ingredients: Select strawberries and cane sugar.

NUTRITION FACTS

(average values per 100g of product)

Energy: 166/693 KJ/Kcal

Fat: <0.4g

of which saturates: <0.0g

Carbohydrates: 39.4g

of which sugars: 39.4g

Protein: 1g

Salt: 0g

Net weight
212 Gr



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