



*Taste
of Nature*

Cheese and milk throughout the history...

Our vision

Our mission

Our values

About us

Production programme

Food Culture



Taste of Nature

Cheese and milk throughout the history

The Ancient civilizations indulged themselves in milk, cheese and dairy products. In the year 2000 B.C. not only did the Greeks use the milk and dairy products, but they also offered them as gifts to the Gods. Aristotle, the Greek philosopher, and the Great Homer both wrote about milk and dairy products and the animals which produced milk. Milk and cheese was consumed by the Romans as well. Diocletian wrote a book on the rules, regulations and price of cheese in the year 300 B.C. Cheese was considered such delicate and precious food, so the Roman soldiers passed down the secret of cheese making throughout the numerous provinces under the Roman Empire. In the early Middle Ages, the barbarian tribes (Huns, Goths, Franks and the Germanic tribes) fed on milk, cheese and meat. In the late Middle Ages, a great number of monasteries became centers for milk and cheese production, and these centers were main suppliers for the King's castles and towns. The ancient records provide information that each priest was allowed to consume a kilogram of cheese on weekly basis. In the Holy Qur'an, in the chapters dedicated to milk, it is said that the milk and blood travel through the same blood vessels, however the milk is white and the blood is red, therefore each believer should ask himself/herself the question why that is. In the Islamic culture, from the early age, milk and dairy products were consumed as main food products and were considered as an elixir for well-being and strength.

The year 1822 it is worth mentioning when discussing the history of milk. It is the year when Louis Pasteur discovered the process of pasteurization, by which milk became accessible to the wider classes of the society. Later in 1915, a new innovative milk packaging method, Pure Pak was invented.

The stories and notes about milk and dairy products passed down from generation to generation in our Shar region can be added to the world's history and tradition of milk and dairy product production. Those stories tell that Shar Mountains are the only mountains in the Balkans covered in snow all year-round.



Taste of Nature

Our Vision

The means of production, tradition, quality and continuous progress, make EkoSharr a company which constantly raises the level of satisfying the consumers and the community's needs.



Quality...

Tradition...

*Continuous
progress...*



Taste of Nature

Our Mission

To become a brand, that aims to be a regional leader, preserve the tradition, or put in other words to become a responsible subject in the society, a subject that the community and the wider region would look up to.

Our Values

Tradition and eco-culture

The art in cheese making by the old trusted recipes using the natural products from our region such as: the untouched nature, abundant pastures and wellsprings, gives us the right to be proud of and believe it is a unique compound offering great advantages.

Mastery and Technology

The modern and advanced technologies as well as the skills of our hard-working cheese makers make our products a precious gift for each table.

Trust and Responsibility

We keep our promises and are responsible towards our partners and consumers. We help the community and protect the working environment.

Open-mindedness and Tolerance

We highly respect the views and opinions of the others and we are open for cooperation and experience exchange. Moreover, we respect having various lifestyles, culture and tradition. We support toleration and understanding.



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About us

Ekosharr is a company that exists since 1999, and in this short period of operation it has achieved an upward trend in growth.

In the past period it has been constantly active on the market with a tendency to become an active export oriented company.



Taste of Nature



 **LAND O'LAKES, INC.**

Ekosharr is a leader in milk and dairy production in the Shar and Pelagonija region, which are regarded as ecologically clean environments and as such they guarantee product quality.

Ekosharr has earned an award for quality meat and dairy products from the dairy product industry. Its products are constantly examined by all relevant institutions in the Republic of Macedonia such as: the Faculty of Veterinary Medicine in Skopje, Land O'Lakes Inc laboratory and the Institute of Veterinary Medicine in Skopje. Five Ekosharr products are awarded with a quality label. Each one of them is examined and checked 180 times on annual basis or a total of 900 annual checks.

The Ekosharr products are distributed in many retail objects through the biggest distribution centres. Ekosharr is a leader in processing dairy products in Shar Mountain region. In addition, the company has an established cooperation with 550 milk partners.



Taste of Nature



*...white and yellow
cheese by the old trusted recipes,
from the untouched nature.....*



Taste of Nature

Sharsko cow milk white cheese

0,5kg/ 1 kg/ 2kg/ 4kg/ 8kg/ 15kg

Nutrition Facts/ Serving size: 100gr	
Energy	1263KJ/ 302kcal
Proteins	16,9g
Carbohydrates	1,4g
Fat	24,7g
Vitamin A	1450U
Vitamin B1	0,01mg
Vitamin B2	0,04mg
Niacin (PP)	0,1mg
Fat in dry matter min.	45%
Water content max.	50%
Salt	3,5%



Taste of Nature

Sharsko mixed milk white cheese

0,5kg/ 1kg/ 2kg/ 4kg/ 8kg/ 15kg

Nutrition Facts/ Serving size: 100gr

Energy	1318KJ/ 315kcal
Proteins	17,0g
Carbohydrates	1,3g
Fat	25,8g
Vitamin A	950U
Vitamin B1	0,02mg
Vitamin B2	0,61mg
Niacin (PP)	0,1mg
Fat in dry matter min.	45%
Water content max.	50%
Salt	3,5%



Taste of Nature

Sharsko sheep milk white cheese

0,5kg/ 1 kg/ 2kg/ 4kg/ 8kg/ 15kg

Nutrition Facts/ Serving size: 100gr

Energy	1364KJ/ 326kcal
Proteins	17,1g
Carbohydrates	1,1g
Fat	27,0g
Vitamin A	950U
Vitamin B1	0,02mg
Vitamin B2	0,61mg
Niacin (PP)	0,1mg
Fat in dry matter min.	50%
Water content max.	50%
Salt	3,5%



Taste of Nature

Hard cheese

0,2kg/ 0,5 kg

Nutrition Facts/ Serving size: 100gr

Energy	1318KJ/ 315kcal
Proteins	14g
Carbohydrates	1,9g
Fat	20,5g
Vitamin A	800U
Vitamin B1	0,02mg
Vitamin B2	0,83mg
Niacin (PP)	0,1mg
Fat in dry matter min.	45%
Water content max.	50%
Salt	6%



Taste of Nature

for you Top quality
dairy products
and your family



Taste of Nature

Sharsko cow milk Yellow cheese Kashkavall

0,5kg/ 1kg/ 3kg

Nutrition Facts/ Serving size: 100gr

Energy	1625KJ/ 390kcal
Proteins	25,0g
Carbohydrates	1,7g
Fat	31,0g
Vitamin A	1400U
Vitamin B1	0,01mg
Vitamin B2	0,45mg
Niacin (PP)	0,1mg
Fat in dry matter min.	45%
Water content max.	40%
Salt	2,5%



Taste of Nature

Sharsko mixed milk Yellow cheese Kashkavall

 0,5kg/ 1kg

Nutrition Facts/ Serving size: 100gr

Energy	1785KJ/ 428kcal
Proteins	27,8g
Carbohydrates	1,8g
Fat	34,2g
Vitamin A	1490U
Vitamin B1	0,01mg
Vitamin B2	0,52mg
Niacin (PP)	0,1mg
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Fat in dry matter min.	50%
Water content max.	40%
Salt	2,5%



Taste of Nature

Sharsko sheep milk Yellow cheese Kashkavall

 0,5kg/ 1kg

Nutrition Facts/ Serving size: 100gr

Energy	1785KJ/ 428kcal
Proteins	27,8g
Carbohydrates	1,8g
Fat	32,2g
Vitamin A	1490U
Vitamin B1	0,1mg
Vitamin B2	0,52mg
Niacin (PP)	0,1mg
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Fat in dry matter min.	55%
Water content max.	40%
Salt	2,5%



Taste of Nature



Sharsko premium Yellow cheese Kashkavall

 0,5kg/ 1kg

Nutrition Facts/ Serving size: 100gr

Energy	1625KJ/ 390kcal
Proteins	25,0g
Carbohydrates	1,7g
Fat	31,g
Fat in dry matter min.	45%
Water content max.	40%
Salt	2,5%



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Sharsko curd cheese

 1kg

Nutrition Facts/ Serving size: 100gr	
Energy	640KJ/ 153kcal
Proteins	14,2g
Carbohydrates	2,6g
Масли	9,0g
Fat	300U
Vitamin B1	0,04mg
Vitamin B2	0,5mg
Niacin (PP)	0,1mg
Fat in dry matter min.	20%
Water content max.	90%
Salt	1,2%



Taste of Nature

Feteko

0,5kg/ 1kg/ 2kg/ 16kg

Nutrition Facts/ Serving size: 100gr

Energy	1180KJ/285kcal
Proteins	10,0g
Carbohydrates	5,0g
Fat	25,0g
Vitamin A	300U
Vitamin B1	0,04mg
Vitamin B2	0,5mg
Niacin (PP)	0,1mg
Skim milk	<15%
Dry matter	40%
Salt	2%



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SALATEKO

 350 gr

**Cow milk cheese
in oil**

**Hard cheese
in oil**

**Goat cheese
in oil**

**Sheep milk cheese
in oil**



Taste of Nature

Krema



1kg/ 5kg

Nutrition Facts/ Serving size: 100gr

Energy	141KJ/ 583kcal
Proteins	4,8g
Carbohydrates	3,4g
Fat	12,0g
Of which sugars	3,4g
Salt	0,15mg

Sour cream Premium



180g/ 900 g

Nutrition Facts/ Serving size: 100gr

Energy	551KJ/ 132kcal
Proteins	3,0g
Carbohydrates	2,9g
Fat	12,0g
Minerals	0,5mg



Taste of Nature

Edamer

 0,5kg/ 3kg

Nutrition Facts/ Serving size: 100gr

Energy	1389KJ/ 334kcal
Proteins	25,0g
Carbohydrates	0,1g
Fat	26,0g



Taste of Nature

Goldi

 3kg

Nutrition Facts/ Serving size: 100gr

Energy 1041KJ/ 250kcal

Proteins 18,7g

Carbohydrates 0,08g

Fat 19,5g



Taste of Nature

Smoked cheese

 0,5kg

Nutrition Facts/ Serving size: 100gr

Energy	1625KJ/ 390kcal
Proteins	25,0g
Carbohydrates	1,7g
Fat	31,0g
Vitamin A	1490U
Vitamin B1	0,01mg
Vitamin B2	0,52mg
Niacin (PP)	0,1mg
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Fat in dry matter min.	35%
Water content max.	50%
Salt	2,5%



Taste of Nature

Black olives 121-140

500 g/ 720 g/ 2 kg/ 3 kg/ 8kg

Kalatmata olives 101-110

500 g/ 720 g/ 2 kg/ 3 kg/ 8kg

Green olives 81-90

500 g/ 720 g/ 2 kg/ 3 kg/ 8kg

Green olives 121-140

500 g/ 720 g/ 2 kg/ 3 kg/ 8kg

Brown olives 101-110

500 g/ 720 g/ 2 kg/ 3 kg/ 8kg

Pepper stuffed olives 101-110

500 g/ 720 g/ 2 kg/ 3 kg/ 8kg

Chopped olives

250 g/ 500 g/ 8kg



Eko livo

A TASTE that never forgets...



Taste of Nature



Food culture

The cheese plays an important role in the life of people who are lactose intolerant, since the milk satisfies the calcium needs of the organism. Most carbohydrates are removed in the process of cheese making therefore the milk intolerant people are more tolerant to cheese.

Due to high level of calcium, the young cheese plays an important role in: preventing osteoporosis by keeping the bones healthy, preventing heart diseases, regulating the high blood pressure and colon cancer. Cheese keeps the teeth healthy, by preventing the occurrence of teeth deposits resulting in tooth decay prevention and since it increases the PH value in the mouth it reduces the teeth exposure to acids.

Cheese is an essential ingredient in the restrictive diet of the people suffering from diabetes, liver and bile duct diseases. It is impossible to imagine the traditional Macedonian dishes without dairy products. Generally speaking, different types of cheese are consumed on daily basis and various occasions.

From the numerous traditional dishes cooked with different types of cheese the following can be distinguished:

White cheese pie, polenta with white cheese, cheese rolls, tagliatelle with cheese, Shopska salad, meat rolls stuffed with cheese, deep-fried cheese, deep-fried curd rolls and many others.



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