A FREE GUIDE FROM GARRIHQ

WARNING: DON’T BUY GARRI AGAIN UNTIL YOU’VE READ THIS

7 secrets garri sellers hope you never find out (#3 is why your teeth hit sand)



Plus the 15-minute cup test that catches most of them.

GarriHQ · garrihq.com

BEFORE YOU START

Why would a seller tell you this?

Our founder grew up on garri he could never find in Abuja - not in the markets, and not in the packaged “Ijebu garri” on shop shelves. So we went looking until we found it.

Along the way, we learned what some sellers count on you not knowing. Here it is, so you can check any garri - ours included.

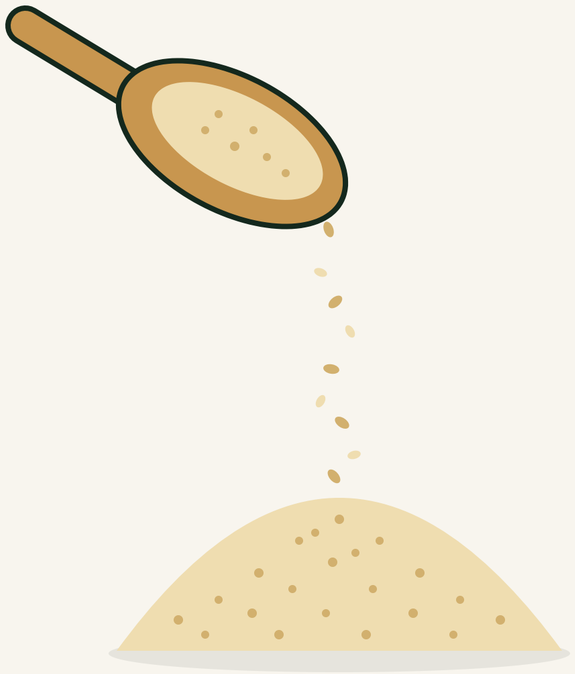
We’re not naming anyone. This is about what to look for.



SECRET 1

Damp garri can pass for good garri

Garri is roasted to drive the water out, so it stays crisp and lasts. Damp garri looks much the same, but it clumps, goes soft and spoils sooner. Researchers put the most moisture garri should hold at 12%.



TRY THIS

Pour some into your palm. It should run freely through your fingers, feel crisp, and not stick together.

SECRET 2

The shortcut you can’t see

After grating, cassava is left to ferment before it’s pressed and roasted. That’s where the sourness comes from - sharp in Ijebu-style garri, milder in others. But proper fermenting, pressing and roasting also bring down cassava’s natural cyanide, and nothing in the bag shows you if it was rushed.



TRY THIS

Taste a pinch. Clean and sour, or clean and mild, is fine. Bitter, stale or “off” isn’t.

SECRET 3

Why your teeth hit sand

Sand gets in during processing and isn't always sieved out. When researchers tested garri from factories, markets and streets in Ibadan, they found sand in it. You know the feeling: grit between your teeth.



Grit settles here

TRY THIS

Do the cup test at the end of this guide. Sand sinks to the bottom of the glass.

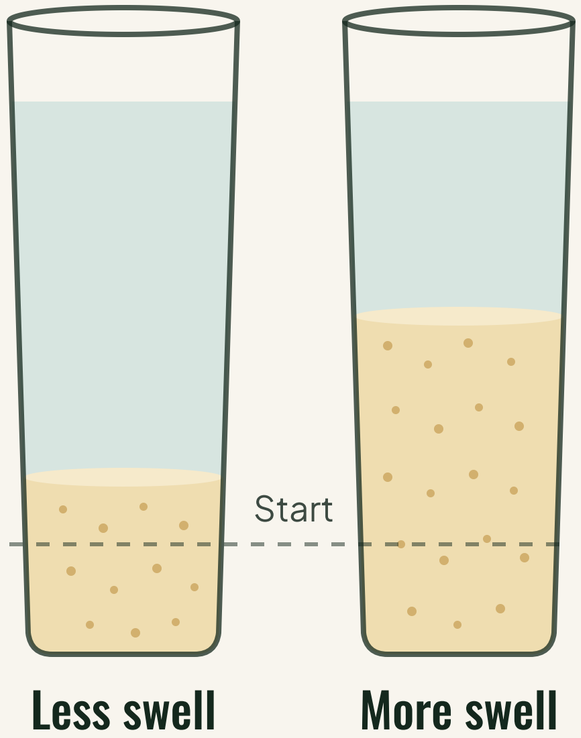
SECRET 4

Some garri gives you less eba

2.6–3.3×

How much garri swelled in one lab study of 12 garris

Garri soaks up water and swells, and how much differs from one garri to the next. Garri that swells less gives you less eba from the same cup.



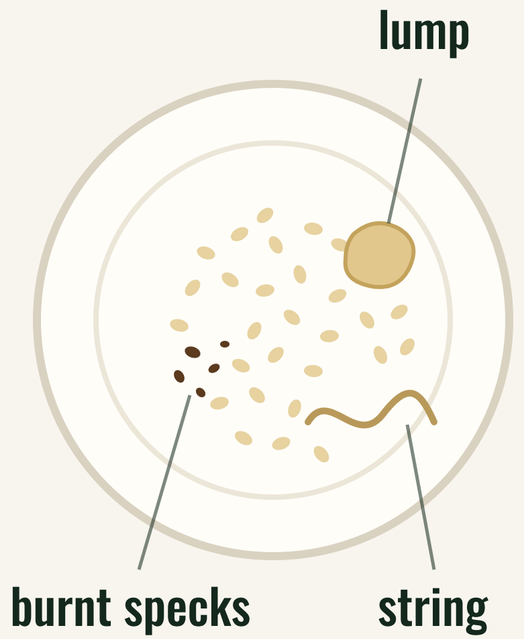
TRY THIS

Do two garris side by side in the cup test, and the difference shows.

SECRET 5

Lumps, burnt bits and strings give away careless work

Roasting too hot, or roasting mash that's still too wet, makes garri stick together, form lumps and turn brown. Stringy bits are cassava fibre that sieving should have caught.



TRY THIS

Spread a spoonful on a white plate. Even grains – no hard lumps, no dark burnt specks, no strings.

SECRET 6

Why you pay for garri you never get

0.17 kg
An Abuja mudu, filled with grain

0.32 kg
A Kano mudu - nearly double

Market measures go by volume, not weight, and mudus, paint containers and cups all vary. As one report put it, they depend on “how the seller fills them, instead of their weight.”

TRY THIS

Buy by weight - on a scale, or in sealed bags marked in kilos.

SECRET 7

Old stock gives itself away

Over time, garri takes up moisture from the air. Old or badly stored garri goes soft, smells musty or stale, and can draw insects.



TRY THIS

Smell it. Fresh garri smells clean and slightly sour. If it’s musty or stale, or you see insects or webbing, walk away.

THE CUP TEST · 15 MINUTES

Part 1: before the water

1

Pour a little into your palm

Dry, crisp and free-flowing?

SECRET 1

2

Smell it

Clean and slightly sour, not musty?

SECRET 7

3

Spread a spoonful on a white plate

Even grains - no lumps, burnt bits or strings?

SECRET 5

You need: your garri, a clear glass, cold water, a spoon and a white plate.

THE CUP TEST · 15 MINUTES

Part 2: in the glass

4. Garri two fingers high in a clear glass, cold water to the top, stir once. Anything floating? Secret 5

5. Wait 15 minutes. How far has it swelled? Two garris side by side show the difference. Secret 4

6. Taste a spoonful: clean, not bitter or stale. Secret 2

7. Pour it out slowly and feel the bottom of the glass. Grit means sand. Secret 3



FROM GARRIHQ

Put ours through the same test

It’s the garri our founder grew up on. His verdict: excellent for soaking, excellent for eba.

1kg
₦3,500

2kg
₦6,500

5kg
₦11,000

55kg bag
₦100,000

Sold by the kilo and delivered across Abuja every Saturday. Delivery is free on orders from ₦50,000, and ₦5,000 below that.

OUR PROMISE

LOVE IT OR 110% BACK

If you don’t love your first order, message us on WhatsApp within 7 days of delivery and we’ll pay back 110% of everything you paid - delivery included. You keep the garri.

On a whole bag, you send back what’s left. First order only; one claim per phone number and address.

YOUR NEXT STEP

ORDERS CLOSE TUESDAY NIGHT FOR SATURDAY

ORDER AT GARRIHQ.COM

Or message us on WhatsApp: 0808 396 5912



OUR SOURCES

Where these facts come from

1. **Sand (secret 3):** Adejumo, Adebayo and Komolafe, “Solid and Microbiological Quality Assessment of Gari within Ibadan Metropolis”, Journal of Scientific Research & Reports.
2. **Sieving (secrets 3 and 5):** Sanni, “Gari Processing in Ibadan Metropolis: Factors Controlling Quality at the Small-Scale Level”, Acta Horticulturae 380 (1994).
3. **Roasting, cyanide, lumps and swelling (secrets 1, 2, 4 and 5):** Dahdouh and others, “Role of dewatering and roasting parameters in the quality of handmade gari”, International Journal of Food Science & Technology (2020).
4. **Moisture (secret 1):** Abu and others (2006), as cited in a published study of gari (PubMed Central, PMC4256576).
5. **Fermentation and cyanide (secret 2):** Oguntimein and others (1995), on how fermentation time affects gari quality and cyanide.
6. **Market measures (secret 6):** “Traditional Measurements In The Nigerian Open-Air Markets”, The Guardian (Nigeria), 4 April 2021.