

Brady Bunte - “What is Blue Agave?”

Brady Bunte knows Blue Agave well and he would like to share some of that knowledge with you.

LAGUNA BEACH, CA, UNITED STATES, July 10, 2018 /EINPresswire.com/ -- [Brady Bunte](#) knows Blue [Agave](#) well and he would like to share some of that knowledge with you.

Blue Agave also referred to Agave Azul in Spanish is an agave plant that is used to produce the popular distilled spirit known as "Tequila" and a natural sweetener referred to as "Agave Nectar". The high level of sugar in the agave is the main characteristic of the plant that makes it suitable for alcoholic beverages and a natural sweetener.



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Mexico governs which states in Mexico the plant must be grown in to produce tequila from the plant. The primary state is Jalisco and then Colima, Nayarit and Aguascalientes. The plant grows best in higher elevations above 4000 feet and grows in rich volcanic like sandy soils. The agave plant has long been a sacred plant to the Aztecs within the Mexican regions. The blue agave plant grows into very large succulents that are very spiky. The blue agave is typically grown at least 7-10 years before it reaches its ideal sugar levels to maximize its production for tequila or agave nectar.

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Prior to preparing the blue agave to make tequila and/or agave nectar, the leaves of the plant are removed and cut into

what is called the “pina” which looks like a pineapple,

Agave Nectar also has very low levels of glycemic and the agave nectar is widely marketed as “diabetic friendly”. Agave nectar is low in glucose and therefore doesn't spike blood sugar levels much. This gives the sweetener a low glycemic index. High blood sugar levels in people have been linked to many health problems including increased risk for diabetes and heart disease. It has also been found that high blood sugar tends to go hand in hand with high cholesterol. It is for this reason that more consumers are paying more attention to the nutritional content of the foods they are putting into their bodies

Brady Bunte is the founder of [Tres Sietes Tequila](#) which harvests its agave from the Los Altos region of Mexico also known as the “Jalisco Highlands”. Brady Bunte has also created a unique website and

has written several articles about agave for Agave Central: www.agavecentral.com

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