

Saaraketha Organic Product List



September 2009

Organic Food from Saaraketha, Straight from the Plant to the Plate...

We at Saaraketha believe in contributing to create a sustainable lifestyle that allows the socially responsible global citizen of the new world order, to live a **healthy, simplistic and ethical life**; that supports integrated clean development yet leaves only a minimal footprint on our environment. A lifestyle that allows man and nature to live together in harmony; each inspiring and benefiting from the other in their mutual pursuit of sustainable growth...

Saaraketha introduces **“Harvest”** which signifies a range of produce from fruits, vegetables, grains and greens.

agriculture driven economies, by standardizing skills, methods and processes based on contemporary global best practice.

“Harvest” focuses on supporting rural farmers to embrace sustainable agricultural practice and champions the underpinning theme of infusing dignity to the vocation of farming, through the development of the rural



Harvest aims to bring to you the best quality Organic produce straight from the plant to the plate. An opportunity for the discerning consumer to not just consume but consume with awareness. An opportunity to be seamlessly connected to; and experience the **“triangle of life”**; **the soil, the seed, and the life giver; *the farmer***.

We have developed a portfolio of Organic foods that you can benefit from through Harvest; and you are welcome to experience the difference of consuming Organic food by ordering from the host of products below. Each of these products have been nurtured by **“life givers”**- Clusters of Rural farmers from different parts of Sri Lanka who are affiliated with saaraketha and whom we endeavour to empower with; knowledge, access to sustainable technology, global compliance and best practice.

By your conscious decision to embrace sustainable consumption you directly contribute to add value, to the livelihoods of these rural farmers and their sustainable production methods that will contribute to conserving our planet for our children...

Organic Spices

Organic Cloves - *Eugenia caryophyllata*

PR0001	ORGANIC CLOVES WHOLE	29.10 USD/KG
PR0002	ORGANIC CLOVE POWDER	31.25 USD/KG

Uses of Clove - Has both culinary and medicinal properties

- Intense in aroma and flavour, this spice is hot and slightly sweet making it a great compliment especially for dishes that include poultry or meat and you can add a pinch to most any meal.
- Cloves are also a key ingredient in many spice mixtures used for cooking and is essential in recipes such as pumpkin pie and mulled wine.
- Cloves have antibacterial and antifungal medicinal attributes and are used in many herbal remedies, especially for dental ailments, earaches and headaches



Organic Nutmeg - *Myristica fragrans*

PR0003	ORGANIC NUTMEG BROKEN (WITHOUT SHELL)	36.15 USD/KG
PR0004	ORGANIC NUTMEG POWDER	39.20 USD/KG

Uses of Nutmeg - Has both culinary and medicinal properties

- Nutmeg is usually associated with sweet, spicy dishes – pies, puddings, custards, cookies and spice cakes. It combines well with many cheeses, and is included in soufflés and cheese sauces.
- In soups it works with tomatoes, slit pea, chicken or black beans. It complements egg dishes and vegetables like cabbage, spinach, broccoli, beans onions and eggplant.
- It is indispensable to eggnog and numerous mulled wines and punches.
- Used in small dosages nutmeg can aid digestion, reduce flatulence, improve the appetite and to treat diarrhea, vomiting and nausea.



Organic Mace - *Myristica fragrans*

PR0005	ORGANIC MACE WHOLE	40.30 USD/KG
PR0006	ORGANIC MACE POWDER	42.45 USD/KG

Uses of Mace - Has both culinary and medicinal properties

- Mace is most popular in Sri Lankan, Indian and European foods where it is used in both savory and sweet dishes.
- It is the dominant flavor in doughnuts and is used for soups and sauces, and is often found in wine mulling mixtures.
- Mace has a flavor and aroma similar to nutmeg, and is slightly more pungent.
- Mace can help to stimulate digestion, reduce flatulence and bloating.



Organic Ginger - *Zingiber officinale*

PR0007	ORGANIC GINGER WHOLE	10.20 USD/KG
PR0008	ORGANIC GINGER POWDER	11.50 USD/KG

Uses of Ginger - Has both culinary and medicinal properties

- Fresh ginger is essential to Asian and oriental cookery. It is used in pickles, chutneys and curry pastes and the ground dried root is a constituent of many curry powders.
- Dried ginger is also used in cakes and biscuits, especially ginger snaps and gingerbread.
- Ginger is also used in puddings, jams, preserves and in some drinks like ginger beer, ginger wine and tea.
- Ginger is considered an aphrodisiac and also helps relieve indigestion, diarrhea and stomach cramping.



Organic Black and White Pepper - Piperaceae

PR0009	ORGANIC BLACK PEPPER WHOLE	18.10 USD/KG
PR0010	ORGANIC BLACK PEPPER POWDER	20.30 USD/KG
PR0011	ORGANIC WHITE PEPPER WHOLE	26.40 USD/KG
PR0012	ORGANIC WHITE PEPPER POWDER	29.50 USD/KG

Uses of Pepper - Has both culinary and medicinal properties

Pepper is best ground directly on to food. With hot food it is best to add pepper well towards the end of the cooking process, to preserve its aroma.

- Black pepper is the dried, unripe berry that can be mashed with garlic or cinnamon to make a spiced butter or with cream to make a fresh and attractive sauce for fish, also used in a variety of poultry and vegetables dishes.
- White pepper (Piper nigrum) starts out the same as the black, but is allowed to ripen more fully on the vine. The outer shell is then removed by soaking the berries in water until the shell falls off, or are held under flowing spring water, yielding a whiter, cleaner pepper.
- White pepper is used in white sauces rather than black pepper, which would give the sauce a speckled appearance.
- Both Black and White Pepper calms nausea, stimulates the taste-buds causing reflex stimulation of gastric secretions, improving digestion and treating gastro-intestinal upsets and flatulence



Organic Turmeric - Curcuma Longa

PR0013	ORGANIC TURMERIC WHOLE	11.10 USD/KG
PR0014	ORGANIC TURMERIC POWDER	13.75 USD/KG

Uses of Turmeric - Has both culinary and medicinal properties, as well as cosmetic value

- Used extensively in Sri Lanka, India & the Middle East as a condiment and culinary dye.
- Used to tint many sweet dishes & in fish curries, because it successfully masks fishy odours.
- When used in curry powders, it is usually one of the main ingredients, providing the associated yellow colour.
- Turmeric is a mild digestive, being aromatic, a stimulant and a carminative.
- Turmeric water is an Asian cosmetic applied to impart a golden glow to the complexion and has been shown to be active against acne infections.



Organic Cinnamon - Cinnamomum

PR0015	ORGANIC CINNAMON CUT 100 MM	15.25 USD/KG
PR0016	ORGANIC CINNAMON POWDER	18.25 USD/KG

Uses of Cinnamon - Has both culinary and medicinal properties, as well as cosmetic value

- Native to Sri Lanka, Cinnamon has a powerful yet pleasant aroma
- A very tasty herb used in cookies, cakes, pies, sweet breads and curries for flavouring
- Helps cure stomach ache.
- Can be used in its dried form or powdered.
- As an astringent cinnamon can reduce discharge, reduce flatulence, stimulates other organs and gives the body a boost.
- Makes you feel better from diarrhea or nausea.



Organic Cardamom - Amomum Cardamomum

PR0017	ORGANIC CARDAMOM LLG 1	58.10 USD/KG
PR0018	ORGANIC CARDAMOM SEED	52.20 USD/KG
PR0019	ORGANIC CARDAMOM POWDER	66.15 USD/KG

Uses of Cardamom - Has both culinary and medicinal properties.

- Used as a flavouring in both food and drinks, as cooking spices and as a medicine
- Cardamom has a strong, unique taste, with an intensely aromatic fragrance.
- Common ingredient in Indian cooking, and is often used in baking in Nordic countries, such as in the Finnish sweet bread pulla or in the Scandinavian bread Julekake
- In the Middle East, green cardamom powder is used as a spice for sweet dishes as well as traditional flavouring in coffee and tea.
- Broadly used to treat infections in teeth and gums, to prevent and treat throat troubles, congestion of the lungs and pulmonary tuberculosis, inflammation of eyelids and also digestive disorders.
- It also is used to break up kidney stones and gall stones, and was reportedly used as an antidote for both snake and scorpion venom.
- Used as a spice and as an ingredient in traditional medicine in systems of the traditional Chinese medicine in China, in Ayurveda in India, Japan, Korea and Vietnam.



Organic Vanilla - *Vanilla planifolia*

PR0020

ORGANIC VANILLA WHOLE

202.25 USD/KG

Uses of Vanilla - Has both culinary and medicinal properties.

- Vanilla can be used as whole, powder and extract.
- Vanilla flavoring in food may be achieved by adding vanilla extract or by cooking vanilla pods in the liquid preparation.
- A stronger aroma may be attained if the pods are split in two, exposing more of a pod's surface area to the liquid. Natural vanilla gives a brown or yellow color to preparations, depending on the concentration.
- Vanilla has a strong aromatic flavor and fragrance that can be used in food as well as in aromatherapy oils.
- A major use of vanilla is in flavoring ice cream. The most common flavor of ice cream is vanilla, and thus most people consider it to be the "default" flavor. Although vanilla is a prized flavoring agent on its own, it is also used to enhance the flavor of other substances, to which its own flavor is often complementary, such as chocolate, custard, caramel, coffee and others.
- The cosmetics industry uses vanilla to make perfume.
- In old medicinal literature, vanilla is described as an aphrodisiac and a remedy for fevers. In an in-vitro test vanilla was shown to be able to block quorum sensing in bacteria.



Organic Herbs

Organic Lemon Grass - Cymbopogon Citratus

PR0021	ORGANIC LEMON GRASS	10.30 USD/KG
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- Lemon Grass is native to India and is widely used as a herb in Asian Cuisine
- It can be used dried, powdered or fresh
- Commonly used in teas (mostly in Africa and Latin America), soups and curries and suitable for poultry, fish and seafood dishes. Also used to add flavour in cocktails
- Acts as a natural antibacterial, anti-fungal and antiseptic and is used extensively in Ayurvedic medicines
- Helps with relieving cough and nasal congestion, aids digestion, eases anxiety, stress and cramps, reduces fever and flatulence
- Repels mosquitoes
- Can be used as a facial astringent



Organic Gotukola - Centella asiatica L.

PR0022	ORGANIC GOTUKOLA WHOLE	34.10 USD/KG
PR0023	ORGANIC GOTUKOLA POWDER	36.20 USD/KG

- Can be used as a salad to be consumed along with a meal
- Used in the fresh, dried or powdered form
 - Dried Gotukola - For e.g - Gotukola tea
 - Powdered Gotukola - For e.g - In capsules (due to its high medicinal properties)

Medicinal Properties

- Used to heal wounds, improve mental clarity, and treat skin conditions.
- Gotu kola is widely used in Ayurvedic medicine and TCM to rejuvenate both mind and body, and can be used in conjunction with Bacopa, or Brahmi, another Ayurvedic herb used to improve mental focus. Also used to treat respiratory infections such as colds.
- The powder can be used to make oil infusions that can be added to healing balms & salves.
- Gotukola powder is used in clay masks, facials and body wraps to rejuvenate and regenerate the skin and strengthen the tissues.
- Gotu kola is an excellent vasodilator and blood vessel strengthener.
- The herb is also often used as a diuretic, antioxidant, and anti-inflammatory, and facilitates the actions of the antioxidants vitamins C and E in areas where there is damage.
- Clinical experiments have shown that the plant does improve memory, and rejuvenate skin and body tissue, by stimulating collagen synthesis.



Organic Polpala - Aerva lanata

PR0024	ORGANIC POLPALA	40.15 USD/KG
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- The whole plant, especially the leaves, is edible. The leaves are put into soup, eaten as porridge, salad or used as a herbal drink and with tea.
- Polpala (Aerva lanata) is a medicinal plant that is extensively used for the treatment of renal disease in Ayurvedic medicine.
- A leaf-decoction is prepared as a gargle for treating sore-throat and used in various complex treatments against guinea-worm.
- This plant is used as a diuretic and anthelmintic. It is also used in malarial fever, diabetes and gonorrhoea.
- Roots used in headache and also as demulcent. Decoction of the root is given as tonic to pregnant women.
- Also used for the treatment of kidney disorders, cutaneous affections and sugar in urine.
- This herb is described as "one of the best known remedies for bladder and kidney stones." Ayurvedic practitioners recommend a decoction of the plant to be taken internally for a few days to dissolve the stone and to clear the urinary path.



Organic Iramusu - hemidesmus indicus

PR0025	ORGANIC IRAMUSU	22.10 USD/KG
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- This plant can be seen in Sri Lanka throughout the year in the low land and in the highland wet and dry zones.
- Iramusu flowers give a fragrant smell. Made into as a drink (herbal concoction, tea) it is very tasty and nutritious.
- It is a medicinal plant and wounds can be cured by washing with water boiled with Iramusu.
- It is tonic, diuretic, demulcent, disphoretic and blood purifier. This plant is also a remedy for diabetes patients, helps to digest well, and increases hunger.
- It is employed in nutritional disorders, syphilis, chronic rheumatism, gravel and other urinary diseases and skin infections.



Organic Ranawara - *Cassia auriculata*

PR0026	ORGANIC RANAWARA	22.20 USD/KG
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- This is frequently used in native medicine in diseases of the urinary organs in particular.
- This shrub is especially famous for its attractive yellow flowers, which are used in treatment of skin disorders, body odour.
- The decoction of the flower may be taken internally. The dried flowers can be used as an external scrub for body odours.
- Used as powder - for preventing diarrhea and dysentery / Used as Juice - Effective in treating indigestion and skin ailments. / Decoction - made out of bark is very effective in treating the impotency and sexual related issues in men, also helpful in avoiding leucorrhoea related diseases.
- This plant has been used for astringent, antihemorrhagic, intestinal antineoplastic, cardio-inhibitory, hypotensive, and sedative effects.
- It has also been used as a folk remedy against amoebiasis, headache, jaundice, and leprosy.



Organic Curry Leaves - *Murraya Koenigii*

PR0027	ORGANIC CURRY LEAVES	15.35 USD/KG
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- This plant has an important role in the kitchen as a natural flavouring agent in curries and chutneys and also has a unique fragrance.
- Leaves can be used fresh, dried or in the powdered form.
- Used extensively in Ayurvedic medicines.
- Curry leaves taken with pepper early morning in empty stomach reduces blood sugar, infusion of roasted leaves can be used to stop vomiting, can also be used as a tonic, stomachic, stimulant and carminative.
- Given as porridge in case of snake bite.
- Curry leaves improve functioning of the stomach and small intestine and promote their action.
- They improve the quality of digestive juices secreted during digestion.
- They are mildly laxative and thus can tackle multiple digestive problems caused by food intake.
- They are directly added to food or an extract in the form of juice is added to buttermilk and consumed at the end of lunch/dinner.
- In case of a digestive disorder, buttermilk enriched with the paste of curry leaves, common salt and cumin seed powder is recommended.
- This combination is also useful in problems such as loss of appetite, tastelessness of mouth as in case of fever etc. where food intake is a problem.
- Curry leaves are one of the important ingredients of herbal tonics and are parallel to digestive enzymatic tonics in allopathy.



Organic Bees Honey

PR0028	ORGANIC BEES HONEY	8.10 USD/LTR
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Bees Honey has culinary, medicinal and cosmetic properties.

Culinary -

- Honey can be used in cooking instead of Sugar. As it is a natural sweetener and is sweeter than sugar you can use lesser quantities.
- Ideal in baking cakes as it keep the moister intact for a longer period of time. Used in beverages such as tea and alcoholic beverages such as "honey wine" and "honey beer."

Medicinal -

- Bees honey has antiseptic and antibacterial properties which gives it the ability to heal wounds, infections and provide fast energy.
- Also used as a natural sweetener, and is a far healthier alternative to processed sugars as it is high in vitamin and mineral content.
- Can help in diabetic ulcers, acidity, throat infections, also reduce odors, swelling, and scarring when used to treat wounds

Cosmetic -

- Bees Honey is also used in different cosmetic products such as body lotions, lipsticks, lip balms, etc... which give a soothing effect.



Organic Kithul Treacle

ORGANIC KITHUL TREACLE		16.05 USD/LTR
PR0029	ORGANIC KITHUL TREACLE	76.15 USD/CTN
PR0030	ORGANIC KITHUL TREACLE (IN CANS)	58.15 USD/CTN

Kithul Treacle is a healthy liquid alternative for sugar that comes from the wine palm which is also called the solitary fishtail palm or the jiggery palm.

- Treacle not only has a pronounced sweetened flavor, but is also laden with the affluence of more than a few vital nutrients.
- Kithul Treacle is a must with curd.
- It is free from harmful chemicals such as phosphoric acid, formic acid, sulphurdioxide, or any preservatives, flocculants, surfactants, bleaching agents or viscosity reducers.
- Treacle is best suited to full-flavored recipes like licorice candy, puddings & flans, meringues and fruit preserves. It is also good when you're caramelizing syrup or making a glaze. It imparts depth of molasses and rich aroma to pies, coffee or chocolate cakes, fudges, BBQ sauces, and marinades.
 - In biscuits for its rich color and aroma
 - In cakes (especially chocolate)
 - In caramel chocolate-based puddings/ mousses/ flans
 - Desserts and sweetmeats.



Organic Coconut Products

Organic Virgin Coconut Oil

PR0031	ORGANIC VIRGIN COCONUT OIL	10.15 USD/KG
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Virgin coconut oil is extracted from coconut milk without application of any form of heat, chemicals or fermentation. This is used as the healthiest oil in the planet.

Culinary Properties

- Ideal as cooking oil as the oil is highly heat stable
- Gives distinct flavor and long shelf life to finished product
- Coconut oil is used in ice cream, frozen desserts and confectioneries

Medicinal Properties

- Absorbs in abdominal mass, enhances fat oxidation & energy expenditure in the body
- Diminishes depositions of fats in body tissues
- Enhances metabolism and produce energy at faster rate
- Used in baby foods, in patients with problems with fat absorption, malabsorption syndromes, debilitating conditions
- Used as a nutritional supplements for critically ill children
- Reduces risk of cancer and other degenerative conditions, risk of atherosclerosis & related illness
- Helps prevent bacterial, Viral and fungal (including yeast) infections
- Support immune system functions
- Promote weight loss and supports healthy metabolic functions
- Act as an immediate source of energy
- Improves digestion and nutrient absorption
- Helps keep skin soft and smooth
- Helps prevent premature aging and wrinkling of the skin and helps protect against skin cancer and other blemishes
- Virgin coconut oil has no cholesterol
- Lauric Acid in Live Extra Virgin Coconut Oil imparts beneficial anti-viral properties reducing titer of viruses such as HIV

Other

- Organic Coconut Milk (17% Fat)

PR0032	ORGANIC COCONUT MILK	56.20 USD/CTN
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- Organic Coconut Cream (24% Fat)

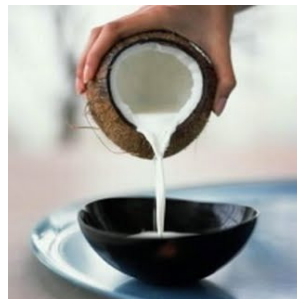
PR0033	ORGANIC COCONUT CREAM	64.30 USD/CTN
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- Organic Desiccated Coconut- Fine

PR0034	ORGANIC DESICCATED COCONUT	3500 USD/MT
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- Organic Desiccated Coconut- Medium

PR0035	ORGANIC DESICCATED COCONUT	3640 USD/MT
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Organic Fruits

Organic Dragon Fruit - *Hylocereus undatus*

PR0036	ORGANIC DRAGON FRUIT	12.50 USD/KG
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Food

- The fruit is popularly eaten raw and tastes better chilled. It is also served as a juice. The flesh is sweet and sometimes served with mango in a tropical sorbet.
- The fruit is also used to flavour drinks while syrup made of the whole fruit is used to colour pastries and candy.
- The pulp of the fruit is used in producing an alcoholic beverage. The fruit makes a wonderful cocktail on its own or mixed with other tropical fruits.
- It is sometimes used in cooking. Unopened flower buds can be cooked like vegetables.
- Distinctively tastes different to varieties found in Thailand / Vietnam or China

Medicinal Properties

- Dragon fruits reputedly improve eyesight and prevent hypertension.
- The seeds of the fruit, helps in controlling blood glucose levels in people with non-insulin-dependent hyperglycaemic conditions (a kind of diabetes). It is also used to treat stomach and endocrine problems.
- Dragon Fruit is rich in fibre, vitamin C and minerals the dragon fruit is also low in calories making it an all round good fruit to eat.
- This fruit is also rich in phytoalbumins which have antioxidant properties. The health benefits of dragonfruit cactus fruit are many and varied. These nutritional benefits include lower blood glucose levels in type 2 diabetes. High vitamin C levels.
- Dragon fruit (most commonly as the dried dragonfruit cactus fruit) is a great fruit to incorporate into a diabetic diet plan and lots of diabetic recipes can include dragonfruit.
- While dragonfruit is not a type 2 diabetes cure, it may offer diabetics a substantial health benefit towards lower blood glucose levels.



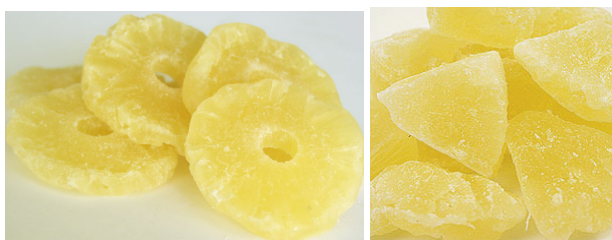
Organic Dried Fruits

Organic Pineapple

PR0037	ORGANIC DRIED PINEAPPLE WHOLE	19.60 USD/KG
PR0038	ORGANIC PINEAPPLE CHUNKS IN PINEAPPLE JUICE (3 KG x 6 CANS)	76.40 USD/CTN
PR0039	ORGANIC PINEAPPLE CHUNKS IN PINEAPPLE JUICE (400 GMS x 24 CANS)	54.20 USD/CTN
PR0040	ORGANIC PINEAPPLE JUICE (3 KG x 6 CANS)	68.30 USD/CTN
PR0041	ORGANIC PINEAPPLE JUICE (400 GMS x 24 CANS)	52.20 USD/CTN

- Pineapple is consumed fresh, dried or as juice.
- It is also a favorite when processed into marmalades, jam, jellies, or candies. Pineapple oil or essence is also used as flavoring for confectionery.
- Meat dishes and curries become tastier when pineapple added.
- Chutney is another for preserving the fruit.
- In addition to its nourishing uses, the pineapple has long served medicinal purposes: It arouses appetite; effective as diuretic and contraceptive, and in the expulsion of intestinal worms and a possible cure for venereal diseases.
- The waste from canning and drying can be further processed into animal feed.

Dried Pineapple Rings and Tidbits



Organic Pineapple Chunks in Pineapple Juice



Organic Papaya

PR0042	ORGANIC DRIED PAPAYA WHOLE	18.20 USD/KG
PR0043	ORGANIC PAPAYA CHUNKS IN PINEAPPLE JUICE (3 KG x 6 CANS)	70.30 USD/CTN
PR0044	ORGANIC PAPAYA CHUNKS IN PINEAPPLE JUICE (400 GMS x 24 CANS)	50.20 USD/CTN
PR0045	ORGANIC PAPAYA PULP (3 KG x 6 CANS)	56.15 USD/CTN
PR0046	ORGANIC PAPAYA PULP (400 GMS x 24 CANS)	42.05 USD/CTN

- One of the healthiest fruits available
- Can be consumed fresh, dried or as juice.
- The hollow fleshy stem is rich in vitamins A, B and C, as well as in calcium, phosphorus and iron
- Papaya is not only popular because of its delicious taste but also because of its medicinal properties.
- Papaya is highly anthelmintic (destroys intestinal worms)
- Helps to digest the protein of meat, eggs, milk, beans and similar foods, and, hence, promotes the proper functioning of the pancreas.
- Alleviates indigestion, protects against infection, aids diabetics and hepatitis patients, and is used to clarify wine and beer.

Dried Papaya Cubes



Organic Papaya Chunks in Pineapple Juice



Organic Mango

PR0047	ORGANIC DRIED MANGO WHOLE	20.50 USD/KG
PR0048	ORGANIC MANGO CHUNKS IN MANGO JUICE (3 KG x 6 CANS)	84.10 USD/CTN
PR0049	ORGANIC MANGO CHUNKS IN MANGO JUICE (400 GMS x 24 CANS)	56.05 USD/CTN
PR0050	ORGANIC MANGO JUICE (3 KG x 6 CANS)	78.15 USD/CTN
PR0051	ORGANIC MANGO JUICE (400 GMS x 24 CANS)	56.80 USD/CTN

- Mango can be consumed fresh, dried or as juice
- High in nutritional value
- Dried Mango containing 15% tannin, serve as astringents in cases of diarrhea, chronic dysentery, catarrh of the bladder and chronic urethritis resulting from gonorrhoea
- A remedy for fever, chest complaints, diabetes, hypertension and other ills
- A combined decoction of mango and other leaves is taken after childbirth
- Mango waste from the food-processing industry such as fruit peelings and seeds have been trialled as an innovative way to produce biogas.

Dried Mango Slices



Organic Mango Chunks in Mango Juice



Organic Banana

PR0052	ORGANIC DRIED BANANA	18.20 USD/KG
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- Banana can be consumed fresh, dried or as juice
- High in nutritional value (high levels of Vitamin C, A1, B6, B12)
- High medicinal value for Anaemia, Blood Pressure, Brain Power, Constipation Depression, Hangovers, Heartburn, Morning Sickness, Nerves, PMS, Seasonal Affective Disorder (SAD) and Stress
- Reduces risk of death by strokes by as much as 40%
- It also controls body temperature, intestinal disorders because of its soft texture and smoothness and is effective against Warts

Dried Banana Whole / Slices



Other Organic Fruit Products

PR0053	ORGANIC PASSION FRUIT JUICE (3 KG x 6 CANS)	CTN	94.30
PR0054	ORGANIC TAMARIND PULP (3 KG x 6 CANS)	CTN	84.40
PR0055	ORGANIC TAMARIND PULP (400 GM x 24 CANS / MC)	CTN	60.10
PR0056	ORGANIC LIME JUICE (3 KG x 6 CANS)	CTN	54.15
PR0057	ORGANIC LIME JUICE (400 GM x 24 CANS / MC)	CTN	38.20
PR0058	ORGANIC LIME CUT IN LIME JUICE (3 KG x 6 CANS)	CTN	54.25
PR0059	ORGANIC TROPICAL FRUIT COCKTAIL (400 x 24 CANS / MC)	CTN	56.10

Organic Passion Fruit - *Passiflora edulis*

- Passion fruit has a highly aromatic pulp and its juices are used as a flavoring for beverages and sauces. The pulp has an intense aromatic flavor, while the texture is jelly-like and watery.
- Passion fruit is a good source of vitamins A and C, as well as potassium and iron.
- One passion fruit has only 16 calories.
- When eaten with the seeds, a serving is an excellent source of fiber.



Organic Tamarind - *Tamarindus indica*

- The food uses of the tamarind are many. The tender, immature, very sour pods are cooked as seasoning with rice, fish and meats in South Asia Cuisines.
- Tamarind Juice has long been a popular drink in the Tropics and is now popular in the West as well.
- The pulp is known to be rich in calcium, phosphorus, iron, thiamine and riboflavin and a good source of niacin. Ascorbic acid content is low except in the peel of young green fruits
- Tamarind can be used for relief from headaches, loss of appetite, Diarrhea, indigestion, bleeding piles, common cold, itching skin, freckles and leucorrhea



Organic Lime - Citrus aurantifolia

- In cooking, lime is valued both for the acidity of its juice and the floral aroma of its zest.
- Can be made into a delicious thirst quenching drink high in vitamin C
- Lime extracts and essential oils are frequently used in perfumes, cleaning products, and aromatherapy
- Lime is also used occasionally to enhance vision by many Asian martial artists
- Lime juice can be used to make your hair become lighter with sun exposure



Organic Tropical Fruit Cocktail

- This contains a collection of tropical fruits that are high in taste as well as nutritional value.



Organic Grains

Organic White Sesame - *Sesamum indicum*

PR0060	ORGANIC WHITE SESAME	5400 USD/MT
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- Sesame seeds have culinary as well as medicinal properties
- Add a nutty taste and a delicate, almost invisible, crunch to many Asian dishes.
- Nutritional values - very good source of manganese, copper, calcium, magnesium, iron, phosphorus, vitamin B1, zinc and dietary fiber.
- Has cholesterol-lowering effect in humans, and prevents high blood pressure and increase vitamin E supplies in animals.
- Sesame seed has also been found to protect the liver from oxidative damage.
- Relief for rheumatoid arthritis, vascular and respiratory health, helps prevent colon cancer, osteoporosis, migraine and pms, promotes bone health and lower cholesterol.



Organic Red Rice Monascus Purpureus

PR0061	ORGANIC RED RICE	3600 USD/MT
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- Red rice can be prepared similar to white rice and is used commonly in Asian homes.
- Also called Pachchaperumal, it is a red rice variety rich in nutrients and protein which is an excellent choice for your every day meal.
- Red rice supports lowering cholesterol levels
- Helps reduce weight



Organic Traditional Rice

PR0062	ORGANIC TRADITIONAL RICE	6400 USD/MT
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- Traditional Sri Lankan rice varieties
 - **Suvandel Rice** - delectable white rice with an exquisite aroma. Its special milky taste makes it an ideal choice for festive occasions and ceremonies. It is known to promote fair and glowing skin; improve the functioning of the excretory system; improve vocal clarity; enhance male sexual potency and helps control diabetes.
 - **Kuruluthuda** - High Nutritional Value / Helps reduce cholesterol levels.
 - **Rathambaru** - High Nutritional Value / Helps reduce cholesterol levels.
 - **Hangimuthan** - High Nutritional Value / Helps reduce cholesterol levels.



Organic Manioc Flour *Manihot utilissima* (POHL.)

PR0063

ORGANIC MANIOC FLOUR

5400 USD/MT

- Commonly known as Tapioca
- This flour is made out of ground manioc roots.
- Ground into a coarse textured substance, Manioc flour provides a somewhat acidic and nutty flavor as an ingredient for baked goods.
- This flour may also be referred to as "farinha de mandioca."
- High in nutritional value and used commonly in Asian cuisine.

