TERI’s Initiative: The Energy and Resources Institute (TERI), a leading research institute that is engaged in developing workable solutions for a sustainable future, has established TRISHA (TERI’s Research Initiative at Supi for Himalayan Advancement) at Supi village in Nainital district, Uttarakhand to support local farmers and help them in livelihood generation through the use of sustainable agricultural practices.

Supi Sugandh: The brand name SUPI SUGANDH represents pure and natural products from many villages grown and processed by local farmers that are being made available to you. These products are the result of this link between TRISHA and the local farmers around Supi. TERI has provided continuous guidance and supervision for skill development of these communities.

You: By choosing these products, you opt for Pure, Natural and Healthy products as well as and promote our cause of augmenting local livelihoods through sustainable practices.

All Natural, Hand Crafted Food and Body Care Products from the Himalayas
Rosemary
A versatile herb used for flavoring vegetarian and non-vegetarian dishes. Rosemary tea helps treat headaches and migraines. It stimulates circulation, counters fatigue and improves appetite.

Net weight: 40 gms

Stevia
Stevia is a great natural alternative to sugar and chemical sweeteners. It is totally safe for diabetic people. It has 30 times the sweetening power of sugar.

Net weight: 15 gms

Parsley
Adds flavor and aroma to soups, vegetables and sauces. Blends well in cheese, spreads, herb butter and salad dressings. A herb considered valuable for bones and kidneys.

Net weight: 15 gms

Sweet Basil
Sweet Basil can be used to flavor all kinds of culinary dishes like soups, stews, salads, pesto, marinades and sauces.

Net weight: 40 gms

Oregano
Indispensable in Mediterranean culinary preparations. Used in vegetables, pasta and of course pizza. Valuable for respiratory tract disorders, gastrointestinal disorders.

Net weight: 15 gms

Herb Seasoning
Contains oregano, basil, rosemary, thyme, garden sage, dehydrated garlic, dehydrated red chili flakes and black salt. Can be used for garnishing, in salad dressings, and marinades.

Net weight: 50 gms

Chamomile Brew
A calming tea that is good for sound sleep. Infusion of chamomile flower heads. A valuable supplement of tea with medicinal values.

25 Tea Bags

Garlic Spice Mix
Garlic spice mix is prepared from naturally grown garlic from the hills of Uttarakhand. Use it to garnish continental dishes, salads and even curd.

Net weight: 50 gms

Thyme Brew
Infusion of thyme leaves that wards off cold and cough. It also has anti-fungal properties. A valuable supplement of tea with medicinal values.

25 Tea Bags
Buransh Squash
The Rhododendron tree, commonly known as Buransh, is the state tree of Uttarakhand. It has great medicinal properties. It is a source of anti-oxidants, lowers blood pressure, relieves diarrhoea, and increases haemoglobin.

Net volume: 700 ml

Apple Preserve
A ready to serve, sweet medley prepared from the pulp of organically grown fresh apples. Great combination of taste and health. Enjoy fresh apple jam with bread, toast, muffin or bun.

Net weight: 500 gms

Apple Chutney
A tangy spread made from organically grown fresh apples with a hint of spices. Enjoy it with bread, toast or Parantha.

Net weight: 500 gms

Plum Chutney
Plum Chutney, a tangy spread made from organically grown fresh plums with a hint of spices. Enjoy it with bread, toast or Parantha.

Net weight: 500 gms

Malta Squash
Refresh yourself with tangy Malta Orange Squash, grown in hilly orchards of Uttarakhand. This fruit has plenty of nutrients and essential vitamins.

Net volume: 700 ml

Lemon Squash
Enjoy the goodness of real lemon with TERI Supi Sugandh Lemon Squash. Prepared from lemons grown in hilly orchards of Uttarakhand. Flavour it with Supi Sugandh Peppermint to get the best out of it.

Net volume: 700 ml

Apricot Oil
Pure and aromatic body oil extracted from apricot kernels. Ideal for body massage. It contains vitamin A and E, that nourishes skin by providing moisture and improving the signs of ageing. A valuable oil for bones.

Net volume: 100 ml

Rosemary Brew
Infusion of rosemary leaves that is a good refresher. An infusion full of antioxidants. A valuable supplement of tea with medicinal values.

25 Tea Bags
(Price: ₹120)

Net volume: 700 ml

Apple Preserve
A ready to serve, sweet medley prepared from the pulp of organically grown fresh apples. Great combination of taste and health. Enjoy fresh apple jam with bread, toast, muffin or bun.

Net weight: 500 gms

Plum Preserve
Plum Preserve, a ready to serve, sweet medley prepared from pulp of organically grown fresh Plums. Enjoy with toast, muffin, or bun. The remarkable taste of plums will make you experience the plum orchards of Uttarakhand.

Net weight: 500 gms

Malta Squash
Refresh yourself with tangy Malta Orange Squash, grown in hilly orchards of Uttarakhand. This fruit has plenty of nutrients and essential vitamins.

Net volume: 700 ml

Lemon Squash
Enjoy the goodness of real lemon with TERI Supi Sugandh Lemon Squash. Prepared from lemons grown in hilly orchards of Uttarakhand. Flavour it with Supi Sugandh Peppermint to get the best out of it.

Net volume: 700 ml

Apricot Oil
Pure and aromatic body oil extracted from apricot kernels. Ideal for body massage. It contains vitamin A and E, that nourishes skin by providing moisture and improving the signs of ageing. A valuable oil for bones.

Net volume: 100 ml

Rose Water
100% Natural hydrosol prepared from demusk roses. Its regular application can impart glow to skin and improve the complexion. It is also edible and can be added to desserts.

Net volume: 100 ml
Turmeric Powder
100% Pure turmeric powder, pounded from organically grown rhizomes. It has high curcumin content. Only a pinch of it is sufficient in your food as it is completely pure.

Madua Atta
Also known as Ragi or Finger millet. Enjoy this underutilized cereal crop of Kumaun region. Madua roti is good for digestive system as it is rich in fiber. It is also rich in calcium, proteins and other minerals.

Kutti Atta
A traditional underutilized cereal crop grown in Uttarakhand and other parts of country. It is a great substitute to wheat, rye, barley, oats etc. It can be consumed while fasting and great source of fiber and protein.

Rajma Red
All natural and pure Rajma is traditionally grown by farmers in Uttarakhand. Rajma red has better taste and texture than Rajma chitra.

Popped Ramdana
Cultivated for its grain as well as herbage. It contains calcium, iron, magnesium, phosphorous and potassium. The only grain documented to contain Vitamin C, it also has the highest protein content (13-14%) amongst grains.

Kuttu Atta
A traditional underutilized cereal crop grown in Uttarakhand and other parts of country. It is a great substitute to wheat, rye, barley, oats etc. It can be consumed while fasting and great source of fiber and protein.

Madua Atta
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