



### 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



### 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 ber. It is also rich in calcium, proteins and other minerals.

Net weight: 500 gms



### 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 ber and protein.

Net weight: 500 gms



### 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.

Net weight: 100 gms



### Popped Ramdana

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

Net weight: 200 gms



### Rajma Red

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

Net weight: 500 gms



### Wild Forest Honey

Wild forest honey is naturally made from fragrant pollen of trees, bushes and herbs in the lap of Himalayas. It contains goodness of natural minerals and vitamins. It is a great substitute for sugar and helps in reducing weight.

Net weight: 200 gms



Culinary Herbs



Seasonings



Infusions



Jams & Chutneys



Body Care Products



Traditional Food Items

**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.



FOR MORE DETAILS CONTACT US AT:

[terimart@teri.res.in](mailto:terimart@teri.res.in) or

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All Natural, Hand Crafted Food and Body Care Products from the Himalayas

**Rosemary**

A versatile herb used for avoring vegetarian and non-vegetarian dishes. Rosemary tea helps treat headaches and migraines. It stimulates circulation, counters fatigue and improves appetite.

Net weight: 40 gms

**Sweet Basil**

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

Net weight: 40 gms

**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

**Morning Melange**

Refreshing aromatic herbal mix with a delicious taste. A blend of herbs like peppermint, rosemary, rose petals, holy basil. A valuable supplement of tea with medicinal values.

25 Tea Bags

**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

**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

**Evening Melange**

Calming and soothing aromatic herbal mix with a mild taste. A blend of herbs like chamomile, rosemary, lemon grass, nettle, cinnamon, clove and licorice.

A valuable supplement of tea with medicinal values which contains high amount of anti-oxidants in all its ingredients.

25 Tea Bags

**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, mun or bun.

Net weight: 350 gms

**Parsley**

Adds avor 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

**Thyme**

A culinary herb used for garnishing and claimed to have medicinal properties against cold and cough when taken as herbal tea.

Net weight: 20 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: 350 gms

**Plum Preserve**

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

Net weight: 350 gms

**Herb Seasoning**

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

Net weight: 50 gms

**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

**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: 350 gms

**Peach Preserve**

A ready to serve, sweet and sour medley prepared from the pulp of organically grown peaches. A great combination of taste and health which is easy to serve. Enjoy this yummy spread on bread, toast, muffin or bun.

Net weight: 350 gms

**Chamomile Brew**

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

25 Tea Bags

**Thyme Brew**

Infusion of thyme leaves that wards o 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

**Lakadong Turmeric**

Pure turmeric powder pounded from organically grown rhizomes from the famous Lakadong region in Meghalaya with high curcumin content above 6. It has outstanding antiseptic, anti-inflammatory and anti-oxidant properties.

Net weight: 100 gms