



PRODUCT CATALOGUE

Directly from our farmers to your doorstep

We at **KHWAM SUKH** have pledged to diminish the gap between farmers and consumers. Bringing you food that we can pledge for at a very competitive pricing. Our products are not only homegrown but are also "**SUPER FOOD**".



About Us

We at **KHWAM SUKH** are dedicated bunch of professionals from various walks of life, dedicated to the cause of uplifting our farmers. We have been working in this direction since more than a decade and have covered thousands of farmers from entire North-Eastern Region of India.

We have combed the entire region in search of food that would make us healthier. And we feel really fortunate that our region is blessed with so much of flora and fauna, herbs and plants. Our ancestors were really wise to include these “**Super Foods**” in our daily meals and now we would like to pass it on to the world around us.

Our products are naturally organic, handpicked in natural seasons and hand made using naturally available materials. We take utmost care in ensuring that our products are healthy and packed in scientific ways possible.

We have a highly experienced team of Farmers, Producers, Agricultural scientists, chefs and culinary historians and of course Logistic team to back us up in our promises.



Our Clients



VIVANTA
GUWAHATI

HYATT
HOTELS & RESORTS

TAJ
SANTACRUZ
MUMBAI

TAJ
LANDS END
MUMBAI

TAJ
DUBAI

HYATT
CENTRIC™
SECTOR 17
CHANDIGARH

NOVOTEL
HOTELS & RESORTS

TRIDENT
Bandra Kurla, Mumbai

INDIAN TEA ASSOCIATION
ESTD. 1881

BIG
BREWSKY



indigenous
terra
madre



HOTEL SHOOLIN
GRAND

nesfas



Rice



Black Rice

Also known as the **Forbidden rice**, this rice comes fully loaded with antioxidant.



Red Rice

A deep water paddy having a high content of iron, protein, vitamins, magnesium, phosphorus, manganese and anthocyanin.



Bora Rice

Known as Sticky rice, popularly, this rice comes with the goodness of manganese, which helps in regulating metabolism.



Joha Rice

As per Assam's Ramayana, this rice's aroma woke Kumbhakarna from his deep slumber, such is its aroma! Rich in flavonoids, it helps reduce cardiovascular disease.



Vegetables



Marble Potatoes

This Potatoes add exotic flavour to the meal you serve. Rich in fiber, potassium, vitamin C and vitamin B6 content, couples with lack of cholesterol, all support heart health.



Pumpkin

Rich in vitamins, minerals and antioxidants, pumpkin is incredibly healthy. What's more, its low calorie content makes it a weight-loss-friendly.



Cherry Tomato

Cherry tomatoes are rich in lycopene, which is great at fighting free radicals that cause disease. Lycopene can also limit UV damage to your body.

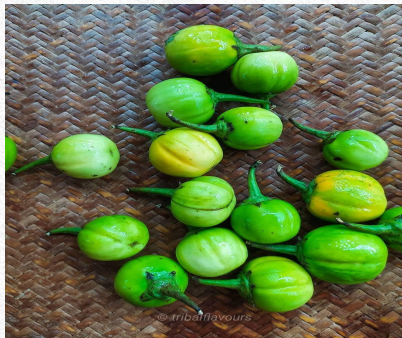


Bhat Kerela

Rich in flavonoids, it keeps skin healthy and has anti-aging properties, fighting free radicals caused by aging and pollution.



Vegetables



Tita Bhekuri

Also known as Turkey berries
Among different health benefits they are good for diabetic patients, healing of colds and flu, prevents intestinal worms, treatment of anemia, regulate menstrual problems etc.



Squash

Popularly known as chayote
Squash(Found in many variant) is low in calories but packed with fiber, antioxidants, and essential nutrients that make it a healthy addition to almost any diet.



Kol Poshola

Banana stem is not only a delicacy in some parts of India, it is fast earning a reputation of being a “Superfood” with multiple health benefits.



Banana Flower

Banana flowers are rich in dietary fiber, promoting digestive health by preventing constipation and supporting a healthy gut microbiome



Lemon & others



Kaji Nemu

This is a lemon with a GI tag. Native to north east India, particularly Assam this juicy lemon has an irresistible aroma and has tons of medicinal value.



Gul Nemu

Has an aroma to die for. Unique to Assam this lemon is packed with medicinal value.



Kordoi

Popularly known as star fruit, it is low in calories and fat but high in fiber, vitamins B and C, sodium, potassium, iron, and antioxidants.



Ou Tenga

Also known as elephant apple, it boosts vitality and vigor. Rich in calories, B-complex vitamins, proteins, and healthy fats, it enhances energy, metabolism, brain function, and stamina.

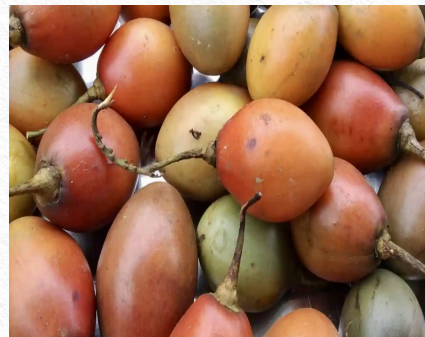


Lemon & others



Thekera

Also known as wood apple, Comes in two variants and aids digestion, boosts immunity, supports metabolism, and promotes heart health with its cooling, medicinal properties.



Khotto Baigun

Also known as Tree Tomato. It offers Vitamins A, C and E to ensure your skin stays healthy. Superb for its anti aging qualities. Used traditionally to treat various skin ailments.



Jolphai

Also known as Indian olive are rich in vitamin C, it has anti - inflammatory, anti analgesic and antihypertensive in nature.



Leafy Greens



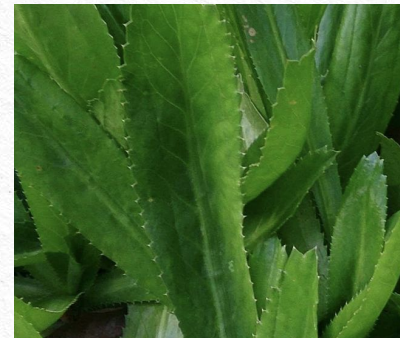
Wild Fern Fiddlehead

Unique to North eastern India these Ferns are a very good source of minerals and electrolytes, especially potassium, iron, manganese, and copper.



Mustard Green

Unique to Northeast India, mustard greens are rich in antioxidants like beta carotene for skin health and diabetes prevention. They also provide B vitamins like B1, B3, and B6.



Burmese Coriander

Also known as cilantro, spiny coriander or Mexican coriander. It is aromatic and medicinal plant also grown as a leafy vegetable in tropical regions.



Spices



Pepper

Grown naturally our farm fresh pepper are also a great source of medicine.



Haldi

Naturally grown in the fertile land our turmeric is higher in Curcumin. Lakadong turmeric, a variant has Curcumin level as high as 10.5.



Elaichi

Grown in the hills this Elaichi comes packed with medicinal values.



Bay Leaf

Bay leaf is a good source of vitamin A, vitamin B6, and vitamin C and other medicinal properties. Our Bay leaves are naturally grown.



Spices



Schezwan Pepper

Contains different nutrients, minerals, and antioxidants that are required by the body to function properly.



Ginger

These ginger is grown in the slopes of Himalayan hills. The health-promoting perspectives of ginger are well known.



Pipli

Also known as Long Pepper used in Ayurvedic medicine to treat asthma, lung problem, heart disease, common cold, cough, indigestion, stress etc.



Cinnamon

Cultivated in the hills using traditional practices this cinnamon has a unique aroma and flavour and high in cinnamaldehyde content makes it a premium choice for consumers.



Chillies



Bhoot Jolokia



Bird Eye Chilli



Black chilli



Dalle chilli

North East is known for the variety of chillies found here. Each one of them has its unique texture and taste, and of course comes loaded with medicinal properties also.



Medicinal Spices



Moran Ada

A spicier version of Ginger, this one has been used since ancient times in ayurvedic medicine.



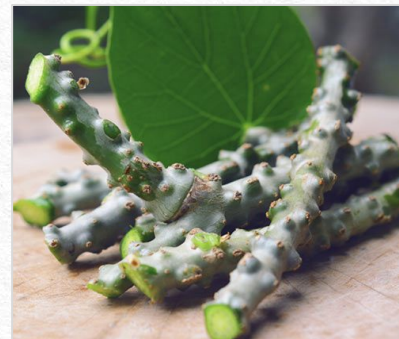
Mango Ginger

Mango ginger is loaded with powerful antioxidant and antimicrobial properties. It helps detoxify the body and removes all harmful toxins from the body.



Black Haldi

It is a powerful antioxidant and anti-inflammatory. The root has been used medicinally for centuries to treat arthritis, asthma, and epilepsy and lots of other diseases.



Giloy

Giloy has been hailed for its medicinal properties and a host of health benefits.



Unique Medicinal leafs & others



Mosundori

Detoxification quality of this chameleon plant can be used for detoxifying the body systems due to its antibacterial and antiviral properties.



Vedai Iota

Known as Gandha Prasarini, this vine is a virtuous plant, known for its aphrodisiac quality, improves strength and immunity, useful in wound and bone healing. Used in ancient Ayurvedic medicine.



Bamboo Shoot

Bamboo shoots improves appetite and digestion, weight loss, and curing cardiovascular diseases and cancer. The shoots are reported to have anticancer, antibacterial, and antiviral activity.



Manimuni

Historically, Manimuni or gotu kola has also been used to treat syphilis, hepatitis, stomach ulcers, mental fatigue, epilepsy, diarrhea, fever, and asthma.



Fruits



Avocado

The goodness of this fruit is well known. Packed with nutrients, healthy fats and vitamins.



Pineapple

A tropical fruit that contains vitamin C, manganese, enzymes, and antioxidants. It may boost immunity, reduce inflammation, aid digestion, and speed recovery.



Golden Apple

They are rich in polyphenols, a group of potent antioxidants, as well as carotenoids, potassium, iron, and zinc.



Dragon Fruit

Rich in fiber, antioxidants, and vitamins, it helps promote gut health, boost the immune system. Aids in weight loss, improves digestion, and helps regulate cholesterol levels.



Exotic Fruits



Noga Tenga

Also known as Yamma Momo Used in traditional chinese medicine as an astringent and as a folk treatment for diarrhoea, skin conditions and has many health benefits.



Sophlang

Traditionally eaten as a snack, this tuber possesses a good nutritional value. Used also for deworming and stomach ailments. Rich in carbohydrates, protein, phosphorus, iron and calcium.



Sohiong

This sweetish, slightly acidic soft fleshy berries from the hill is rich in Beta - Carotene and vitamin C. It contains higher amount of sodium, iron, calcium and crude fiber when compared to peaches and berries.



Soh-Shang

Also known as **Silver Berry**. Rich source of vitamins A,C and E and flavonoids. It boosts immunity, prevents constipation, improves eyesight and lowers cholesterol.

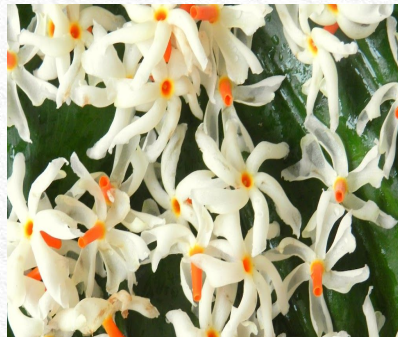


Edible Flowers



Nakima

The edible orchid blooms in mid-September and offers therapeutic benefits. Rich in protein, fiber, and minerals, it helps lower blood sugar and blood pressure.



Sewali Phul

Also known as Night Jasmine, this fragrant flower adds value to your meal and used in Ayurvedic medicines to treat ailments like arthritis, digestive disorders, promotes liver health and helps ease menstrual pain.



Tita Phul

This bitter yet tasty flower was traditional added to a meal for its potent medicinal properties and was used as a antibiotic to heal ailments and seasonal infections.



Bok phul

The heron bloom is a healing plant with anti-inflammatory and antioxidant properties. Used in traditional medicine, it supports respiratory health and improves skin condition.



Edible Flowers



Aparajita

The butterfly pea flower has become very popularly as blue tea. Boil some rice with Pea flower and you have an aromatic exotic blue rice. Comes with multiple health benefits.



Ronga lao Phul

Want to serve something exotic to your guests then pumpkin blooms are the answer. It has many medicinal benefits like treating anemia, UTI, wounds etc.



Sajina Phul

The flowers of Super powerful Moringa. Eat it fresh with salad, steam it, make fritters and the list can go on and make yourself healthy. Its anti inflammatory and a hero in regulating blood sugar level.



Tengamora phul

Roselle is a hibiscus flower used as Roselle Tea, Jam spread, Pickle, or just Dips or adding a zing to your boring salad. Reduces levels of BP, Sugar, swelling and works like antibiotic.



Noodles



Phing noodle

Popularly known as glass noodles, traditionally made from moong dal, these noodles are lower in carbohydrates and are gluten free.



Spinach/Tomato/Carrot noodle

These noodles are packed with the goodness of spinach, tomatoes and carrot and comes in their respective colours making it a delight for moms.



Flat noodles

These hand made noodles are made either from rice or wheat flour and a great source of Selenium. Available in different varieties.



Stick noodle

Often used in Asian cuisines, these noodles are made from rice flours and since it is without any flavour you can customise according to your taste.



Pickles



Jolphae Achar

These pickles are made using age old recipe passed down from one generation to another. Home made using very little spices in pure mustard oil, you can taste every original taste.



Kothal Achar

Jackfruit pickle in herbs and pure mustard oil. Home made using traditional recipe.



Khorisa Achar

Tender bamboo shoot pickle has the exotic taste which you would want to come back to. The tanginess and the spiciness which can only come with the right mix.



Bhoot Jolokia Achar

Ghost chilli pickle. These are one of the worlds hottest chillies, Again a traditional method of pickling them makes it a perfect gift too.



Tea



Assam orthodox Tea

Assam Tea is the Tea for Tea lovers across the world. Known for its taste and flavour.



Green Tea

Our small Tea growers are very particular about the kind of Tea they would offer. Green Tea needs no introduction.



White Tea

A rare variety of Tea from the plant of camellia sinensis plucked at particular time and processed in a delicately. This variant lowers BP, improves blood circulation and prevents heart disease.



Darjeeling Tea

Known world over Darjeeling is the Mecca for Tea lovers. With its beautifully manicured tea garden nestled in the hill slopes. Its Aroma and flavour is irreplaceable.



Exotic Tea



Phalap

Also known as smoked Tea. This Tea has higher antioxidant level than Green Tea as it is made traditionally and made to ferment before putting into bamboo shells and leaving them over the smoke for years.



Roselle Tea

As a hibiscus Tea this Tea is the current hottie as a “Brain booster” and has won the world over with its tangy Flavour.



Siakhrot

A Traditional Tea from Meghalaya made out of the roots of a climber plant Smilax. Known for its medicinal properties



Blue Tea Tea

The latest from the world of health this tea is made from Aparajita flowers known to improve memory, reduces stress and promotes digestion.



Blended and CTC Tea



Orthodox Tea with Roselle

The blend of Assam Orthodox Tea and Roselle hits instantly—it's woody notes and hibiscus tanginess leave you craving more.



Orthodox Tea with Aparajita

Blended to perfection this Tea is perfect to start your day. Filled with the richness of health it will work wonder for your body and mind.



CTC tea with ginger and Turmeric

Our expert blenders concoction of this Tea is nothing less than miracle. Our best homegrown CTC tea with the freshness of ginger and and the health quotient of turmeric.



Plain CTC Tea

The Tea 80% of the world is used to. But this too comes in different qualities and the best is our forte.



Cheese & Honey



Kalimpong Cheese

Named after this beautiful hill station nestled among tall pine wood trees, this cheese has ardent followers across the world for its unique taste and flavour.



Churpi

A hardened cheese made from either Yak milk or the milk of a cross between a male yak and a female cow. It has got high content percentage of protein, Omega 3 fatty acids and antioxidant.



Rock bee Honey

This honey is non-cultivated wild forest honey from the cliffs of Nagaland. It is antibacterial and antifungal. Contains polyphenols excellent for skin care.



Rock bee Honey

Wild flower honey is packed with essential nutrients including vitamins, minerals and antioxidant. It has tremendous wound healing capacity and boosts immunity.



Dried, weathered and fermented



Hukan Bas Tenga

Fermented dry Bamboo shoots are packed with anti-cancer, anti-oxidant, anti-aging, cardioprotective weight loss and probiotics.



Gundruk

This fermented mustard greens is a traditional recipe and is high on vitamins A, C, Calcium and Iron. Its sour taste stimulate appetite and improve digestion.



Kinima

These fermented soya beans contain high values of antioxidant, essential amino acids and vitamin B complex.



Kharoli

Fermented mustard seed with natural soda called kharl. A traditional recipe which is a natural probiotic and supports gut health and immunity. As a accompaniment it enhances the flavour of every meal.





We are indigenous!

www.khwamsukh.com

Please note

- Most of our products are seasonal, so an advance order is required.
- Many more products are yet to be streamlined. Please do let us know if you require anything else and we will source it out for you.

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