



**SATTVATM
SUGANDHA**

• ——— Return to Roots ——— •

WELCOME TO SATTVA SUGANDHA A World of Exotic Products!

Sattva Sugandha brings forth an array of premium range of food products for our customers and ensures that only the hand picked, natural, flavorful and authentic natural products (whole spices, powders & Raw Honey) are provided. We offer our products at a price that is easy for everyone's pocket, without compromising on quality.

We at Sattva Sugandha promise to stay committed to deliver to our customers the best always!!

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THE BRAND

OUR VISION

Lets Return To our Roots!! - In order to strengthen our health, we must ensure to inculcate our heritage ingredients by reducing the use of preservatives, artificial powders and foods by buying/using products that are natural and free of all the additives!! At the same time we want to reconnect ourselves to the backbone of our society - the farmers and value their hard work!

Buy PURE, HEALTHY, AUTHENTIC products.

BUY Sattva Sugandha products!!!



THE SATTVA SUGANDHA STORY

Welcome to Sattva Sugandha! What started as a passion for making the most flavorful dishes for loved ones, using only fresh and authentic spices, has eventually exploded into this venture of ours. We are an online food products shop that works hard to select the finest of the spices/ food products from the farms where they are grown with lot of experience. We are thrilled to be a part of this natural food world and we hope you enjoy our products as much as we enjoy offering them to you.



WHAT WE STAND FOR



PREMIUM QUALITY

We aim to provide products that guarantee highest quality, authentic aroma, color, freshness and flavor.

HANDPICKED

The aroma / freshness of our products define the taste and authenticity. Each and every spice is handpicked and handsorted from the farmlands in a traditional way so as to provide our customers with the best.



FARM SOURCED

In an endeavour to provide right flavors, we connect directly with the farmers who have been in the tradition of farming for generations & harvesting is like a faith for them.

SINGLE ORIGIN

We are passionate about our product line & guarantee to bring premium products to your table and are thrilled to introduce our Single Origin collection - each one with their own unique stories/history.



A top-down view of numerous small black bowls filled with various spices, arranged in a circular pattern around a central red circle. The spices include white peppercorns, yellow mustard seeds, green cardamom pods, star anise, bay leaves, black peppercorns, red chili flakes, dried ginger, dark red berries, green herbs, dried sage, yellow turmeric powder, red berries, almonds, fennel seeds, cinnamon sticks, black peppercorns, and yellow mustard seeds. The background is a dark wooden surface.

SPICES

BLACK PEPPER (काली मिर्च) (KING OF SPICES)



FREEBIES INSIDE



Bookmark



Freshness Clip

M.R.P : ₹ ~~649.00~~

Sale Price : ₹ 399.00 *Price including GST*

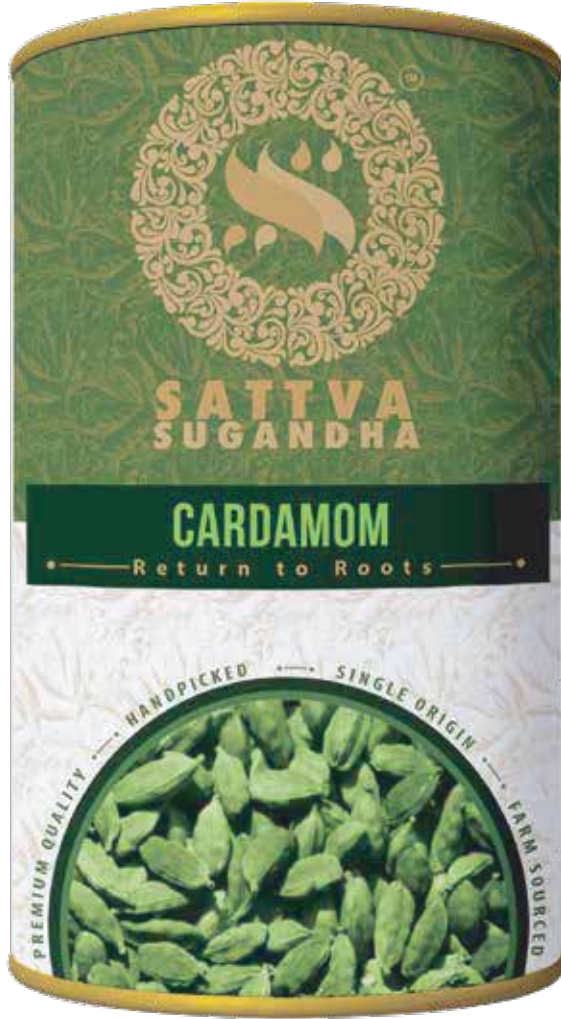
Net Weight : 200 grams



Sattva Sugandha's garbled extra bold whole black peppercorn - the 'King of Spices', is one of the most consumed spice, owing to its high commercial, economic, and medicinal properties. The humble spice has anti-inflammatory properties & is high in antioxidants.

Black pepper has digestive benefits that help remove toxins from the body and increase metabolism. The size maybe small as its grown in pure environment and cultivated naturally..but the taste & flavor is surely BIG.. undoubtedly the best!! It is one of the key ingredient to make immunity booster drink- Kadha (recipe enclosed at end).

CARDAMOM (छोटी इलायची) (QUEEN OF SPICES)



FREEBIES INSIDE



Bookmark



Freshness Clip

M.R.P : ₹ 699.00

Sale Price : ₹ 449.00 *Price including GST*

Net Weight : 100 grams



Popularly known as the 'Queen of Spices', Sattva Sugandha's 8mm+ Cardamom pod - is a versatile spice used in various forms worldwide. It is one of the most expensive spices in the world. Cardamom spice has been recognized mainly for its culinary and medicinal properties.

The health benefits include: detoxification, relieving digestive problems, lowering of blood pressure and prevention of blood clots. Moreover, cardamom has antimicrobial, antioxidant, and anti-inflammatory properties that may help in improving general health. It is one of the key ingredient to make immunity booster drink - Kadha (recipe enclosed at end).

CLOVE (लौंग) (FLAVORFUL SPICE)



FREEBIES INSIDE



Bookmark



Freshness Clip

M.R.P : ₹ ~~499.00~~

Sale Price : ₹ 299.00 *Price including GST*

Net Weight : 100 grams



Clove is one of the most valuable spice that has been used for centuries as food preservative and for many medicinal purposes. A flavorful spice and a powerful health supplement with a wide variety of uses and applications. The essential oils in cloves are packed with health benefits and the mild anesthetic quality makes it an effective mouthwash and toothache remedy.

Sattva Sugandha's clove is reddish-brown in color, large size & you can make out the heads & stems of each bud, just the way it should be. It is one of the key ingredient to make immunity booster drink - Kadha (recipe enclosed at end).

CINNAMON BARK (दालचीनी) (AROMATIC SPICE)



FREEBIES INSIDE



Bookmark



Freshness Clip

M.R.P : ₹ ~~499.00~~

Sale Price : ₹ 249.00 *Price including GST*

Net Weight : 50 grams



Cinnamon is an aromatic spice and is used as a medicine. The fragrance, taste and texture of cinnamon makes it a very popular spice. Cinnamon along with its plethora of other impressive health benefits, is loaded with antioxidants / anti-Inflammatory properties, which may help your body to fight infections.

Sattva Sugandha's cinnamon is a natural product so the size can vary. There can be a few small pieces, as it's a pure product from interiors of Kerala...but the taste and flavor will undoubtedly be the best!! It is one of the key ingredient to make immunity booster drink - Kadha (recipe enclosed at end).

NUTMEG (जायफल) (BAKER'S DELIGHT)



FREEBIES INSIDE



Bookmark



Freshness Clip

M.R.P : ₹ ~~499.00~~

Sale Price : ₹ 349.00 *Price including GST*

Net Weight : 150 grams



Sattva Sugandha's Nutmeg is pleasantly aromatic. Nutmeg is the whole kernel (seed) of the fruit, removed from its outer covering (aril). Nutmeg finds its way into both delicate and pungent blends of cuisines.

It has formed an important place in Ayurveda medicines and in our kitchen spice cabinet. Remove the outer hard shell, then grate the inner seed to powder and use as required.

NUTMACE (जावित्री) (NUTRITIOUS FLOWER)



FREEBIES INSIDE



Bookmark



Freshness Clip

M.R.P : ₹ ~~499.00~~

Sale Price : ₹ 349.00 *Price including GST*

Net Weight : 50 grams



Nutmace or Mace as its popularly called, is the vibrant red outer covering (aril) that grows around a nutmeg. When dried - it turns orange in color. The flavor of nutmace is more pungent, stronger and has a more savoury scent than Nutmeg.

Nutmace is a rich Source of nutrients and vitamins. Sattva Sugandha's Nutmace characteristically composes higher concentration of certain essential oils and features refined yet intense aroma.

TURMERIC POWDER (हल्दी पाउडर) (GOLDEN SPICE)



FREEBIES INSIDE



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Freshness Clip

M.R.P : ₹ ~~499.00~~

Sale Price : ₹ 299.00 *Price including GST*

Net Weight : 200 grams



Called as golden spice, turmeric powder is a cooking spice, as it gives the curry its yellow color. It is a flavorsome spice that is nutritious to consume & has an incredible list of healing properties. Turmeric helps increase the level of vital enzymes responsible for detoxifying blood and helps reduce toxin levels in the body. It also helps to improve blood circulation in the body.

Also a pinch can be added to DIY home made face pack. Sattva Sugandha's turmeric powder is sourced from Wayanad district of Kerala, where the rich and fertile land makes it a suitable turmeric-growing village and has the finest of all turmeric. It is one of the key ingredient to make immunity booster drink - Kadha (recipe enclosed at end).

WHITE PEPPER (सफेद काली मिर्च) (A MILD & DELICATE SPICE)



FREEBIES INSIDE



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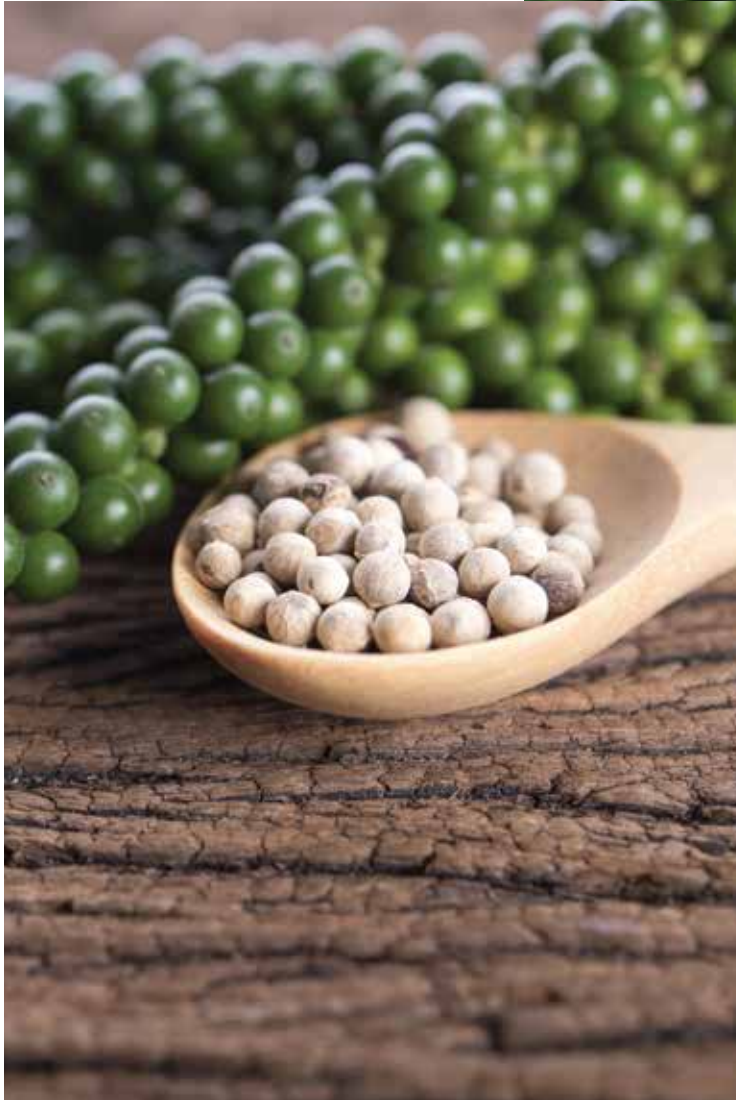


Freshness Clip

M.R.P : ₹ ~~699.00~~

Sale Price : ₹ 449.00 *Price including GST*

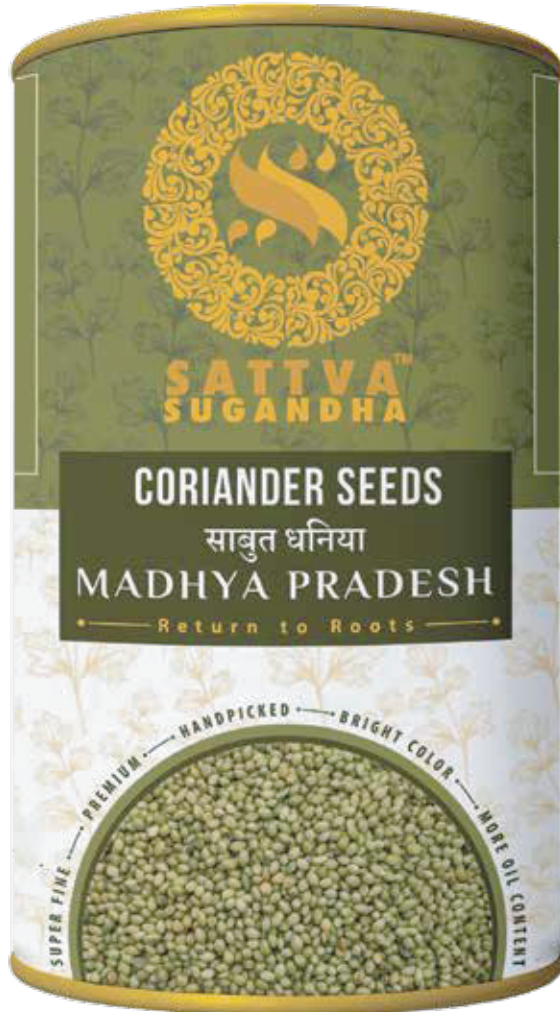
Net Weight : 200 grams



White pepper is the fruit of the pepper plant, just that the processing is different than black variety. It is less complex than black pepper but is hotter in flavor. White pepper is used mainly in place of black pepper where the presence of black flecks would spoil the look of a sauce.

It has an earthy, more uniformly hot/spicy character that gets right to the back of the throat. Sattva Sugandha's white pepper berries are light yellow greyish in colour; nearly globular in shape; around 5mm or less in diameter and smooth.

CORIANDER SEEDS (साबुत धनिया) (HEALING SPICE)



FREEBIES INSIDE



Bookmark



Freshness Clip

M.R.P : ₹ 499.00

Sale Price : ₹ 349.00 *Price including GST*

Net Weight : 250 grams



Sattva Sugandha sources its bright colored, aromatic and flavourful coriander seeds from Kumbhraj - Madhya Pradesh, the Indian state very well known for its coriander production. Coriander is a well-known herb since ancient times across the world. It's dried seeds and fresh leaves are used for culinary and medicinal purposes in Ayurveda.

Coriander seeds are one of the oldest spices in the world & is widely used in curry-based dishes, several ethnic dishes, soups, pickled vegetables, cooked vegetables, bread and stews. Consuming coriander water gives multiple benefits for the entire body.

BAY LEAF (तेज पत्ता) (FRAGRANT LEAF)



FREEBIE INSIDE



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M.R.P : ₹ ~~399.00~~

Sale Price : ₹ 349.00 *Price including GST*

Net Weight : 100 grams



Indian Bay leaves are also known as Tej Patta. The bay leaf plant is grown for ornamental use, as well as dried and used in cooking. The aroma and flavour of bay leaves is strongly reminiscent of cinnamon, cloves and cassia. Bay leaves are high in several vitamins and minerals as well as antioxidants. Burning the bay leaf in a base/ash-tray in your house.

It relieves anxiety and keeps mosquitoes away. Sattva Sugandha's highly aromatic bay leaves are special because

- ✿ They are grown organically in a farm in the Ri-War hills of Meghalaya.
- ✿ The entire team ensures that they are handpicked & sun dried.
- ✿ The sorting is done manually to ensure good quality leaves.

BLACK CARDAMOM (बड़ी इलायची) (THE TASTE MAKER)



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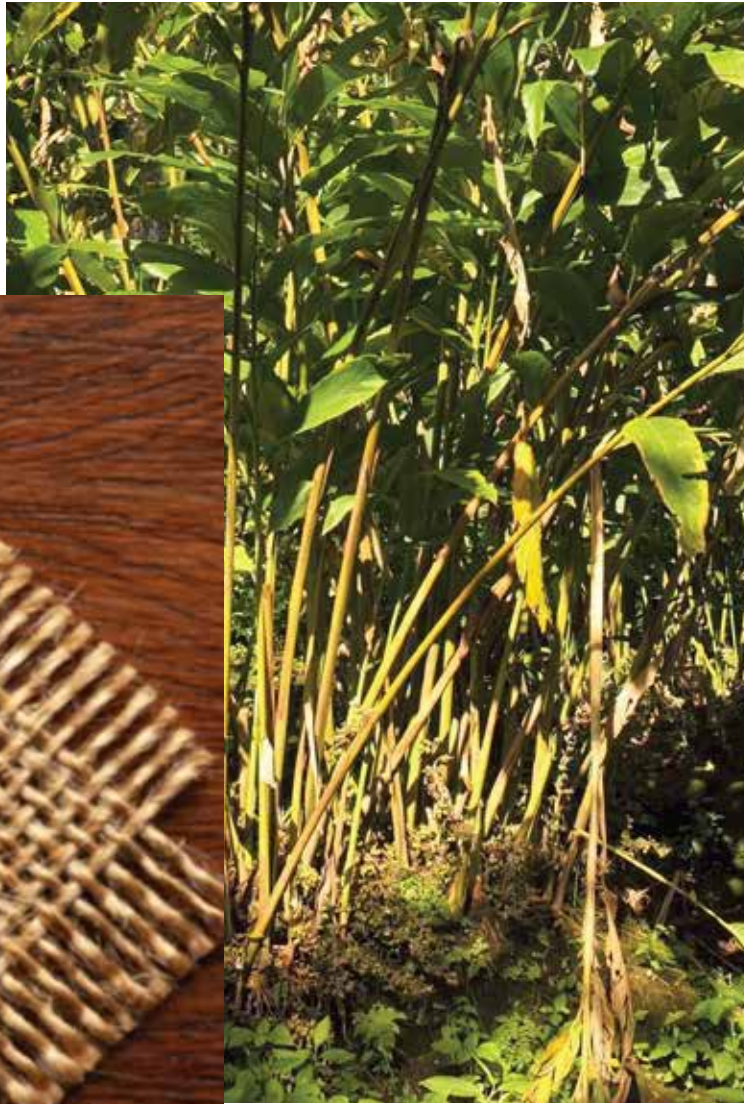


Freshness Clip

M.R.P : ₹ ~~499.00~~

Sale Price : ₹ 349.00 *Price including GST*

Net Weight : 100 grams



Black Cardamom - called badi elaichi, is a popular Indian spice that is used in many of the cuisine's signature dishes. Black Cardamom pods are smoky deeply aromatic spice and is used in many curry blends alongside the green pods and other spices. Generally black cardamom is used in rustic slow cooked foods, rice, in curry dishes and in many savoury dishes.

The whole pod and seeds are used as a spice, consumed raw or fried. Due to its heady notes, black cardamom is a constituent of garam masala and used extensively for preparing dal, soups, hearty meats, tandoors, rice dishes like biryani's and vegetable dishes.

CINNAMON STICK (दालचीनी) (SWEET N SPICY)



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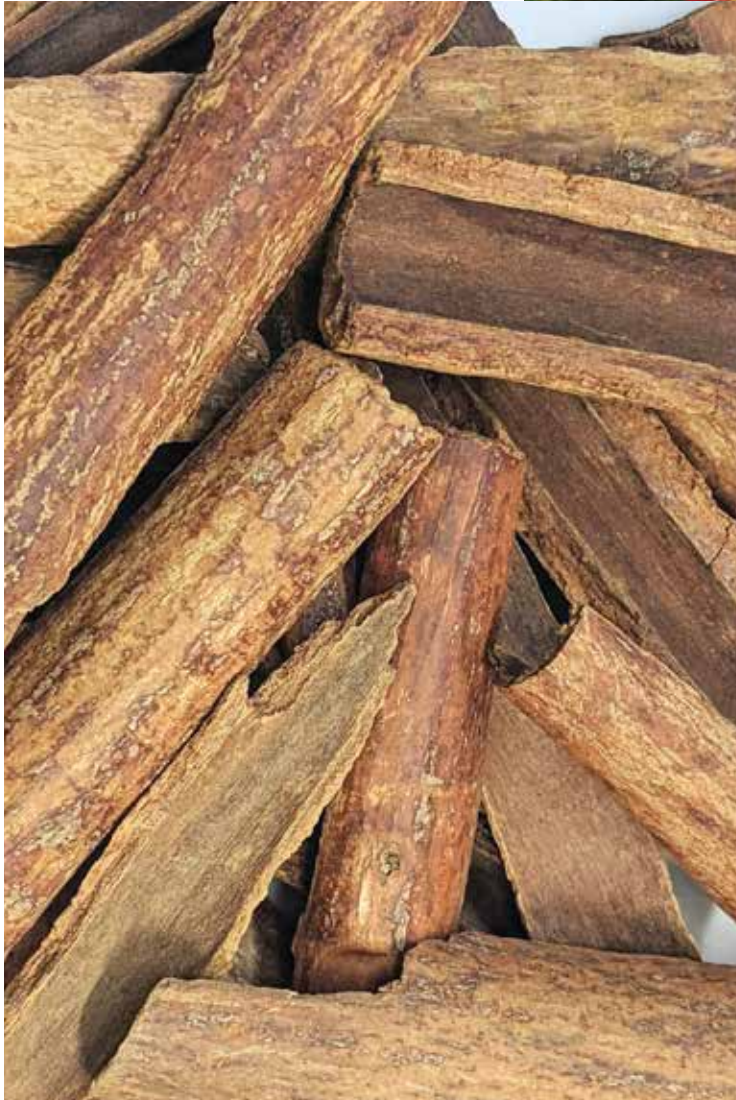


Freshness Clip

M.R.P : ₹ ~~499.00~~

Sale Price : ₹ 349.00 *Price including GST*

Net Weight : 100 grams



Meghalaya Cinnamon is a special cinnamon as it is a naturally grown spice and is obtained from inner bark of several tree species from the genus *cinnamomum*. The natural sun-drying process causes the barks to curl into quills, which are then cut and sold as cinnamon sticks. Cinnamon is mainly used as an aromatic condiment and flavoring additive in a wide variety of cuisines, sweet and savory dishes, breakfast cereals, snackfoods, tea and traditional foods.

Not only does the aroma of cinnamon take you to your happy place, but it's also practically a superfood! The Super-spice Cinnamon, has long been lauded for a list of health-promoting affects.

DRY GINGER POWDER (सोंठ) (THERAPEUTIC SPICE)



FREEBIES INSIDE



Bookmark



Freshness Clip

M.R.P : ₹ ~~499.00~~

Sale Price : ₹ 349.00 *Price including GST*

Net Weight : 200 grams



The wondrous spice, called sonth – is derived from dried ginger roots & is a very common kitchen ingredient. Dry ginger powder is a warm spice with pungent taste, Dried ginger powder is used as a spice during cooking. Along with its kitchen use, it has some amazing benefits for skin and health. It has anti-inflammatory & antioxidant properties.

Just add a teaspoonful of therapeutic spice to your tea, milk or in Sattva Sugandha Raw Honey and experience the benefits.

It has an earthy, more uniformly hot/spicy character that gets right to the back of the throat. Sattva Sugandha's white pepper berries are light yellow greyish in colour; nearly globular in shape; around 5mm or less in diameter and smooth.

RAW HONEY (शहद) (NATURAL SWEETENER)



FREEBIE INSIDE

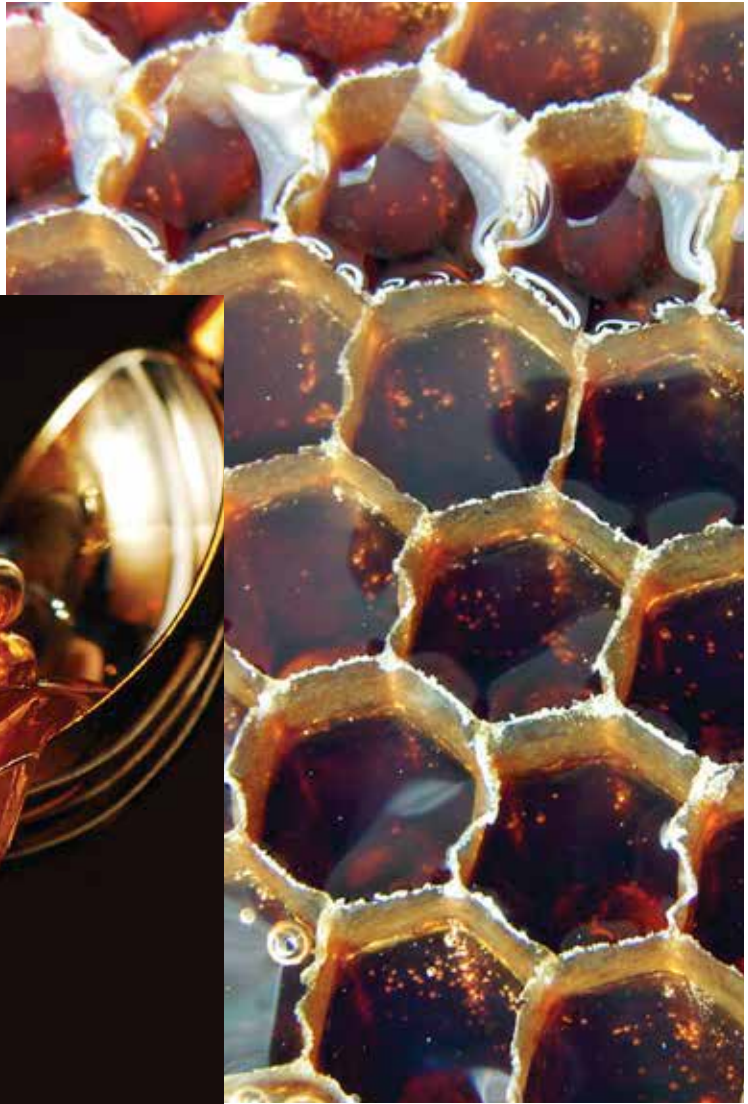
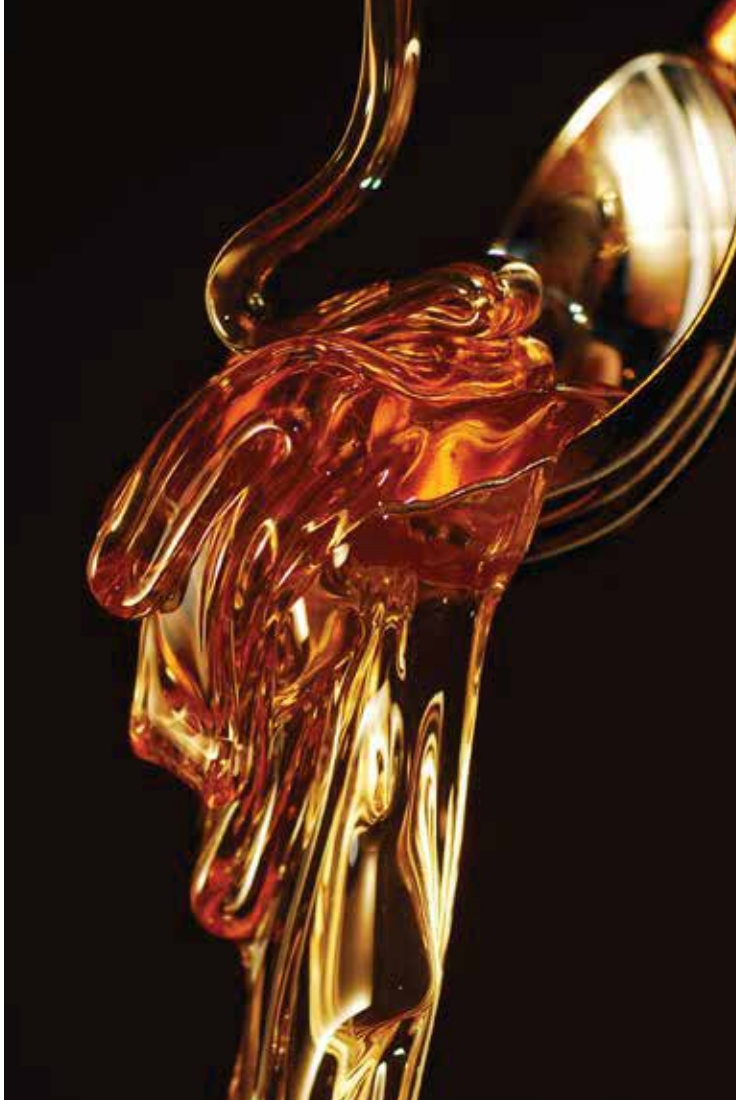


Bookmark

M.R.P : ₹ ~~1099.00~~

Sale Price : ₹ 799.00 *Price including GST*

Net Weight : 500 grams



Our raw and natural honey is unpasteurized, as the process of pasteurization makes it lose its beneficial nutrients & its natural taste. It has an original/natural mandarin flavor. Meghalaya is considered one of the best regions for bee-keeping. You can rely on our raw honey for good quality, purity and essential nutrients.

This honey is not altered for commercial purpose and is brought to you in its original form. We obtain natural raw honey directly from the traditional bee-keepers.

LAKADONG TURMERIC POWDER (लाकडोंग हल्दी) (YELLOW MAGIC)



FREEBIES INSIDE



Bookmark



Freshness Clip

M.R.P : ₹ 499.00

Sale Price : ₹ 349.00 *Price including GST*

Net Weight : 200 grams



The indigenous Lakadong Turmeric Powder comes from 'Lakadong' in Jaintia Hills, Meghalaya, India and its the world's best turmeric. It comes with a curcumin content between 8% - 10%, which is much more than a regular turmeric. The High Curcumin Content in turmeric gives it its bright yellow colour and incredible healing properties.

A Golden spice of Meghalaya. The spice is naturally and traditionally farmed, without chemical fertilizers and no pesticides. For better absorption of turmeric in our body, it has to be mixed with a medium (for e.g. milk or honey).



CELEBRATION BOXES

Packed in celebration boxes, perfect as gifting options, the boxes come in bright and cheerful packing – to add enthusiasm and emotions to various occasions!! What can be better than this to gift to your loved one – purity, goodness and health all packed in a box. Gift it to let your dear ones bring some magic into their life!!!

Give the choice of health to your loved ones..Let them know you really care! Team Sattva Sugandha can curate gift packaging as per your choice of spices (a pack of any 3 spices or any 8 spices).



Sattva Sugandha Kadha: *Recipe for Immunity booster*

Quantity good for 1 cup:

Ingredients:

- 🌿 Fresh Ginger: 1 inch piece grounded or 1 tsp Ginger powder
- 🌿 Sattva Sugandha Turmeric Powder- half teaspoon
- 🌿 Sattva Sugandha Green Cardamom - 2 pods
- 🌿 Sattva Sugandha Clove- 2 buds
- 🌿 Sattva Sugandha Black Pepper- 2 peppercorns
- 🌿 Sattva Sugandha Cinnamon Bark- 1 inch piece
- 🌿 Water - 2 cups

Preparation:

- 🌿 Boil below whole spices in 2 cups of water till it reduces to 1 cup of kadha syrup.
- 🌿 Have it while it is warm & consume it morning and night!!

*** Add Sattva Sugandha Raw Honey **
if you desire, suited to your taste.

Stay Healthy... Stay Safe!



SATTVA SUGANDHA

You can shop online through our website
www.sattvasugandha.com

or through
amazon

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Happy Shopping!!

   **/sattvasugandha**

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