



# BLACK RICE



## BACKGROUND

Black rice is a range of rice types of the species *Oryza sativa* L. It is also known as purple rice, some of which are glutinous rice. This variety of rice earned its name because it was once reserved for the Chinese Emperor, for whom it was meant to ensure health and longevity. Black Rice is a medium-grain, non-glutinous heirloom rice with a deep purple hue and a nutty, slightly sweet flavor.

Black rice is known as 'Chak-hao' in Manipur which is an Indian state on the eastern border with Myanmar, where desserts made from black rice are served at major feasts.

## PRODUCTION

In the north east, one may find this rice grown primarily in the state of Manipur and also parts of Nagaland, where the variety is available. The rice is even protected by Geographical Indication (GI) which goes on to say that the black rice from Manipur is as unique as it gets. Upon cooking the black rice turns a deep purple hue that tastes subtly nutty and sweet making it the best rice to cook with on festive occasions and large community gatherings. It is made into kheer, porridge, black rice cakes and many other varieties of dishes.

### DID YOU KNOW?



The rice gets its signature black color from a pigment called anthocyanin. - they call it forbidden black rice because it was only meant for the emperor in China thousands of years





## HEALTH BENEFITS

It is considered to be rice variety with a higher vitamin and mineral content than both white and brown rice. Black aromatic rice owes its colour to powerful natural black colouring pigments called anthocyanins which boast an impressive antioxidant activity adding to the health benefits of this rice variety. In addition to being a good source of vitamins E, fibre and protein, black rice is shown to reduce inflammation levels in the body.

According to findings, black rice consumption contributes to the prevention and management of ailments such as atherosclerosis, diabetes, Alzheimer's disease, hypertension, high cholesterol levels, arthritis, allergies, aging signs and even cancer.

## VARIETIES

Two varieties viz., Chak-hao 'Amubi' and Chak-hao 'Poireiton' which are quite popular in Manipur are being cultivated organically.



**FOR TRADE ENQUIRY CONTACT :**



**Ososhii Greens Pvt Ltd.**

H/No.7, Kacharigaon Village, Near Sub-Jail,  
Dimapur-797113, Nagaland, INDIA

Contact : **87300 80657 / 97742 07645**

Email : **ososhiigreens@gmail.com**

Website : **www.proruralindia.org**



# GINGER



## BACKGROUND

Ginger (*Zingiber officinale* L.), an important commercial crop belonging to the family Zingiberaceae is grown for its aromatic rhizomes which are used both as spice and medicine. It is an old age crop of Asia and believed to have originated from South-East Asia.



## NUTRITIONAL VALUE

Ginger is known as an important ingredient in the daily Indian cuisine and for health benefits. Raw ginger is composed of maximum portion of water with major shares of carbohydrates, protein and fat. Moderate amount of vitamin B, C, E as well as minerals are also present.



### DID YOU KNOW?



Ginger is a relative of Cardamom and Turmeric.

The ginger plant, cardamom plant, and turmeric plant are all members of the Zingiberaceae family.





## HEALTH BENEFITS

Ginger, not only used traditionally in the Indian cuisine, but also has a long history of Ayurvedic medicine. The important uses are as follows:

- Ginger contains Gingerol, a substance with powerful medicinal properties.
- Ginger can treat many forms of nausea, especially morning sickness.
- Ginger can reduce muscle pain and soreness.
- The anti-Inflammatory effects can help cure Osteoarthritis.
- Ginger can drastically lower blood sugar and decrease heart disease risk factors.
- Ginger powder can significantly reduce menstrual pain.
- Ginger can improve brain function and protect against Alzheimer's disease.
- The active ingredient in ginger can help fight Infections.

## PRODUCTION

While India is the leading producer of ginger in the world, North East India contributes to more 40% which is roughly 70000 ton fresh ginger is produced annually in states of Mizoram, Nagaland, Sikkim and Tripura.

Nadia variety of ginger with high oleoresin, oil and low fibre content is widely grown in Tuensang and Peren districts of Nagaland. Other local varieties grown including Majhauley, Gorubathan have high oil content.

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# NAGA KING CHILLI



## WHAT IS NAGA KING CHILLI ?

Naga King Chilli (*Capsicum Chinense* Jacquin), belongs to the genus *Capsicum* of Solanaceae family is native to the north eastern region of India. Naga King Chilli also known as 'Bhut Jolokia' has been considered as one of the world's hottest chilli and entered in "Guinness book of world records". The hotness of Naga King Chilli measures 1,001,304 scoville units. Naga King Chilli is believed to have originated in Nagaland and obtained Geographic Indication (GI) rights for the product in 2008. The name "Naga King Chilli" is associated with the people living in Nagaland, a state in the north-eastern part of India. Naga King Chilli grown in Nagaland is considered to be the best as compared to the same chilli grown in neighbouring places.

## NUTRITIONAL VALUE

The hotness or pungency of chilli indicates its capsaicin content. While the capsaicin is produced generally in the placenta of chillies, the Naga King Chilli produces capsaicin in vesicles found in both the placenta around the seeds and throughout the fruit. Naga King Chilli contains more capsaicin than any other chillies. The King Chilli contains vitamin A, B, C, potassium, magnesium, iron etc.

## DID YOU KNOW?



Naga King Chilli eating competition is held every year at the Hornbill Festival in the month of December.

Whoever eats the most wins the title of "King Chilli Champion". That's fiery!





## MEDICINAL VALUE

Naga King Chilli, contains genes of both *Capsicum Frutescens* and *Capsicum chinense* which is a circulatory stimulant and has many other medicinal uses. Traditionally proven records exists for effective medicinal uses –

- Relief for asthma patients at low quantities.
- Treatment of gastrointestinal abnormalities by regular consumption in small quantities.
- Tone up body muscles after heavy work exercise.
- Hot infusions for toothache and muscle pain.
- Tender leaf pastes are applied as thin coat over boils for easy removal of pus from boils.

Advanced medical applications of chillies are - fighting cancer cells, obesity, helping cells to produce insulin in Type 1 diabetes patients, fighting bad cholesterol and preventing heart diseases, relieving from diseases like rhinitis and anti-ulcer protective effect on stomach etc.

## PRODUCTION

Almost all the villages and households of Nagaland grow Naga King Chilli at their small kitchen yards to medium size farms. While majority of the villagers grow this crop for their household consumption, a larger population of the state also started cultivation at the commercial scale. At present only Nagaland produce about 2500 MT organic King Chilli annually. About 450 MT of Naga King Chilli is produced annually in the project districts of Peren and Tuensang districts in Nagaland.

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# PINEAPPLE



## BACKGROUND

Pineapple (*Ananas comosus*) is one of the commercially important fruit crops of India. It is the second most important fruit crop of the north-eastern region of India both in terms of area under plantation and production. Its area of cultivation is estimated to be about 20,126 hectares with an annual production of 1. 67,518 tons. Tripura's Queen Pineapple received the coveted GI tag (Geographical Indication) in 2015, thus giving them the much-needed recognition that these belong exclusively to the region.

## NAGALAND PINEAPPLE

The state of Nagaland also significant production of pineapple. In the entire state, Giant Kew pineapple variety is the most popular variety cultivated. It is larger than the normal variety and average weight of a single fruit is 1.5-2kg. Nearly 25,000-30,000 plants are planted in one hectare of land. Molvom (Jharnapani) is the pioneer village in pineapple cultivation in the state, where every farmer family in the village grows pineapple.

### DID YOU KNOW?



Pineapples are native to South America before Christopher Columbus discovered them in 1493.

Pineapple is the only edible fruit of its kind, the Bromeliads.





## VARIETIES

### **Queen Pineapple**

Fruits are Spiny, golden yellow in colour and emit pleasant aroma and flavour at the ripen stage. The fruits are harvested when eyes turns yellow during May to July. It possesses all the good organoleptic qualities. Juice is bright yellow colour. TSS varies from 100 to 140 brix depending upon the stage of maturity and season. PH 4 to 4.5, water content 80% to 90%, and Sweetness and unique aroma differentiate it with Pineapple of other region of North East India.

### **Kew Pineapple**

Spineless & large size fruit; weight varies from 1.5 Kg. to 3 Kg. Highly juicy with TSS content 8° to 12° brix. The colour of juice is light yellow with considerable aroma and flavour and is highly suitable for canning and other value addition.

## PRODUCTION

Pineapple is produced in different parts of North Tripura and Unokoti District Productivity of pineapple per hectare in Tripura is 18.73 tonnes, which is higher than the national average of 15.80 tonnes. About 57,500 MT of pineapples are produced in Nagaland annually of which the project districts of Peren and Tuensang together produce 13,500 MT of pineapple.

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# TEA



## BACKGROUND

Grown on the rich land and rare air of Tuensang, pure and naturally organic green tea rich in antioxidants and a multitude of health benefits from anti-cancer to Weight Loss is grown in gardens at an altitude of average 4000 feet. Spread in the backdrop of picturesque landscape, tea plantation covers more than 200 hectares of land in the administrative blocks of Longkhim, Chare and Noklak of Tuensang district of Nagaland with immense growth potential.

Naturally grown organic tea of Tuensang is unique and special because of the way it tastes, its geographic location and the way it is grown.

## MEDICINAL VALUE

### Vitamins and Minerals

Tea contains many essential micro nutrients and is a good source of zinc, manganese and vitamins B, C, E and K.

### Dental Health

The fluoride in tea makes tooth enamel stronger and resistance to acids and inhibits bacterial growth in cavities.



According to legend, tea was discovered by the Chinese emperor Shen Nung in 2737BC, when leaves from a wild tree fell into his bowl of boiling water and, he drank it and it was tea!





## HEALTH BENEFITS

Tea is a health drink and contains zero calories when prepared without adding milk and sugar and tastes great. Caffeine Tea contains 40mg caffeine per cup that stimulates the nervous system, increases mental alertness and reduces fatigue. Flavonoids Flavonoids called catechins, theaflavins and thearubigins can act as antioxidants. These compounds present in tea can lower cholesterol level in blood, helping to prevent damage to cells from free radicals. These flavonoids can be effective against some forms of cancer and liver diseases. Tea catechins also have antibacterial properties and protect skin from damage and inflammation caused by UV light as well.

## PRODUCTION

Average annual production of green tea leaves is 310 Tons in the three blocks of Tuensang district. There is, however, scope of expansion of tea plantation to neighboring areas for increasing production.



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# TURMERIC



## BACKGROUND

Turmeric is the dried rhizome of *Curcuma Longa* L. which is used as a condiment, flavouring and colouring agent, a principal ingredient in the Indian kitchens as curry powder. The turmeric derives its taste, aroma and colour from its active ingredient 'curcumin' which is the principal phenol responsible for the yellow colour and medicinal characteristics of turmeric. The higher the curcumin content, the better the turmeric variety. It is also valued as an antiseptic for its anti-inflammatory property and is used in beauty treatment or in the cosmetic industry and dye plants.

## MEDICINAL VALUE

It is the most researched spice for medicinal use and occupies prominent place in traditional medicine system for treatment of cough, flu, anemia, asthma, sprain and pain, skin diseases, sinus etc. It is loaded with antioxidant properties.



### DID YOU KNOW?



Turmeric is traditionally called the Indian saffron; it originated in southern India about 4000 years ago.

It has been documented to have been used in Vedic culture (1750–500 BCE)





## HEALTH BENEFITS

- Turmeric contains bioactive compounds with powerful medicinal properties.
- Curcumin is a natural anti-inflammatory compound.
- Turmeric dramatically increases the antioxidant capacity of the body.
- Curcumin boosts brain-derived neurotrophic factor, linked to improved brain function and lowers risk of brain diseases.
- Curcumin leads to various health improvements and reduces risk of heart disease.
- Arthritis patients respond very well to curcumin supplementation.
- Studies show that curcumin has incredible benefits against depression.
- Curcumin helps in delaying aging and fight age-related chronic diseases.

## PRODUCTION

With similar cultivation practices as that of ginger, turmeric is organically grown both as pure crop as well as mixed with maize, chilly, bean, vegetable etc under both rain fed and irrigated conditions. Lakadng variety from Meghalaya known for its higher curcumin content (7-9 %) is also being cultivated in the state. Turmeric yield is up to 15 to 25 tonnes per ha.

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