



OUR MOTTO

"Sharing Happiness"

GROCERY CATALOGUE VOL 1





From Farmer's Desk

THE FUTURE OF FOOD *Organic & Natural Farming*

Organic farming is becoming more and more popular because of the benefits it offers. The future of food is organic, but not for the reasons you might think.

The future of food is organic because it provides a sustainable way to grow crops without using fertilizers or pesticides. This type of farming also conserves water and reduces pollution in waterways. It also has a positive impact on the environment by reducing greenhouse gas emissions and is becoming more and more popular because of the benefits it offers.

Organic farming encourages soil fauna and flora, improving soil formation and structure and creating more stable systems. In turn, nutrient and energy cycling is increased and the retentive abilities of the soil for nutrients and water are enhanced, compensating for the non-use of mineral fertilizers. It's sustainable, healthy and environmentally friendly.





About Us

With the technological advancements and overuse of pesticides as well as fertilizers, there is increased toxicity in our diet. These harmful chemicals are hampering our immunity and making us prone to more deadly diseases. Not only this but our connection with nature, appreciating it's value and the worth of our health. Farm2Table is established with an objective to nullify the use of these fertilizers and provide Healthy natural & certified organic food items.

Consuming organic food has become a new trend and we as an organic food enterprise strive to spread awareness about it. So that our society opts the nourishing lifestyle. And in turn, strengthen our relationship with nature plus improve farmer's condition of Indian farmers.

We have come up with the idea of Farm2Table and lend support to the farmer's community. By associating with Farm2Table the farmers can reach a wider as well as an international customer base.

**Farm2Table has only one Motto -
"SHARING HAPPINESS"**



**CONVENIENT
DELIVERY**



**QUALITY
ASSURANCE**



**PURCHASE
SECURITY**

Our Certifications



We take care to grow and process our products in a way that you and your family can rely on.

Our production and certification processes guarantees that the family receives organic products straight from the farm.



Our Mission

Our mission is to educate our customers about organic food, offer healthy options above the chemically treated food items and improve the socio-economic status of farmers.

Our Vision

To encourage the appreciation and love for our mother Earth and increase the acceptance of environmentally conscious products into people's day-to-day life.

Ghee and Oil

A2 Ghee is a type of clarified butter that has been traditionally used in Indian cooking. It is made of butter that has been heated to remove the milk solids and then strained. A2 Ghee is more nutritious than the conventional variant because it does not have any proteins from milk solids.

Cold pressed oils are made by using mechanical pressure to extract the oil from the plant material. They retain more nutrients than traditional oils because they are not exposed to high heat or chemicals like hexane during processing.



A2 Ghee

Net Wt : 750MI



Category: Ghee & Oils

**Beneficial for digestion,
Nourishes the body, Improves
brain function.**

Packaging: Glass Bottle

Best before: 12 months from
the date of packaging.



Coconut Oil

Net Wt : 400MI



Category: Ghee & Oils

**Good for Weight loss,
Controlling blood sugar,
Reducing stress, Prevents liver
disease & asthma**

Packaging: Glass Bottle

Best before: 12 months from
the date of packaging.



Groundnut Oil



Category: Ghee & Oils

Beneficial for Heart Health, Controls Diabetes & Lowers Cholesterol

Packaging: Tin

Best before: 12 months from the date of packaging.



Sunflower Oil



Category: Ghee & Oils

Beneficial for Energy booster, Improves digestion, Promotes heart health, Good for your skin

Packaging: Tin

Best before: 12 months from the date of packaging.



Sesame Oil



Category: Ghee & Oils

Helps with Stress, Sun Damage, Blood Sugar, Reduce Inflammation

Packaging: Tin

Best before: 12 months from the date of packaging.



Mustard Oil



Category: Ghee & Oils

Good for Blood Circulation, Promotes Hair Growth, Treats Cracked Heels etc

Packaging: Tin

Best before: 12 months from the date of packaging.



Spices (Fabric Bag)

Indian spices are best known for their aromatic properties, but they also provide great health benefits. Our spices can be used in a variety of different dishes - from curries to rice dishes - and this is why they're so popular across the world. They can be used in both savory and sweet dishes because they add flavor as well as nutrients.



Red Chilli Powder

Net Wt :200 Gms



Category: Spices

Beneficial for Digestion, maintain Blood Pressure Level, anti-inflammatory, Weight loss, Improves cognitive function

Packaging: Fabric Pouch

Best before: 12 months from the date of packaging.



Pink Rock Salt

Net Wt :500 Gms



Category: Spices

Help in improving respiratory diseases, balances body pH, improves sleep quality

Packaging: Fabric Pouch

Best before: 12 months from the date of packaging.



Ajwain



Net Wt :200 Gms

Category: Spices

Good for lower blood pressure, combats peptic ulcers and relieves indigestion

Packaging: Fabric Pouch

Best before: 12 months from the date of packaging.



Coriander Powder



Net Wt :200 Gms

Category: Spices

Beneficial to bone health, manages Blood Sugar, Prevents Infection

Packaging: Fabric Pouch

Best before: 12 months from the date of packaging.



Cumin Powder



Net Wt :200 Gms

Category: Spices

Good for Digestion, Rich source of iron, Improves blood cholesterol

Packaging: Fabric Pouch

Best before: 12 months from the date of packaging.



Fennel Seeds



Net Wt :200 Gms

Category: Spices

Helps to regular blood pressure, purifies blood, reduce asthma, improves skin appearance

Packaging: Fabric Pouch

Best before: 12 months from the date of packaging.



Black Pepper Whole



Net Wt :200 Gms

Category: Spices

Beneficial for brain function, lower cholesterol levels, cancer-fighting properties

Packaging: Fabric Pouch

Best before: 12 months from the date of packaging.



Fenugreek Seeds



Net Wt :300 Gms

Category: Spices

Good for breathing problem, muscle pain, migraine, open wounds, ulcers

Packaging: Fabric Pouch

Best before: 12 months from the date of packaging.



Red Chilli Flakes



Net Wt :100 Gms

Category: Spices

Good for upset stomach, bolsters heart health, regulates diabetes

Packaging: Fabric Pouch

Best before: 12 months from the date of packaging.



Turmeric Powder



Net Wt :200 Gms

Category: Spices

Beneficial for pain relief, liver function, digestion

Packaging: Fabric Pouch

Best before: 12 months from the date of packaging.



Spices (Glass Bottle)

With our spices, the ease of recycling is already built into the product itself.

Farm2Table's spices are perfect for almost any type of dish, they are incredibly diverse and aromatic, and they offer numerous health benefits to those who cook with them regularly. There's also glass bottle packaging to make it way easier than ever to recycle them.



Star Anise

Net Wt :50 Gms



Category: Spices

Good for skin, immune system, respiratory infection, sleep issue, blood circulation, fungal infection

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Mace Whole

Net Wt :50 Gms



Category: Spices

Helps to improve digestive system, increase appetite, blood circulation & dental health

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Ajwain



Net Wt :200 Gms

Category: Spices

Good for lower blood pressure, combats peptic ulcers and relieves indigestion

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Black Cardamom



Net Wt :125 Gms

Category: Spices

Beneficial for intensive glands, promotes digestion, blood circulation

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Black Pepper Whole



Net Wt :200 Gms

Category: Spices

Beneficial for brain function, lower cholesterol levels, cancer-fighting properties

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Caraway Seeds



Net Wt :200 Gms

Category: Spices

Good for healthy digestion, weight loss, reduce inflammation

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Coriander Powder



Net Wt :200 Gms

Category: Spices

Beneficial to bone health, manages Blood Sugar, Prevents Infection

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Cumin



Net Wt :200 Gms

Category: Spices

Good for Digestion, rich source of iron, improve blood cholesterol

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Fennel Seeds



Net Wt :200 Gms

Category: Spices

Helps to regular blood pressure, purifies blood, reduce asthma, improves skin appearance

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Fenugreek



Net Wt :300 Gms

Category: Spices

Good for breathing problem, muscle pain, migraine, open wounds, ulcers

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Green Cardamom



Net Wt :100 Gms

Category: Spices

Helps with digestive problems, prevent cavities, treat infection, improve breathing

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Heeng Powder



Net Wt :50 Gms

Category: Spices

Beneficial for liver, anti-cancer agent, managing diabetes, anti-obesity

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Pure Heeng



Net Wt : 10 Gms

Category: Spices

Beneficial for liver, anti-cancer agent, managing diabetes, anti-obesity

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Mustard Black



Net Wt : 300 Gms

Category: Spices

Good for arthritis, muscles, painful joints, common cold

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Nutmeg Whole



Net Wt :150 Gms

Category: Spices

Helps with better sleep, improve digestion, relieves pain

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Red Chilli Flakes



Net Wt :100 Gms

Category: Spices

Beneficial for Digestion, maintain Blood Pressure, anti-inflammatory, Weight loss, cognitive function

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Red Chilli Powder



Net Wt :200 Gms

Category: Spices

Best for Digestion, maintain Blood Pressure, anti-inflammatory, Weight loss, cognitive function

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Turmeric Powder



Net Wt :200 Gms

Category: Spices

Beneficial for pain relief, liver function, digestion

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Cloue



Net Wt :100 Gms

Category: Spices

Beneficial for killing bacteria, protect against cancer, high in antioxidants, regulates blood sugar

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Pink Rock Salt



Net Wt :500 Gms

Category: Spices

Help in improving respiratory diseases, balance body pH, improve sleep quality

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Cinnamon Sticks



Net Wt :100 Gms

Category: Spices

Good for anti-inflammatory properties, heart disease, powerful anti-diabetic effect

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



White Pepper



Net Wt :200 Gms

Category: Spices

Beneficial for anorexia patients, heart-friendly, prevent cancer, better digestion, prevents gas

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Super Seeds (Fabric Bag)

A healthy body is the key to a healthy mind. A strong immune system is the key to fighting germs and diseases. Superfoods like chia seeds, pumpkin seeds, watermelon seeds etc can help you to increase your inner strength and protect yourself from germs and diseases.

The best option is to be mindful of what you're eating, as well as how you're living your life, in order to maintain good health and avoid fighting germs and diseases.

Start including Farm2Table's high grade organic and natural certified super seeds in your daily diet and achieve a great mind and body.



Watermelon Seeds



Net Wt :200 Gms

Category: Super Seeds

Good for Hair, blood sugar control, prevents osteoporosis, skin, energy level

Packaging: Fabric Pouch

Best before: 12 months from the date of packaging.



Sunflower Seeds



Net Wt :200 Gms

Category: Super Seeds

Helps to lower blood pressure and serum cholesterol levels

Packaging: Fabric Pouch

Best before: 12 months from the date of packaging.



Chia Seeds



Net Wt :250 Gms

Category: Super Seeds

Beneficial for weight loss, reduce blood sugar levels, highly nutritious

Packaging: Fabric Pouch

Best before: 12 months from the date of packaging.



Pumpkin Seeds



Net Wt :200 Gms

Category: Super Seeds

Good for bladder, heart, lowers blood sugar, rich in antioxidants & fiber

Packaging: Fabric Pouch

Best before: 12 months from the date of packaging.



Super Seeds (Glass Bottle)

A healthy body is the key to a healthy mind. A strong immune system is the key to fighting germs and diseases. Superfoods like chia seeds, pumpkin seeds, watermelon seeds etc can help you to increase your inner strength and protect yourself from germs and diseases.

The best option is to be mindful of what you're eating, as well as how you're living your life, in order to maintain good health and avoid fighting germs and diseases.

Start including Farm2Table's high grade organic and natural certified super seeds in your daily diet and achieve a great mind and body.



Chia Seeds



Net Wt :250 Gms

Category: Super Seeds

Beneficial for weight loss, reduce blood sugar levels, highly nutritious

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Pumpkin Seeds



Net Wt :200 Gms

Category: Super Seeds

Good for bladder, heart, lowers blood sugar, rich in antioxidants & fiber

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Sabja Tulsi Seeds



Net Wt :200 Gms

Category: Super Seeds

Beneficial for Diabetes Management, minerals powerhouse, relieves constipation and acidity

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Watermelon Seeds



Net Wt :200 Gms

Category: Super Seeds

Good for Hair, blood sugar control, prevents osteoporosis, skin, energy level

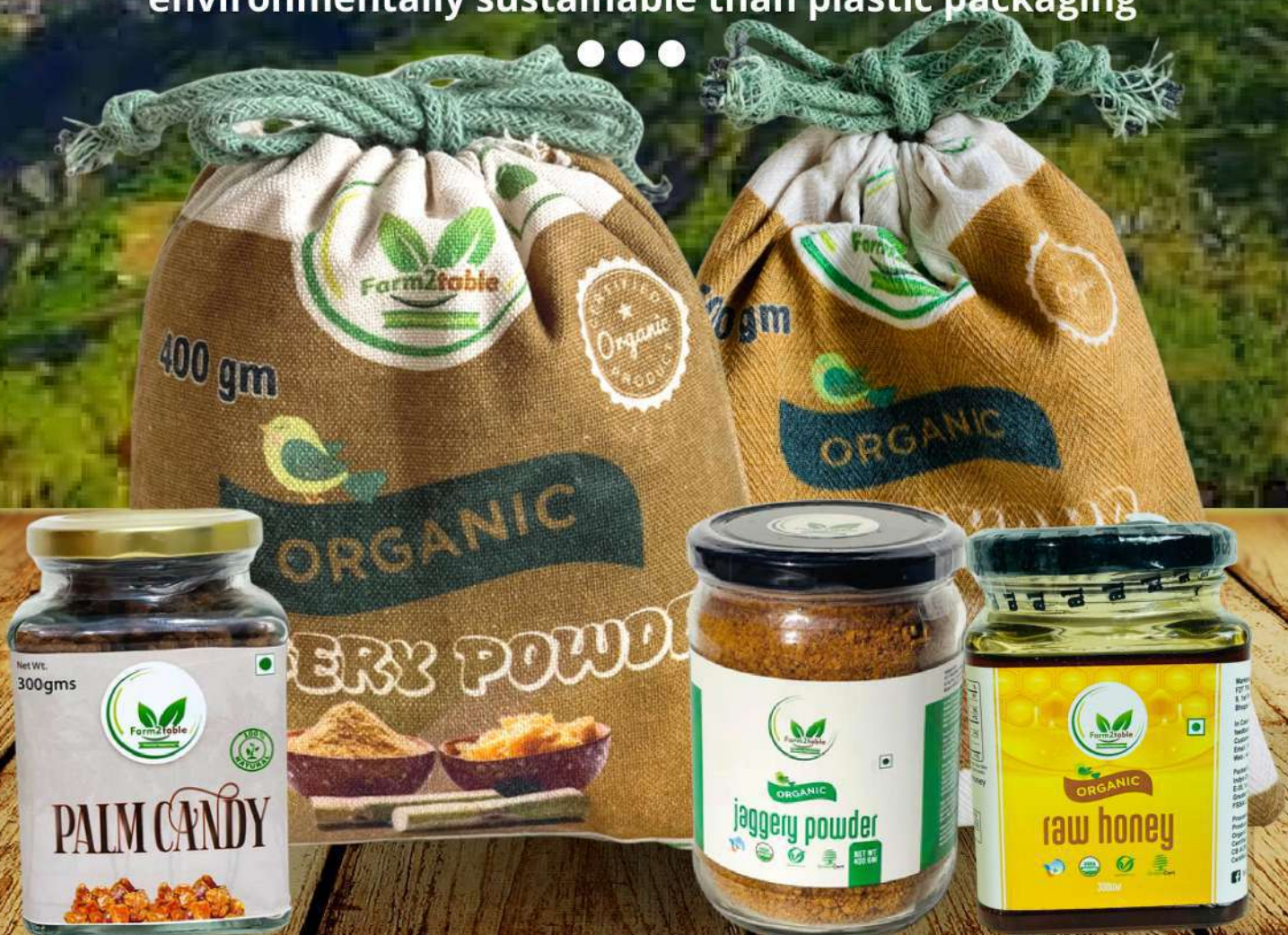
Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Sweeteners

Incorporating Farm2Table's low GI sweeteners into your diet is a great way to lower the risk for obesity and type 2 diabetes. The benefits of low GI sweeteners are vast when it comes to nutrition. With the use of these sweeteners, we can not only help you lose weight or maintain a healthy weight. It also improves our gut health and helps us reduce high blood pressure. The products themselves come in reusable fabric bag & glass bottle packaging which are more environmentally sustainable than plastic packaging



Desi Khand



Net Wt :500 Gms

Category: Sweetener

Good for Digestion, dental problem, strong bones

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Jaggery Powder



Net Wt :400 Gms

Category: Sweetener

Helps to control BP, cleanses the body, treats acne & pimples, boost metabolism, weight loss

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Palm Candy



Net Wt :250 Gms

Category: Sweetener

Helps to stabilize blood sugar levels, reduce strains, boost energy level

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Jaggery Powder



Net Wt :400 Gms

Category: Sweetener

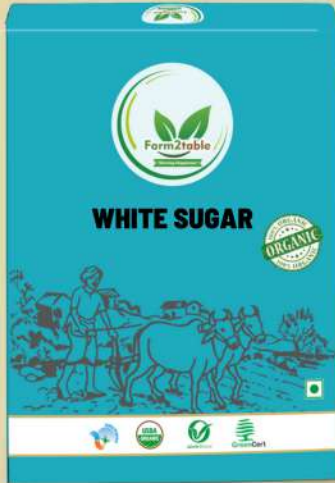
Helps to control BP, cleanses the body, treats acne & pimples, boost metabolism, weight loss

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



White Sugar



Net Wt :1kg

Category: Sweetener

Beneficial for brain function, elevate mood, boost energy, lower blood pressure, treat depression

Packaging: Corrugated Box

Best before: 12 months from the date of packaging.



Palm Jaggery



Net Wt :400 Gms

Category: Sweetener

Good in pregnancy, reducing weight, skin nourishment, digestion improvements

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Raw Honey



Net Wt :400 Gms

Category: Sweetner

Helps with digestive issues, antifungal properties, heals wound, phytonutrient powerhouse

Packaging: Glass Bottle

Best before: 12 months from the date of packaging.



Millet Noodles

Millennials and Gen Z can't seem to get enough of millet noodles. It's the no Maida variant they are crazy about. Farm2Table, the very first company to introduce millet noodles in HK and is now available to savor your taste buds.

These noodles are made of millet flours and have been popular among millennials because they are gluten-free and fat-free with no added preservatives but a lip smacking taste-maker.



Kood Millet Noodles

Net Wt : 350gms



Category: Millet Noodles

Helps to controls diabetes, weight loss, heals wounds.

Packaging: Fabric Pouch

Best before: 12 months from the date of packaging.



Barnyard Millet Noodles

Net Wt : 350gms



Category: Millet Noodles

Good for cardiovascular diseases, low glycemic index, rich in fiber

Packaging: Fabric Pouch

Best before: 12 months from the date of packaging.



Kood Millet Noodles

Net Wt: 350 Gms



Category: Millet Noodles

Helps to controls diabetes, weight loss, heals wounds..

Packaging: Fabric Pouch

Best before: 12 months from the date of packaging.



Pearl Millet Noodles

Net Wt: 350 Gms



Category: Millet Noodles

Good for heart, builds memory power, muscle health.

Packaging: Fabric Pouch

Best before: 12 months from the date of packaging.



Foxtail Millet Noodles

Net Wt :350 Gms



Category: Millet Noodles

Beneficial for strong bones, nervous system, builds immunity.

Packaging: Fabric Pouch

Best before: 12 months from the date of packaging.



Finger Millet Noodles

Net Wt :350 Gms



Category: Millet Noodles

Helpful for migraines, ashama, liver control.

Packaging: Fabric Pouch

Best before: 12 months from the date of packaging.



Rice

Rice has been the main staple food in most countries. The grain is found in many dishes and offers many health benefits.

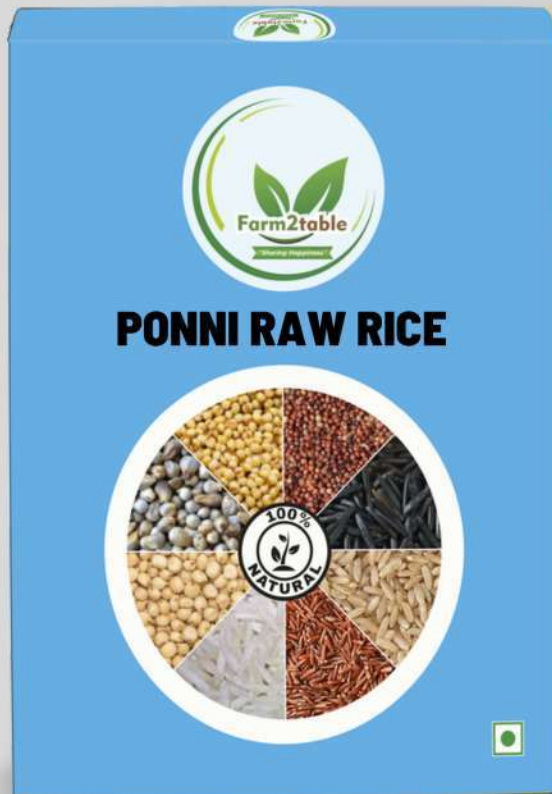
Rice can help you lose weight by providing you with a healthy and nutritious meal alternative, it can also reduce your risk of type 2 diabetes and improve your heart health.

Exotic rices have taken a backseat to white rice when it comes to the popularity in society. This is because people are more comfortable with what they know, and we are all guilty of sticking with what's familiar. However, the health benefits of these exotic rices outweigh what we know and love about white rice. As such, we've handpicked some exotic rices that you might want to try.



Ponni Raw Rice

Net Wt : 1Kg



Category: Rice

Beneficial to diabetes patients, lowers cholesterol, high fiber, gluten free

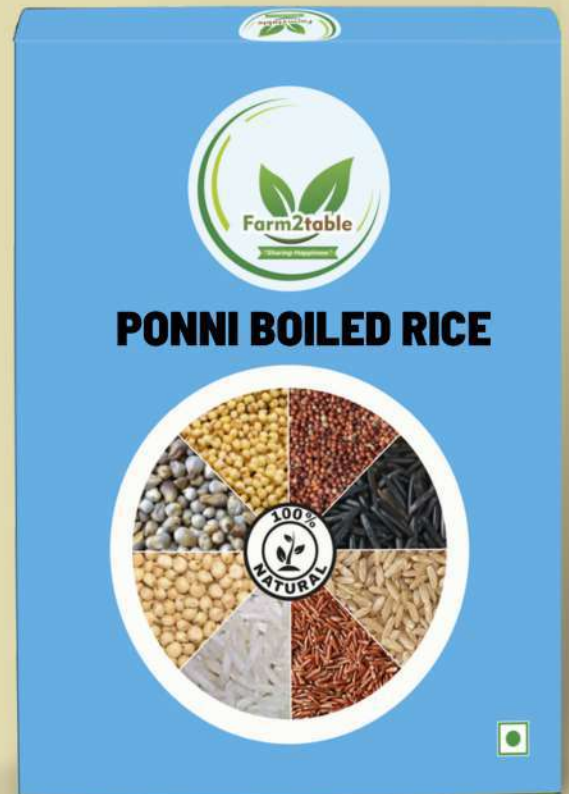
Packaging: Compostable Plastic/Virgin Paper

Best before: 12 months from the date of packaging.



Ponni Boiled Rice

Net Wt : 1Kg



Category: Rice

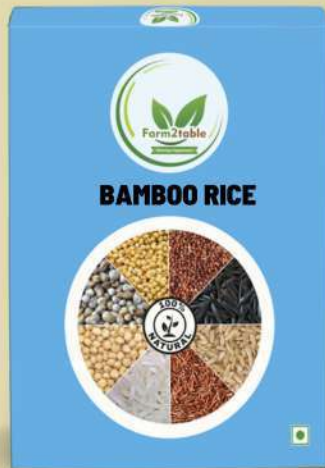
Beneficial to diabetes patients, lowers cholesterol, high fiber, gluten free

Packaging: Compostable Plastic/Virgin Paper

Best before: 12 months from the date of packaging.



Bamboo Rice



Net Wt :1Kg

Category: Rice

Good for joints pain, back pain, rheumatic pain, lowers cholesterol levels

Packaging: Compostable Plastic/Virgin Paper

Best before: 12 months from the date of packaging.



Black Rice



Net Wt :1Kg

Category: Rice

Beneficial for heart, eye health, anti-cancer properties, aid weight loss

Packaging: Compostable Plastic/Virgin Paper

Best before: 12 months from the date of packaging.



Red Rice



Net Wt :1Kg

Category: Rice

Good for bone health, weight loss, digestion.

Packaging: Compostable Plastic/Virgin Paper

Best before: 12 months from the date of packaging.



Sabudana



Net Wt :1Kg

Category: Rice

Good for digestion, blood pressure, strengthens bones and joints

Packaging: Compostable Plastic/Virgin Paper

Best before: 12 months from the date of packaging.



Lentils/Legumes

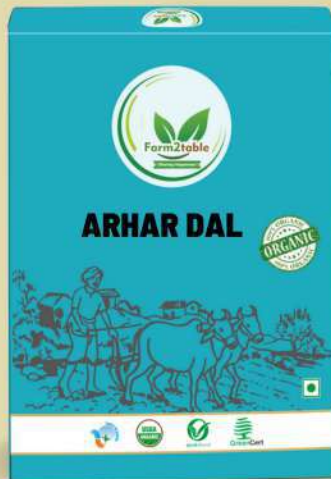
Lentils are small, round legumes that are a powerhouse of protein and energy. They are also 100% certified organic.

Farm2Table offers a variety of lentils to suit every taste, including red lentils, green lentils and brown lentils.

Lentils can be eaten in salads, soups, stews or as a side dish with vegetables. They can also be ground into flour for gluten-free baking or used to make vegetarian burgers or meatballs.



Arhar Dal



Net Wt :1Kg

Category: Lentils/Legumes

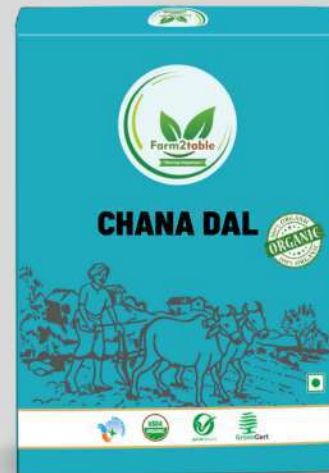
Good for weight loss, boost digestive health, maintain blood pressure

Packaging: Compostable Plastic/Virgin Paper

Best before: 12 months from the date of packaging.



Chana Dal



Net Wt :1Kg

Category: Lentils/Legumes

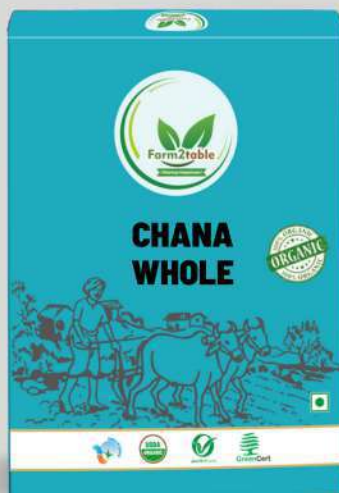
Beneficial for heart, strong muscles, body immunity, disease prevention

Packaging: Compostable Plastic/Virgin Paper

Best before: 12 months from the date of packaging.



Chana Whole



Net Wt :1Kg

Category: Lentils/Legumes

Helps in maintaining a healthy heart, healthy bones, control diabetes

Packaging: Compostable Plastic/Virgin Paper

Best before: 12 months from the date of packaging.



Kabuli Chana



Net Wt :1Kg

Category: Lentils/Legumes

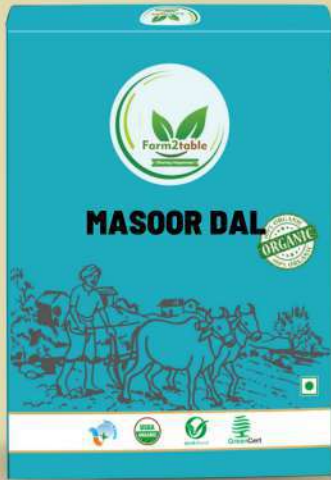
Helps in weight loss, prevent cancer, delay ageing, aid digestion, control blood sugar level

Packaging: Compostable Plastic/Virgin Paper

Best before: 12 months from the date of packaging.



Masoor Dal



Net Wt :1Kg

Category: Lentils/Legumes

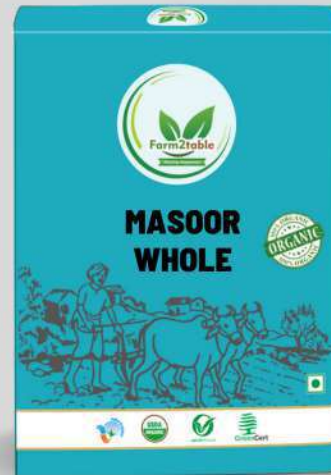
Helps to lower cholesterol, blood pressure level

Packaging: Compostable Plastic/Virgin Paper

Best before: 12 months from the date of packaging.



Masoor Whole



Net Wt :1Kg

Category: Lentils/Legumes

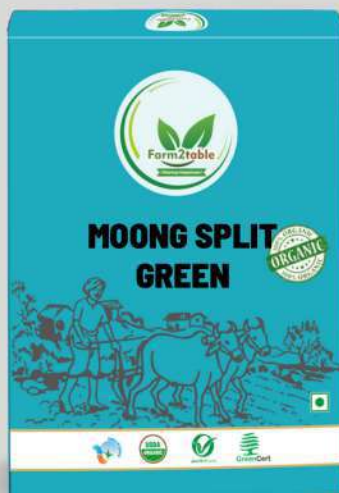
Good for cholesterol, hypertension

Packaging: Compostable Plastic/Virgin Paper

Best before: 12 months from the date of packaging.



Moong Split Green



Net Wt :1Kg

Category: Lentils/Legumes

Good for blood circulation, heart health, rich in nutrients, prevent diabetes

Packaging: Compostable Plastic/Virgin Paper

Best before: 12 months from the date of packaging.



Moong Split Washed



Net Wt :1Kg

Category: Lentils/Legumes

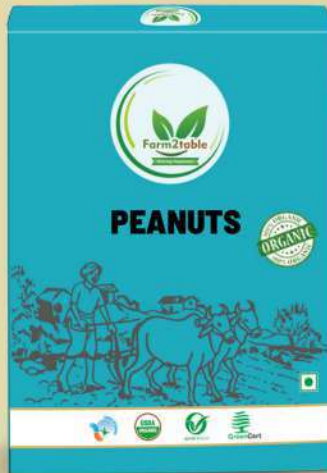
Good for blood circulation, heart health, rich in nutrients, prevent diabetes

Packaging: Compostable Plastic/Virgin Paper

Best before: 12 months from the date of packaging.



Peanuts



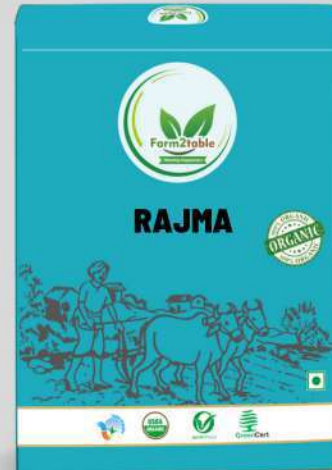
Net Wt :1Kg

Category: Lentils/Legumes

Good for healthy heart, weight loss, increase memory power, strong bones,
Packaging: Compostable Plastic/Virgin Paper
Best before: 12 months from the date of packaging.



Rajma



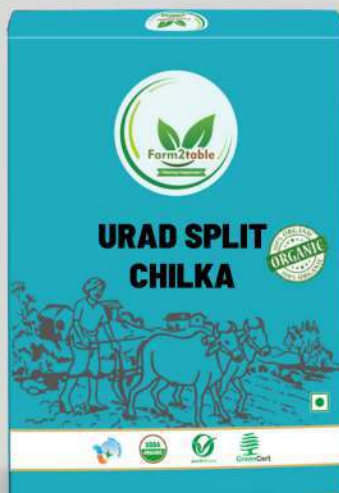
Net Wt :1Kg

Category: Lentils/Legumes

Helps in stabilizing blood glucose, prevent cancer, strengthens bones
Packaging: Compostable Plastic/Virgin Paper
Best before: 12 months from the date of packaging.



Urad Split Chilka



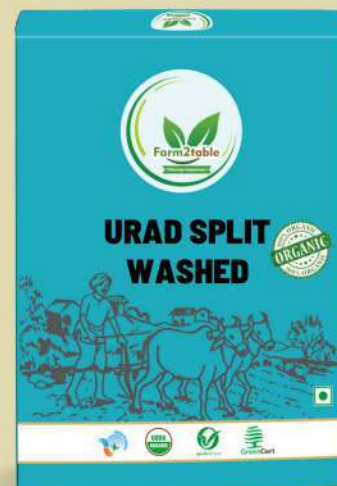
Net Wt :1Kg

Category: Lentils/Legumes

Good for pregnant women, skin, hair, improves digestion, protects heart
Packaging: Compostable Plastic/Virgin Paper
Best before: 12 months from the date of packaging.



Urad Split Washed



Net Wt :1Kg

Category: Lentils/Legumes

Beneficial for heart health, increase energy level, strengthens nerves
Packaging: Compostable Plastic/Virgin Paper
Best before: 12 months from the date of packaging.



Flour

Farm2Table flour has recently taken the market by storm. The reason behind this is that their multigrain and jackfruit flour among others is a healthy alternative to other types of flours, they are gluten-free, they are whole wheat and they are vegan.

The jackfruit flour gives Farm2Table's product a natural sweet taste while the multigrain ingredient provides a wholesome texture that many people love. Though it might seem like just another type of flour, it can actually be used in many different dishes as well as drinks to give them more nutritional value.



Sprouted Multigrain Flour

Net Wt : 350gms



Category: Flour

Good for digestion, rich in fibre

Packaging: Paper Pouch

Best before: 12 months from the date of packaging.



Sprouted Jowar Flour

Net Wt : 350gms



Category: Flour

Helps to boost immunity, improves digestion, gluten free, control blood sugar level

Packaging: Paper Pouch

Best before: 12 months from the date of packaging.



Upcoming Products

We are excited to announce our upcoming products which will be launched soon. These products are not just your regular snacks but they are something that you can't resist.

They include yummy snacks, celebration kits, flours, and ecofriendly earthenware. So what are you waiting for? Get ready to indulge in the goodness of these new products!



ECO FRIENDLY

- **Eco-Friendly Diya**
- **Eco Friendly Cooking Pot**
- **Areca Plates**
- **Disposabe Plates**



LETS CELEBRATE

- **Diwali Kit**
- **Karvachauth Kit**
- **Colourful Holi**





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