



premium direct sourced spices
that don't cost the planet



Cinnamon

Cinnamon is a fragrant spice derived from the inner bark of trees belonging to the genus *Cinnamomum*. It is prized for its sweet, warm flavor and is widely used in both sweet and savory dishes around the world.



Origins

Cinnamon is native to Sri Lanka, India, and Myanmar. It has been used for thousands of years, with historical records indicating its use in ancient Egypt and classical Rome.

Culinary use of Cinnamon

Cinnamon is a versatile spice used in baked goods, desserts, curries, and beverages. It is a key ingredient in spice blends like pumpkin pie spice and chai masala.

Medicinal use of Cinnamon

Traditionally used in various cultures for its medicinal properties, including treating digestive issues and respiratory problems.

Benefits of Cinnamon

Antioxidant: Rich in antioxidants, which help protect the body from oxidative stress and free radical damage.

Anti-Inflammatory: Contains compounds that reduce inflammation and may help with conditions like arthritis.

Blood Sugar Control: Studies suggest that cinnamon can help lower blood sugar levels and improve insulin sensitivity.

Heart Health: This may help reduce cholesterol levels and improve overall heart health.



Chilli

Red chilli, also known as red pepper or cayenne pepper, is a spicy fruit used to add heat and flavor to dishes. It is made from dried and ground red chilli peppers from the *Capsicum annum* species.



Origins

Red chilli peppers are native to the Americas and have been cultivated for thousands of years. They were introduced to the rest of the world by Spanish and Portuguese explorers in the 16th century.

Culinary use of Chilli

Red chilli is a staple in many cuisines, including Indian, Mexican, Thai, and Korean. It is used in spice blends, sauces, and as a seasoning for meats, vegetables, and soups.

Medicinal use of Chilli

Traditionally used to improve digestion, boost metabolism, and relieve pain.

Benefits of Chilli

Metabolism Boost: Capsaicin, the active component in red chili peppers, is known to increase metabolism and promote fat burning.

Pain Relief: Capsaicin has pain-relieving properties and is used in topical creams for conditions like arthritis and muscle pain.

Digestive Health: Stimulates the digestive system and can help alleviate issues like indigestion and gas.



Coriander

Coriander, also known as cilantro or Chinese parsley, is a herb with a wide range of culinary and medicinal uses. Both its fresh leaves and dried seeds are used in cooking, offering distinct flavors to various dishes.



Origins

Coriander is believed to have originated in regions spanning Southern Europe to Southwestern Asia. It has been used for thousands of years, with references found in ancient Egyptian, Greek, and Roman texts.

Culinary use of Coriander

Fresh coriander leaves are commonly used in salads, salsas, and as a garnish for curries and soups. The seeds are often ground and used as a spice in spice blends, marinades, and baking.

Medicinal use of Coriander

Traditionally used to aid digestion, reduce inflammation, and as an antimicrobial agent.

Benefits of Coriander

Nutritional: Rich in vitamins A, C, and K, and contains dietary fiber.

Health: Known for its potential to lower blood sugar levels, improve heart health, and provide antioxidant properties.



Turmeric

Turmeric is a bright yellow spice derived from the root of the *Curcuma longa* plant. It is a key ingredient in many Asian dishes and is revered for its health benefits.



Origins

Native to Southeast Asia, turmeric has been used in India for over 4,000 years as a spice, medicinal herb, and in religious ceremonies.

Culinary use of Turmeric

Used in curries, rice dishes, and as a coloring agent in mustard and other foods.

Medicinal use of Turmeric

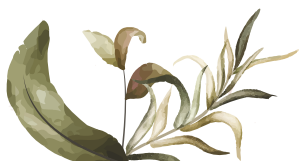
Used in Ayurvedic and traditional Chinese medicine for its anti-inflammatory, antioxidant, and anti-cancer properties.

Benefits of Turmeric

Anti-inflammatory: Contains curcumin, which helps reduce inflammation and pain.

Antioxidant: Protects against free radicals and supports overall health.

Digestive Health: Promotes healthy digestion and can relieve bloating and gas.



Cumin

Cumin is a spice made from the dried seeds of the *Cuminum cyminum* plant, known for its distinctive earthy, warm flavor.



Origins

Cumin has a long history dating back to ancient Egypt, where it was used both as a spice and for mummification. It is native to the Mediterranean and Southwest Asia.

Culinary use of Cumin

Integral to many spice blends like garam masala and curry powder. Used in soups, stews, and meat dishes.

Medicinal use of Cumin

Traditionally used to aid digestion and boost the immune system.

Benefits of Cumin

Digestive Health: Stimulates enzyme production and aids in digestion.

Antioxidant: Contains antioxidants that help fight free radicals.

Blood Sugar Control: May help improve blood sugar levels.



Clove

Clove is a spice made from the dried flower buds of the *Syzygium aromaticum* tree. It has a strong, pungent aroma and a sweet, slightly bitter flavor.



Origins

Native to the Maluku Islands in Indonesia, cloves have been used for thousands of years in both culinary and medicinal applications.

Culinary use of Clove

Used in spice blends, baked goods, and marinades

Medicinal use of Clove

Known for its analgesic, antibacterial, and anti-inflammatory properties.

Benefits of Clove

Pain Relief: Clove oil is often used to relieve toothache pain.

Antibacterial: Can help kill harmful bacteria.

Digestive Health: Improves digestion and reduces gas and bloating.



Black Pepper

Black pepper is one of the most commonly used spices worldwide, made from the dried berries of the *Piper nigrum* plant. It has a sharp, pungent flavor and aroma.



Origins

Native to the Malabar Coast of India, black pepper has been used for millennia and was once so valuable it was used as currency.

Culinary use of Black Pepper

Used in spice blends, seasoning meats, and as a finishing touch on dishes.

Medicinal use of Black Pepper

Known for its digestive and antioxidant properties.

Benefits of Black Pepper

Digestive Health: Stimulates the digestive system and helps with nutrient absorption.

Antioxidant: Provides antioxidants that help fight free radicals.

Anti-inflammatory: Contains piperine, which has anti-inflammatory effects.



Green Cardamom

Green cardamom is a spice made from the seeds of the Elettaria cardamomum plant. It has a sweet, floral flavor with hints of citrus and mint.



Origins

Native to the Indian subcontinent and Indonesia, green cardamom is known as the "Queen of Spices" due to its unique flavor and high value.

Culinary use of Green Cardamom

Used in Indian and Middle Eastern cuisines, as well as in baked goods, teas, and spice blends.

Medicinal use of Green Cardamom

Used to treat digestive issues, bad breath, and respiratory problems.

Benefits of Green Cardamom

Digestive Health: Helps alleviate indigestion and bloating.

Detoxifying: Helps detoxify the body and improve circulation.

Oral Health: Can help freshen breath and prevent cavities.



Fenugreek

Fenugreek is a spice made from the seeds of the *Trigonella foenum-graecum* plant. It has a slightly bitter, nutty flavor with a hint of sweetness.



Origins

Native to the Mediterranean region, Southern Europe, and Western Asia, fenugreek has been used since ancient times in cooking and medicine.

Culinary use of Fenugreek

Used in Indian cuisine, particularly in spice blends and curries. The leaves, known as methi, are also used as a herb.

Medicinal use of Fenugreek

Known for its potential to improve digestion, lower blood sugar levels, and increase milk production in breastfeeding women.

Benefits of Fenugreek

Digestive Health: Helps alleviate indigestion and constipation.

Blood Sugar Control: May help lower blood sugar levels.

Lactation Support: Increases milk production in breastfeeding women.



Garam Masala

Garam Masala is a traditional Indian spice blend known for its warm and aromatic flavor. The exact composition varies by region and household.



Origins

Originating in Northern India, Garam Masala translates to "warm spice mix," reflecting its warming properties.

Culinary use of Garam Masala

Used to flavor curries, soups, and stews. Typically added towards the end of cooking to preserve its aromatic qualities.

Medicinal use of Garam Masala

Some of the spices in the blend, such as cinnamon and cloves, have health benefits like improving digestion and reducing inflammation.

Benefits of Garam Masala

Metabolic Boost: The spices can help boost metabolism.

Digestive Aid: Promotes digestive health and reduces bloating.

Anti-inflammatory: Contains spices with anti-inflammatory properties.



Curry Powder

Curry powder is a spice blend inspired by Indian cuisine but tailored to Western tastes. It typically includes turmeric, coriander, cumin, and other spices.



Origins

Developed by British colonists in India to recreate the flavors of Indian cuisine back home. It has since become a staple in Western cooking.

Culinary use of Curry Powder

Used to season a variety of dishes, including meats, vegetables, and sauces.

Medicinal use of Curry Powder

Some ingredients, like turmeric, offer health benefits.

Benefits of Curry Powder

Anti-inflammatory: Contains turmeric, which has anti-inflammatory properties.

Antioxidant: Provides antioxidants that help protect the body from damage.

Digestive Health: Helps promote healthy digestion.



Black Cardamom

Black cardamom is a spice derived from the larger pods of the *Amomum subulatum* plant. It has a smoky, robust flavor with notes of camphor and mint.



Origins

Native to the Eastern Himalayas, black cardamom is widely used in Indian and Chinese cuisines.

Culinary use of Black Cardamom

Used in savory dishes such as stews, soups, and spice blends.

Medicinal use of Black Cardamom

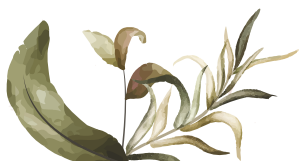
Known for its respiratory health benefits and digestive aid.

Benefits of Black Cardamom

Respiratory Health: Helps treat respiratory issues such as asthma and bronchitis.

Digestive Aid: Improves digestion and reduces gas and bloating.

Anti-Inflammatory: Contains anti-inflammatory properties.



Nigella

Nigella, also known as black cumin or kalonji, is a spice made from the seeds of the Nigella sativa plant. It has a slightly bitter, nutty flavor with a hint of onion.



Origins

Native to South and Southwest Asia, Nigella seeds have been used for centuries in various culinary and medicinal applications.

Culinary use of Nigella

Often sprinkled on bread, salads, and pastries. Used in Middle Eastern, Indian, and Mediterranean cuisines.

Medicinal use of Nigella

Known for its anti-inflammatory and antioxidant effects.

Benefits of Nigella

Anti-inflammatory: Helps reduce inflammation in the body.

Antioxidant: Provides antioxidants that protect the body from damage.

Immune Support: Helps boost the immune system.



Garlic Powder

Garlic powder is a spice made from dehydrated and ground garlic cloves. It has a strong, pungent flavor and is used as a seasoning in a variety of dishes.



Origins

Garlic has been used for thousands of years, with origins traced back to Central Asia and northeastern Iran.

Culinary use of Garlic Powder

Used in spice blends, marinades, sauces, and as a seasoning for meats and vegetables.

Medicinal use of Garlic Powder

Known for its immune-boosting, antimicrobial, and heart health benefits.

Benefits of Garlic Powder

Immune Boost: Helps boost the immune system and fight infections.

Heart Health: Can help reduce blood pressure and cholesterol levels.

Antimicrobial: Contains compounds that have antimicrobial properties.



Nilgiri Black Tea

Nilgiri Black Tea is a type of tea grown in the Nilgiri Hills of southern India. It is known for its strong, brisk flavor and dark amber color.



Origins

The Nilgiri region in southern India, with its high elevation and cool climate, is ideal for growing high-quality tea.

Culinary use of Nilgiri Black Tea

Often used in tea blends and for making iced tea. Enjoyed plain or with milk and sugar.

Medicinal use of Nilgiri Black Tea

Known for its potential health benefits, such as boosting heart health and providing antioxidants.

Benefits of Nilgiri Black Tea

Heart Health: May help improve heart health and reduce the risk of heart disease.

Antioxidant: Provides antioxidants that help protect the body from damage.

Mental Alertness: The caffeine content can help improve mental alertness and focus.



Nilgiri Green Tea

Nilgiri Green Tea is a type of tea made from the leaves of the *Camellia sinensis* plant, grown in the Nilgiri Hills of southern India. It has a light, refreshing flavor with a hint of sweetness.



Origins

Grown in the Nilgiri region of southern India, known for its high-quality tea production.



Culinary use of Nilgiri Green Tea

Enjoyed plain or with a touch of honey or lemon. Used in tea blends and as a base for iced tea.

Medicinal use of Nilgiri Green Tea

Known for its potential health benefits, such as improving brain function, aiding in weight loss, and providing antioxidants.

Benefits of Nilgiri Green Tea

Brain Health: May help improve brain function and reduce the risk of neurodegenerative diseases.

Weight Loss: Can aid in weight loss by boosting metabolism.

Antioxidant: Provides antioxidants that help protect the body from damage.



Nilgiri White Tea

Nilgiri White Tea is a delicate and rare type of tea made from the young leaves and buds of the *Camellia sinensis* plant, grown in the Nilgiri Hills of southern India. It has a subtle, sweet flavor.



Origins

Produced in the Nilgiri region of southern India, known for its ideal tea-growing conditions.

Culinary use of Nilgiri White Tea

Enjoyed plain to appreciate its delicate flavor. Can be blended with other teas or flavors.

Medicinal use of Nilgiri White Tea

Valued for its high antioxidant content and potential health benefits.

Benefits of Nilgiri White Tea

Skin Health: May help improve skin health and reduce signs of aging.

Immune Support: Helps boost the immune system.

Antioxidant: Provides high levels of antioxidants.



Nilgiri Oolong Tea

Nilgiri Oolong Tea is a partially oxidized tea made from the leaves of the *Camellia sinensis* plant, grown in the Nilgiri Hills of southern India. It has a complex flavor profile, combining the freshness of green tea with the richness of black tea.



Origins

Grown in the Nilgiri region of southern India, known for producing high-quality teas.

Culinary use of Nilgiri Oolong Tea

: Enjoyed plain or with milk and sugar. Used in tea blends and as a base for iced tea.

Medicinal use of Nilgiri Oolong Tea

Known for its potential health benefits, such as improving digestion, boosting metabolism, and providing antioxidants.

Benefits of Nilgiri Oolong Tea

Digestive Health: Helps improve digestion and reduce bloating.

Metabolism Boost: Can aid in weight management by boosting metabolism.

Antioxidant: Provides antioxidants that help protect the body from damage.



Coffee

Coffee is a popular beverage made from the roasted seeds of the Coffea plant. It has a rich, robust flavor and is consumed worldwide.



Origins

Native to Ethiopia, coffee has been cultivated and traded for centuries. It spread to the Arabian Peninsula and then to Europe and the Americas.

Culinary use of Nigella

Enjoyed in various forms, including espresso, cappuccino, and cold brew. Used in baking and cooking for its rich flavor.

Medicinal use of Nigella

Known for its stimulating effects and potential health benefits.

Benefits of Nigella

Mental Alertness: The caffeine content helps improve mental alertness and focus.

Antioxidant: Provides antioxidants that help protect the body from damage.

Heart Health: May help reduce the risk of heart disease and improve heart health.



Ginger Powder

Ginger powder is a spice made from dried and ground ginger root. It has a warm, spicy flavor with a hint of sweetness.



Origins

Native to Southeast Asia, ginger has been used for thousands of years in both culinary and medicinal applications.

Culinary use of Ginger Powder

Used in baked goods, curries, spice blends, and beverages.

Medicinal use of Ginger Powder

Known for its anti-nausea, digestive, and anti-inflammatory properties.

Benefits of Ginger Powder

Digestive Health: Helps alleviate nausea and improve digestion.

Anti-Inflammatory: Reduces inflammation and pain.

Antioxidant: Provides antioxidants that protect the body from damage.

Indian Names

Foreign Name



Packaging Options

Bulk Packing

Master cartons with inner polythene bags quantity depends on the product, various from 5kg's to 25 kg's



Retail Packaging Option



Stand up kraft pouches
without windows



Stand up kraft pouches
with windows



Stand up Pouches



Kraft and side gusset
without windows



Kraft and side gusset
with windows



Packaging Options

Tins Packing



Square Tin Box



Round Tin Box



Paper Canisters with Metal Lid

Other Packing Types



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Spice Dispenser



Spice Gift Box

Spice Gift Boxes based on customers preference





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