

Oils & Ghee

— By FPO Farmers —



Sizzle with love, cook with care

Oils that make food go from bland to grand

Cooking Oils (Cold-Pressed)

- Coconut Oil
- Groundnut Oil
- Mustard Oil

Cooking Oils (Wood-Pressed)

- Coconut Oil
- Groundnut Oil
- Mustard Oil

Organic Oils

- Alsi oil/Linseed Oil
- Black Sesame Oil
- Olive Oil
- Safflower Oil
- Sunflower Oil
- Virgin Coconut Oil
- White Sesame Oil
- Yellow Mustard Oil

Natural Oil

- Almond Oil
- Apricot Oil
- Walnut Oil

Pure Ghee

- Bilona Cow Ghee
- Desi Ghee
- Gama ji A2 Gir Cow Ghee
- Kankrej Cow Ghee
- Maru Cow Ghee
- Pahadi Desi Ghee
- Pure Buffalo Ghee

Cooking Oils (Cold-Pressed)



Coconut Oil

Kalahasteswara Farmer Producer Company
Srikalahasthi, Andhra Pradesh

₹210 Qty: 1 L

Pure coconut oil, extracted from the flesh of mature coconuts using cold-pressed method, without the application of high heat or chemicals. All natural qualities- flavour, aroma & nutrients are preserved. Use in cooking or include it in your hair and skincare.



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Cooking Oils (Cold-Pressed)



Groundnut Oil

Suba Mithran Krishi Farmer Producer Company
Tirupathur, Tamil Nadu

₹230 Qty: 1 L

Pure groundnut oil, extracted from best-quality groundnuts. Cold-pressed method preserves this oil's natural flavour, aroma & nutrients. Use for salad dressings, marinades, sauteing vegetables & baking.



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Cooking Oils (Cold-Pressed)



Mustard Oil

Rajakhera Krish-E Farmer Producer Company
Rajakhera, Rajasthan

₹450 Qty: 3 L

Cold-pressed mustard oil, traditionally extracted from black mustard seeds. Natural flavour, aroma and nutrients are preserved through this process. High pungency and strong aroma. Perfect for cooking.



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Cooking Oils (Wood-Pressed)



Coconut Oil

Pollachi Poorna Producer Company
Coimbatore, Tamil Nadu

₹320 Qty: 1 L

Wood-pressed coconut oil, extracted from the best quality copras, pressing them with wooden equipment.

The low-heat pressing helps retain beneficial antioxidants, vitamins & minerals. Use it for frying, baking, or even as a natural moisturizer for your skin and hair.



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Cooking Oils (Wood-Pressed)



Groundnut Oil

Malkapur Taluka Krushi Vikas Farmer Producer Company
Malkapur, Maharashtra

₹1500 Qty:5 L

Wood-pressed groundnut oil, extracted from peanuts without high heat. Pure, rich in nutrients & healthy fats. Use it for deep frying, stir-frying, salad dressings or baking.



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Cooking Oils (Wood-Pressed)



Mustard Oil

Rukomat Kisan Producer Company
Bhadesar, Rajasthan

₹300 Qty: 900 ml

Wood-pressed mustard oil, 100% pure, preservative & chemical-free. Black mustard seeds, pressed in wooden kolhus at a low temperature. Ensuring purity & authenticity, this nutrient-rich oil is best for cooking.



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Alsi oil / Linseed Oil

Vishwakarma Krishi Producer Company
Baran, Rajasthan

₹340 Qty: 1 L

Pure Alsi oil extracted from the finest flaxseeds. Processed for edible use, a good source of omega-3 fatty acids. This health-promoting oil has a wide variety of uses, ranging from cooking to skincare. Good for reducing bad cholesterol & inflammation.



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Organic Oils



Black Sesame Oil

Gandiva Farmer Producer Company
Guntur, Andhra Pradesh

₹517 Qty: 1 L

Black sesame oil, extracted from high-quality sesame seeds. Rich in nutrients, its nutty flavour makes it perfect for drizzling, dipping, or as a finishing oil over your favourite dishes. Elevate your culinary experience with pure sesame oil.



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Olive Oil

Gandiva Farmer Producer Company
Guntur, Andhra Pradesh

₹1430 Qty: 1 L

Pure olive oil, extracted from whole olives. Rich in monosaturated fats that is good for heart health. High-quality, minimally processed oil with a strong flavour & aroma. Ideal for drizzling, stir-frying, and salad dressings.



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Safflower Oil

Gram Vishwas Farmer Producer Company
Bhalki, Karnataka

₹380 Qty: 1 L

Pure Safflower oil - a vegetable oil derived from the seeds of the safflower plant. It's a popular cooking oil, due to its high smoke point. Suitable for high-heat cooking methods like stir-frying, deep-frying, and searing.



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Sunflower Oil

Dhamnagar 4S4R Farmers Producer Company
Dhamnagar, Odisha

₹160 Qty: 1 L

Sunflower oil is a vegetable oil, derived from the seeds of sunflowers. Light and healthy it is easy to digest. Rich in vitamins, which keep skin healthy. It is 100% natural. Best for deep frying & various culinary applications.



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Organic Oils



Virgin Coconut Oil

Kadathanad Coconut PCL
Kozhikode, Kerala

₹188 Qty: 1 L

Virgin coconut oil is a natural oil extracted from fresh coconut meat. It's rich in medium-chain fatty acids and lauric acid, offering nourishment for skin & hair. Also a popular choice for cooking, skincare, hair care & aromatherapy.



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White Sesame Oil

Mangarlod Krishi Fed Producer Company
Magarlod, Chhattisgarh

₹250 Qty: 1 L

White sesame oil, extracted through no heat process to preserve natural goodness. Rich Aroma. 100% pure, unadulterated oil. Its medium smoke point makes it suitable for some stir-frying and sauteing & dressing.



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Organic Oils



Yellow Mustard Oil

Dulhin Bazar Krishi Fed Producer Company
Patna, Bihar

₹1300 Qty:5 L

100% pure and natural Kachchi Ghani yellow mustard oil. Naturally cholesterol-free. High pungency and strong aroma. This oil has a high smoke point, making it suitable for high-heat cooking methods like stir-frying.



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Almond Oil

Gaurai Krushi Vikas Women Farmer Producer Company
Ratnagiri, Maharashtra

₹200 Qty: 60 ml

Pure almond oil, extracted from almonds through cold-pressing methods. Packed with pure, vitamin-rich goodness to leave your skin feeling soft and hydrated. Help to rejuvenate and protect your skin, leaving it with a healthy, radiant glow.



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Apricot Oil

Rattan Bhaider Pooch Farmer Producer Company
Kinnaur, Himachal Pradesh

₹450 Qty: 250 ml

Apricot oil, extracted from the kernels of apricots, is a versatile oil with applications in both nutrition and beauty routines. It is a good source of vitamin E, a powerful antioxidant that helps protect cells from damage. Best for skincare.



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Walnut Oil

Rattan Bhader Pooh Farmer Producer Company
Kinnaur, Himachal Pradesh

₹550 Qty: 250 ml

Only 100% pure and natural walnut oil without synthetic additives, preservatives or colourants. Sourced from the walnut producer FPO farmers, this oil is full of nutrients. Good for skincare & hair-care.



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Pure Ghee



Bilona Cow Ghee

Shri Arneshwar Dham Kisan Vikas Producer Company
Bhagwatgarh, Rajathan

₹949 Qty: 500 g

Pure A2 cow ghee- made from the milk of desi A2 cows, using the traditional Bilona method. Milk is converted into curd, then slowly churned by bilona method to make makkhan. Rich taste & aroma. Easy to digest. Antioxidant-rich to improve body immunity.



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Pure Ghee



Desi Ghee

Devi Pindi Farmer Producer Company
Tikri, Jammu & Kashmir

₹1500 Qty: 1 kg

Pure desi ghee, is made from simmering cow's milk butter to remove milk solids and water, leaving behind a pure, golden-coloured ghee. Rich in healthy fats, vitamins & medicinal properties. Use it in cooking for pure taste.



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Pure Ghee



Gami ji A2 Gir Cow Ghee

Kutch Nisan FPC Limited
Bhachau, Gujarat

₹1050 Qty: 500 ml

Gami ji A2 Ghee, 100% pure and natural Gir cow desi Ghee. Sourced from the A2 milk of grass-fed Gir cows.

Rich flavour and aroma. A nutritious and healthy choice for your family. Use it for cooking or medicinal purposes.



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Pure Ghee



Kankrej Cow Ghee

Shakti Vardhak Milk Producer Company
Hisar, Haryana

₹1500 Qty: 1 L

Kankrej cow A2 Ghee is prepared using Bilona method. A traditional method in which the curd obtained from Kankrej cow's A2 milk is hand-churned and then heated to make ghee. It enhances the medicinal and ayurvedic properties of ghee, making it best for consumption.



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Pure Ghee



Maru Cow Ghee

Samanvay Agro Farmer Producer Company
Jodhpur, Rajasthan

₹2000 Qty: 1 L

Premium Desi cow ghee, made from pure and 100% natural milk of Nagori cows. Rich taste and aroma due to the unique qualities of Nagori cow's milk. Use it for cooking purposes or spread it on chapati.



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Pure Ghee



Pahadi Desi Ghee

Rajgarh Sirmour Farmers Producer Company
Rajgarh, Himachal Pradesh

₹1200 Qty: 1 L

100% natural pahadi cow ghee- made using the nutritious milk of Pahadi cows, that are raised on the grassy foothills of the Himalayas. Add this desi ghee to your diet for a perfect daily dose of health.



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Pure Ghee



Pure Buffalo ghee

Mundlana Producer Company Limited
Rajgarh, Himachal Pradesh

₹1200 Qty: 1 L

Pure desi buffalo ghee is made from the milk of the Murrah breed of buffalo, a high-yielding breed known for its good milk quality. Creamy & thick texture, it offers a potentially rich taste and aroma. Best for cooking purposes.



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**FPO farmers produce oils and ghee that
are pure, natural & authentic.
All items are made & processed by FPO
farmers who cultivate seeds or are
milk-producers.**

**This catalogue is a one-stop shop for all
your cooking needs and more.**

**For further queries, mail ✉ us at
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