



Summer Foods to beat the heat

by FPO* farmers

***Farmer Producer Organization**





• Cooling pulses

Black chana
Chana dal
Lobia
Masoor dal
Moong
Moong dal
Rajma
Urad dal

• Fresh fruits & vegetables

Assam lemons
Mangoes
Onions
Oranges

• Herbs

Mint leaves

• Refreshing drink makers

Chamomile
Chana sattu
Jaljeera powder
Makai sattu
Millet sattu
Mint powder
Nutri malt

• Rice-based food

Poha
Usna/parboiled rice

• Savory seeds

Chia seeds
Flax seeds
Pumpkin seeds
Quinoa seeds





Black Chana

Jasden Krishi FPCL 📍 Rajkot, Gujarat

This organic Desi black Chana maintains a neutral temperature in your body, which makes it an excellent summer food. The high-protein & low-fat pulse also aids weight loss. Enjoy a lightly spicy Chana Masala with curd for a delicious, nutrient-rich summer meal.

₹360 | Qty: 5 kg



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Chana Dal

Harsud FPCL 📍 Khandwa, Madhya Pradesh

These high-grade & fresh split chickpeas come with palatable flavor, culinary versatility, & high nutrition. The best part of Chana dal is the high content of fiber, iron, magnesium & calcium, which keep your stomach healthy during summer.

₹35 | Qty: 500 g



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Lobia

Burash FPCL 📍 Kotabagh, Uttarakhand

Lobia is rich in protein & other nutrients. Consuming lobia as sprouts or as curry during summer helps to keep you full, energetic and satisfied. It can be a valuable addition to your summer diet.

₹129 | Qty: 500 g



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Masoor Dal

Panchane Fed FPCL 📍 Nardiganj Nawada, Bihar

Masoor dal is high in protein and fiber. It is also a good source of vitamins & minerals, including folate, potassium, & iron. So, taking

Masoor dal makes up for the deficiencies created by sweating in summer. Red Masoor dal cooked with light spices & tempered with fennel seeds also relieves summer sickness.

₹70 | Qty: 500 g



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Moong

Sanakhemundi FPCL 📍 Ganjam, Odisha

Green moong is easily digestible & has great cooling properties, which makes it an excellent summer food. Eat as sprouts for light and nourishing meal or chila or dal.

₹110 | Qty: 1 kg



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Moong Dal

Sanakhemundi FPCL 📍 Ganjam, Odisha

People consume Moong dal soup to beat the heat in most tropical regions. Moong dal contains several nutrients & is easy to digest. Its alkaline nature makes it the perfect cooling food for summer.

₹130 | Qty: 1 kg



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Rajma

Paderu FPCL 📍 Paderu, Andhra Pradesh

Rajma tastes delicious & is light on your stomach. The kidney beans contain essential nutrients, vitamins, minerals, protein, & carbohydrates. However, it doesn't generate heat in your body, which makes it a summer-friendly food.

₹240 | Qty: 1 kg



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Urad Dal

Sri Ambu Rameshwara FPCL 📍 Tandur, Telangana

This fresh urad dal grown by tribal farmers is high in protein & low in fat which aids weight loss. It helps reduce the body heat, making it an excellent summer food. Enjoy a lightly spicy urad dal for a delicious, nutrient-rich summer meal.

₹200 | Qty: 1 kg



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Assam lemons

Sessa Agro Fed FPCL



Jagun, Assam

Kaji Nemu or lemons from Assam, refreshing & tangy flavour. Rich in vitamin C. Perfect for making the classical nimbu pani drink for summer. One glass nimbu pani is all for quenching your thirst & refreshing.

₹30



Qty: 1 kg



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Mangoes

Kulbehra FPCL 📍 Chhindwara, Madhya Pradesh

the king of fruits. From boosting digestive health, to providing numerous health benefits, keeping hydrating, these kesar mangoes from FPO farmers should be in your cart. Beat the heat with these medium-sized juicy, pulpy kesar mangoes

₹120 | Qty: 1 kg



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Onions

Saurya Agro FPCL 📍 Raiganj, Uttar Pradesh

Consuming onions is believed to protect against 'Loo' in summer. Eat it as salad or in gravies.

₹250 | Qty: 10 kg



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Oranges

Amrutirth FPCL 📍 Akola, Maharashtra

Oranges are a refreshing and nutritious fruit that are perfect for enjoying during the summer. These oranges are grown organically, high in water content as they are very fresh, pulpy & juicy. Enjoy fruit salad or homemade orange juice. Be hydrated.

₹35 | Qty: 1 kg



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Mint leaves

Beldaripunpun FPCL 📍 Patna, Bihar

Keep cool with mint leaves this summer! Whether in drinks like iced tea or lemonade, or sprinkled over fruit salads, or make pudina chutney with daal-bhaat, their fresh flavour adds a refreshing touch.

₹53 | Qty: 1 kg



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Chamomile Herbal Tea

Danda Mandal FPCL 📍 Yamkeshwar, Uttarakhand

Chamomile, known for its calming and soothing properties, is a wonderful herb to consume in summer. Brew chamomile tea and chill it in the refrigerator for a refreshing and calming iced tea. Its anti-inflammatory properties can help soothe sunburned skin.

₹219 | Qty: 200 g



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Chana sattu

Zardalu & Katarni Agro FPCL 📍 Sultanganj, Bihar

Chana sattu is highly hydrating & cooling drink. An excellent beverage to combat dehydration during the hot summer months. Made from black chana, this protein-rich pure sattu is perfect for boosting energy & helping in weight management.

₹180 | Qty: 1 kg



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Jaljeera powder

Shree Vishalaa FPCL 📍 Ujjain, Madhya Pradesh

Jaljeera powder- one of the easiest summer drink mix, not only keep you hydrated, cool & aids in digestion, but also satisfies your taste buds. It comprises of black salt, dry mango, cumin seeds, mint leaves, black pepper, dry ginger, compounded asafoetida.

₹125 | Qty: 250 g



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Makai sattu

Highland Hills FPCL 📍 Darjeeling, West Bengal

Makai sattu, made from roasted maize (corn), a nutritious and versatile food. Its natural cooling properties keeps the body cool and full for the day. Refreshing drink , rich in fibre aids digestion.

₹220 | Qty: 1 kg



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Millet sattu

Bhairabi Women FPCL 📍 Ganjam, Odisha

Millet Sattu- prepared from roasted millet grains, nuts and gram flour. Blended with herbs and spices. Sattu which is known as a traditional cool drink. Just mix it with cold water, add salt/ jaggery to taste and your nutritious summer drink is ready.

₹150 | Qty: 1 kg



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Mint Powder

Gopadma Fed FPCL 📍 Jamner, Maharashtra

Pudina powder- made from dried mint leaves. It has a naturally cooling and refreshing flavour, making it ideal for use in beverages and dishes during hot summer. Easy to make a refreshing, relaxing & digestive drink to beat the heat.

₹ 70 | Qty: 100 g



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Nutri malt

Jodettu FPCL 📍 Mandya, Karnataka

Nutri Malt is a malt-based beverage that can be enjoyed as a refreshing drink, that is gluten free. Its rich flavour and nutritional benefits make it a versatile ingredient for creating summer treats such as smoothies or shakes.

₹180 | Qty: 400 g



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Poha

Jagrit Krishak FPCL 📍 Bemetara, Chhattisgarh

Poha or chura- the ultimate breakfast for summer. Eat with curd and jaggery for a light healthy & cooling breakfast.

₹90 | Qty: 1 kg

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Usna/Parboiled rice

Kabisuryanagar FPCL 📍 Ganjam, Odisha

Best quality Usna/parboiled rice for making Pokhal and Baasi- the traditional dishes popular during the hot summer months. Usna or parboiled rice known for its cooling and hydrating properties. It is good to consume during summer.

₹270 | Qty: 3.5 kg



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Chia Seeds

Piploda FPCL 📍 Ratlam, Madhya Pradesh

An excellent source of fiber, Chia seeds improve heart health, reduce cholesterol levels & promote weight loss. Chia seeds with lemon water are a great summer drink to beat the scorching heat.

₹350 | Qty: 1 kg



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Flax seeds

Sohagi Kisan FPCL 📍 Rewa, Madhya Pradesh

It improves the digestive system & immunity. A game changer for beating the heat, flax seeds can rejuvenate your dehydrated body in summer. The Omega-3 oils in flax seeds resist heat generation in the body. Take roasted seeds with salads, soups, or shakes for a tasty summer treat.

₹550 | Qty: 2 kg



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Pumpkin Seeds

Zazna FPCL 📍 Ganderbal, Jammu and Kashmir

Rich in iron, pumpkin seeds help maintain your energy level & improve gut health during summer. The essential minerals, & salts help combat the heat. Enjoy the seeds with salad & oatmeal.

₹220 | Qty: 200 g



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Quinoa Seeds

Piploda FPCL 📍 Ratlam, Madhya Pradesh

Quinoa is packed with nutrients. Its high nutritional value makes it a superfood. Its high fiber content & cooling properties soothe your body in summer. Enjoy it as a breakfast cereal with slices of fresh fruits, or mix it with salad or soup.

₹890 | Qty: 500 g



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**Stay cool with these
summer delights**

For further queries, mail  us at sfac@nic.in

