

OneRoot

**"DISCOVER THE
EXQUISITE FLAVORS OF INDIA"**

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WELCOME TO ONEROOT

At OneRoot, we take pride in bringing you the finest turmeric and cardamom directly from the bountiful fields of India. Our commitment to ethical sourcing, direct relationships with farmers, and traceability sets us apart.



Green Cardamom

(sourced from Idukki, Kerala)

Green cardamom sourced from Idukki, Kerala, is renowned for its exceptional quality and distinctive aroma. Nestled in the Western Ghats, Idukki provides the perfect climate and soil conditions for cultivating this prized spice. The cardamom pods from this region are celebrated for their vibrant green color, rich flavor, and aromatic intensity, making them highly sought after in both domestic and international markets. The traditional farming methods combined with the unique terroir contribute to the superior characteristics of Idukki's green cardamom, solidifying its reputation as one of the finest in the world. This exclusivity and the labor-intensive cultivation process contribute to its higher market value, underscoring the importance of Idukki as a vital hub in the global spice trade.

The farmers in Idukki employ age-old techniques that have been passed down through generations, ensuring that the cultivation process is both sustainable and environmentally friendly. These methods include careful selection of planting materials, organic farming practices, and a deep understanding of the local ecosystem. The hand-harvesting process involves picking the pods at the perfect stage of ripeness, which is crucial for maintaining their green color and enhancing their essential oil content.



**IDUKKI
(KERALA)**

GRADES

- 8 mm
- 7.5 mm
- 7 to 8 mm
- 6 to 7 mm
- 6 mm

8mm

(sourced from idukki, kerala)

specifically the 8mm variety, is renowned for its premium quality and distinctive aroma. Sourced from the lush hills of Idukki in Kerala, these cardamom pods are celebrated for their large size and vibrant green color. The pods are notably large, measuring over 8mm, which is considered a premium grade in the spice market. These cardamom pods are known for their strong, refreshing fragrance and robust flavor. They are 100% natural, with no artificial colors, preservatives, or fragrances, ensuring a pure and authentic spice experience.

**8mm
Premium**



**8mm
Medium**



**8mm
Third**



**8mm
Fruit**



**8mm
Split**



7 to 8 mm (sourced from idukki, kerala)

dukki cardamom graded 7-8mm is a highly esteemed variety known for its consistent quality, strong aroma, and vibrant green color. This particular grade represents a blend of medium to large-sized pods, making it versatile for various culinary applications. It's a favorite among chefs and home cooks for its ability to add a distinctive aromatic note to teas, desserts, curries, and even beverages. Besides its culinary uses, this cardamom is also valued for its digestive benefits, making it a holistic addition to one's pantry.

Medium



Split



Fruit



Rejection



7.5 mm First (sourced from Idukki, Kerala)

This grade represents cardamom pods that are slightly larger than the standard 7mm, offering an enhanced aromatic and flavorful profile. The 7.5mm cardamom pods are meticulously handpicked and dried to preserve their natural oils, which contribute to their strong, sweet, and slightly spicy aroma. It is also used in various traditional medicines and as a natural breath freshener due to its potent aromatic properties. In addition to its culinary uses, the 7.5mm Idukki cardamom is also popular in the production of essential oils and extracts, which are used in perfumery and aromatherapy.



6 to 7 mm Clean

The 6 to 7mm grade variety is renowned for producing high-quality cardamom. The 6 to 7mm grade cardamom from Idukki is particularly prized in both domestic and international markets. These pods are known for their uniform size, vivid green color, and potent aroma. Local farmers employ meticulous harvesting and processing techniques to ensure the cardamom retains its essential oils and freshness, which are crucial for maintaining its superior quality.



6 mm (sourced from idukki, kerala)

6mm grade is a notable variety of green cardamom, characterized by its smaller size compared to larger grades like the 7mm or 8mm variants. This grade of cardamom is often used in various dishes, beverages, and traditional recipes to impart a distinctive sweet and slightly spicy taste. It is also used in making spice blends and for medicinal purposes due to its natural health benefits. The 6mm cardamom from Idukki is grown in the ideal climatic conditions of the Western Ghats, which contribute to its superior quality and intense fragrance





GET IN TOUCH

Experience the authentic flavors of India with OneRoot.
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