

District	Primary	Secondary
East Jaintia Hills	Turmeric	
West Jaintia Hills	Turmeric (Lakadong)	Black Pottery (Khiew Ranei)
Eastern West Khasi Hills	Kiwi	Bamboo / Cane Products
West Khasi Hills	Ginger	Bamboo / Cane handicraft (Mats)
East Khasi Hills	Khasi Mandarin	Bamboo / Cane Handicrafts
South West Khasi Hills	Honey	
Ri Bhoi	Pineapple	Textiles - Handloom Ryndia (Eri Silk)
North Garo Hills	Banana	
East Garo Hills	Pineapple	
South West Garo Hills	Pineapple	
South Garo Hills	Jackfruit	
West Garo Hills	Cashew	
Products and their descriptions		
<b>Khasi Mandarin</b>	<p>The Khasi Mandarin is a unique variety of Mandarin orange, primarily cultivated in the Khasi Hills region of the Indian state of Meghalaya. Known for its exceptional flavor and quality, it stands out due to its sweet, tangy taste and easy-to-peel, seedless segments. The fruit has a thin skin that is orange to yellowish in color when ripe, and it is often considered a premium variety of mandarin in terms of taste and texture. The Khasi Mandarin is grown at high altitudes in the cool, temperate climate of the Khasi Hills, which is thought to contribute to its distinct flavor profile. The fruit is also an important part of the local agricultural economy and has gained recognition beyond Meghalaya. It's typically harvested during the winter months, making it a seasonal delight.</p>	
<b>Ginger</b>	<p>Ginger is an important crop in Meghalaya, where it is cultivated primarily in the rural and hilly regions. The state's cool, subtropical climate and fertile soil make it ideal for growing high-quality ginger. It is grown in many parts of Meghalaya, especially in the districts of Ri Bhoi, East Khasi Hills, West Khasi Hills, and Jaintia Hills. The ginger variety grown in Meghalaya is typically known for its strong aroma, spicy flavor, and good quality. It is often considered a high-value cash crop and plays a significant role in the state's agricultural economy. In Meghalaya, ginger is cultivated both for local consumption and for export to other parts of India and even abroad.</p>	
<b>Honey</b>	<p>Meghalaya is known for its high-quality honey, which is produced in the state's diverse and pristine environments, particularly in the hilly and forested regions. The honey in Meghalaya is often sourced from the wild, with bees gathering nectar from a wide range of native flowers, including medicinal plants, wildflowers, and fruit trees. This contributes to the unique taste and rich flavor profile of Meghalaya honey.</p>	

<b>Kiwi</b>	<p>Kiwi grown in Meghalaya is known for its high quality, with a juicy and tangy taste. It has a rich nutritional profile, offering a good amount of vitamin C, fiber, and antioxidants, which makes it a popular choice among health-conscious consumers. The fruit is typically harvested in the late winter to early spring months, and its cultivation is still expanding, with many farmers adopting modern techniques and seeking certification for organic farming practices.</p>
<b>Pineapple</b>	<p>Meghalaya's pineapples are renowned for their sweet, tangy flavor and juicy texture. The fruit is typically smaller compared to those grown in more tropical regions, but it's known for its high quality. The variety commonly grown in the state is the "Queen" pineapple, which is smaller and has a distinctive, rich sweetness that sets it apart from other varieties. This variety is often preferred by local consumers and also has a growing export market due to its taste and quality.</p>
<b>Cashew</b>	<p>Meghalaya's cashew trees produce high-quality nuts, and the cashew kernels are known for their taste and texture. The cultivation process in the state usually involves a combination of smallholder farmers and larger plantations. Some farmers also produce cashew-based products, such as cashew nuts and cashew-based snacks, adding value to the raw product. In addition to its economic benefits, cashew cultivation has helped in the afforestation and land development of certain regions in Meghalaya. The trees also provide a source of livelihood for many farmers, especially those in rural areas.</p>
<b>Banana</b>	<p>The varieties of bananas grown in Meghalaya include both the regular table bananas (like the small "Kela") and other types, such as the larger "Banna" or "Giant Banana" varieties. These bananas are known for their sweetness, smooth texture, and flavor, making them popular both for local consumption and for sale in domestic markets.</p> <p>Banana farming in Meghalaya is primarily carried out by small-scale farmers, and the crop is considered one of the staple fruits in the region. Bananas are used in a wide range of local dishes, snacks, and desserts. They are also consumed as a fresh fruit or processed into banana chips, jams, and other food products.</p>

<b>Jackfruit</b>	Jackfruit is another important fruit crop grown in Meghalaya, especially in the warmer, subtropical regions of the state. The fruit thrives in areas with moderate rainfall and temperatures, which makes it well-suited to the local climate. Apart from being a staple food, jackfruit is gaining recognition for its nutritional benefits. The fruit is rich in fiber, vitamins (especially vitamin C and A), and minerals like potassium. It is also increasingly seen as an eco-friendly meat substitute, with its tender, fibrous texture often used to create plant-based dishes, especially in vegan or vegetarian diets.
<b>Turmeric (Lakadong)</b>	Lakadong turmeric is a premium variety of turmeric (scientifically known as <i>Curcuma longa</i> ) grown in the Lakadong region of the West Jaintia Hills in Meghalaya. Known for its high curcumin content, which is the active compound responsible for its bright yellow color and numerous health benefits, Lakadong turmeric is considered one of the best and most sought-after varieties in India. The distinctive feature of Lakadong turmeric is its exceptionally high curcumin concentration—sometimes reaching up to 7-8%, compared to the 3-5% typically found in most other turmeric varieties.