

**Himalayan Bodhi - Your Gateway to Exquisite Flavors!**



**Spice up your Life, the Nepali way!!**

## **WELCOME TO HIMALAYAN BODHI**

**YOUR GATEWAY TO EXQUISITE FLAVORS**



## **WELCOME TO HIMALAYAN BODHI**

**SPICE UP YOUR LIFE, THE NEPALI WAY**



## **Explore Flavors of Nepal**

Nepal, located in the shadow of the magnificent Himalayas, is renowned for both its stunning natural surroundings and its extensive agricultural history. Nepal is a major producer of spices and has a vast variety of spices available. Because of the varying climates - from tropical to sub-tropical temperate-numerous grow splendidly in Nepal. At Himalayan Bodhi, we invite you on a journey to discover the aromatic world of Nepalese spices and herbs guarantees to elevate your culinary experience to new heights each contributing its unique character.

### **About us**

Discover Nepal's Essence in Every Spice. Spice the Himalayan way with Himalayan Bodhi, Cultivating nature's essence for your wellness journey.

At Himalayan Bodhi, we are passionate about bringing the purest and most authentic flavors to your doorstep. Our journey begins in the pristine landscapes of Nepal, where we cultivate a rich tapestry of spices and herbs through sustainable practices.

What sets us apart is our commitment to providing products that not only tantalize taste buds but also contribute to overall well-being. We believe in the power of nature to heal and nourish, and that belief is reflected in every product we offer. From the vibrant hues of our spices to the aromatic notes of our Himalayan herbs, each item is a celebration of the earth's bounty.

As you explore our website, you'll discover a treasure trove of spices and herbs, each with a story to tell. Join us on this odyssey of flavor and well-being. Experience the Himalayan difference with Himalayan Bodhi – where tradition, purity, and nature converge to enrich your life.

### **Our Commitment to Quality:**

We believe in celebrating the culinary diversity of various landscapes that are well known for their fertile soil and optimal climate conditions that enhance the quality of these

ingredients. We travel through different parts of Nepal, from tropical plains to alpine meadows, preserving collections that reflect this incredibly diverse landscape. Handpicked by local farmers, each spice carries the essence of the Himalayan terroir. Through this collaboration, we ensure that every product you receive carries the essence of Nepal's rich soil and centuries-old farming traditions.

Our products are carefully processed and packaged to retain their freshness, aroma, and flavor. Our commitment to quality and authenticity extends to all regions we source from.

We believe in sustainability and ethical sourcing practices, ensuring that our products benefit both our customers and the communities where these spices and herbs originate. Our dedication goes beyond a commitment to the environment; it's a promise to deliver qualitative products.

### **Vision:**

At Himalayan Bodhi, we aim to be the beacon of purity and wellness, connecting individuals around the globe with the natural treasures of Nepal. We aspire to provide sustainably grown spices and herbs, fostering a harmonious relationship between nature, communities, and discerning individuals seeking authentic, sustainable, and transformative experiences.

### **Mission:**

Our mission at Himalayan Bodhi is to cultivate and deliver the essence of Nepal's pristine landscapes to your doorstep. We are dedicated to serving products that not only captivate the senses but also contribute to well-being. Through responsible practices and close collaboration with local farmers, we aim to create a sustainable ecosystem that enriches the lives of all involved. Our mission is rooted in the belief that nature's bounty, when handled with care and respect, can be a source of joy, health, and cultural celebration for generations to come.

### **Elevate your culinary Journey**

Whether you're recreating traditional recipes or experimenting with new flavors, Himalayan Bodhi Spices invites you to embrace the rich heritage and culinary traditions.

With every ingredient, you'll embark on a journey that explores a vibrant flavorful journey that will tantalize your taste buds with every sprinkle, dash, and pinch.

### **Why choose Nepali Spice Fusion?**

**Authenticity:** Immerse yourself in the genuine flavors of Nepal with our carefully sourced and blended spices.

**Versatility:** From vegetarian dishes to hearty meat feasts, our spice fusion complements a diverse range of recipes.

**Quality Assurance:** We take pride in delivering spices of the highest quality, ensuring a consistent and delightful culinary experience every time.

### **Explore Our Range:**

In addition to our core offerings, we provide an extensive selection of herbs and spices from various parts of our country, that gives diverse and delightful dishes.

Browse our website to discover our full range of products, each promising to infuse your every meal with authentic taste. Each product is carefully selected and processed to preserve its regional essence.

***Enhance your dishes with Himalayan Bodhi Spices – where every spice tells a story of its unique origin. Explore. Savor. Transform.***

### **Our Products**

Ginger:



Known for its bold flavor, and medicinal properties, Nepali ginger is a prized commodity in both domestic and international markets. Nepal is the world's third highest ginger producer, area-wise fifth and productivity-wise 8th in position. The unique soil and climate conditions of Nepal contribute to its exceptional taste and aroma. Not only does ginger help with motion sickness, nausea, appetite loss, and digestive issues like gastrointestinal discomfort, but it also supports a healthy complexion.

### Garlic:



Nepali garlic is well known for its strong and distinctive flavor. It has been a staple ingredient in traditional Nepali cuisine and is renowned for its many health advantages. It is used as a flavoring agent, vegetable and medicinal herb that has accumulated superstitions over the centuries. Blood pressure and the risk of heart disease have been found to be lowered by garlic. It lowers the risk of Alzheimer's disease and dementia and has antioxidants that guard against aging and cell damage.

### Tantalizing Turmeric:



Often called the "golden spice," turmeric is a key ingredient in Nepali cooking. It not only adds vibrant color, but it also has a wide range of health advantages due to presence of high level of curcumin.

### Szechuan peppercorn – A Zesty Zing:



Sichuan pepper, popular in Nepali cuisine, adds a unique and zesty flavor to various dishes. Adding this pepper will leave your taste buds tantalized. It is also a good source of vitamins such as vitamin A, carotenes, pyridoxine, and thiamin and minerals like copper, potassium, iron, manganese, phosphorous, selenium and zinc.

Chilly:



Red hot chili, a popular spice commonly named, "Akbari khursani" is a key ingredient in many Nepali dishes. This fiery powder is a key ingredient in many Nepali dishes, adding a bold kick to curries, pickles, and other recipes for giving spicy flavors. It is also a rich source of vitamins A, C, and E, assists in digestion, and also prevents heart diseases by dilating blood vessels.

It contains vitamins 'B' and 'C' and traces of iron and calcium and has manifold medicinal value.

Coriander - The versatile dish



Sourced from the pristine regions of Nepal, our coriander brings warming spice with a deep, nutty flavor, explosion of citrus, and earthy notes to your dishes. These spices are a staple in Nepali kitchens, adding depth and freshness, as well as a harmonious balance to every bite. Coriander is used in almost every dish, even around the world. This spice is healthy for the body.

Nettle – The Nutrient-Rich Green:



Nettle, a common herb in Nepal, is a nutritional powerhouse. Revered for its unique taste and nutritional benefits, our nettle infusion elevates culinary creativity. Earthy, slightly sweet, and full of vitamins, this secret ingredient you never knew you needed. Packed with vitamins and minerals, it's used in soups, teas, and traditional remedies. It is also considered a superfood in Nepal.

#### Fennel Finesse:



Our fennel seeds contribute a subtle sweetness and licorice undertone, enriching the depth of each spice. Aromatic and versatile, fennel brings a distinctive character to your dishes, making every bite a memorable experience.

#### Small Cardamom:



Harvested from the lush hillsides of Nepal, our small cardamoms impart a delicate, floral fragrance with subtle citrus undertones, infusing every pinch with an unparalleled depth of flavor. This elegant spice adds a nuanced complexity to your dishes, elevating them to a level of sophistication that only authentic Nepali cardamoms can achieve.

#### Large Cardamom:



Sourced from the pristine landscapes of Nepal, our large cardamoms are a bold revelation. Boasting a robust and smoky flavor profile, these grand cardamoms provide a distinctive depth to your spice blend. It's a symphony of taste that reflects the rich terroir of the Nepali highlands.

#### Cinnamon:



Cinnamon or Dalchini is the dried inner bark of a small evergreen tree. The inner bark is dried and grind into powder or broken into pieces. It grows wild in the mid to high altitudes of Nepal. It tastes sweet, aromatic, sharp, and spicy. It is basically used as a flavoring ingredient. Commercially, Cinnamon flavor is used in perfumes, candles, toothpicks, soda, rum, vodka, candy, etc.

As a home remedy, cinnamon may be helpful to cure an upset stomach, aid digestion, clear up urinary tract infections, fight against diseases causing fungi and viruses, pain, cold and flu, etc.

#### Chicken Bliss:



Our specially designed chicken masala blend captures the essence of Nepali comfort food. It is a fragrant, melodic spice, transforming an ordinary chicken into a beautiful work of art. Whether roasted, grilled, or simmered to perfection, experience the soul-warming embrace of authentic Nepali taste.

#### Meat Miracle:



Give your meat dishes a special height with our signature meat spice blend. It is made with a blend of traditional Nepali spices, creating a rich, smoky flavor that lingers on the palate. Perfect for curries, grills, or slow-cooked stews, it's the key to unlocking a world of savory delights.

