Product list of FarmFlux-

**1.Coriander seed (100g,200g,500g)-**

**Premium Coriander seeds**-

Tagline-(below name)-“Pure aroma. Natural taste”

Our coriander seeds are naturally grown by local farmers and packed with love to bring you the essence of Indian flavors.

Product Description-

The dried fruits of the Coriandrum sativum plant — are one of the most widely used spices in Indian cooking and also valued for their medicinal benefits.

Quick Facts: Scientific name: Coriandrum sativum Family: Apiaceae Common names: Dhaniya (Hindi), Kothamalli Vidai (Tamil) Form: Small, round to oval, light brown seeds with ridges.

Nutritional Value (per 100g):

Calories: ~298 kcal

Protein: ~12 g

Carbohydrates: ~55 g

Fat: ~17 g (healthy oils)

Rich in dietary fiber, calcium, iron, and vitamin C

Health Benefits: Improves digestion and reduces bloating

Anti-inflammatory and antioxidant properties

Helps manage blood sugar levels Supports heart health

Common Uses: Ground into coriander powder for curries and spice blends Used whole in pickles, chutneys, and tempering Infused in herbal teas for digestion

**2. FarmFlux Coriander Powder {Dhania powder (100g,200g pack)}**

Description: FarmFlux Coriander Powder is made from 100% organic, sun-dried coriander seeds, stone-ground to preserve freshness and natural aroma. Known for its earthy, citrusy flavor, it enhances curries, dals, chutneys, and everyday cooking while also aiding digestion.

Key Benefits: 100% Organic & Pure

Rich Aroma & Fresh Taste

Aids Digestion Naturally

Adds Authentic Indian Flavor

Tagline Options: “Fresh Aroma, Pure Flavor” “From Farm to Your Spice Box” “Nature’s Zest in Every Pinch” “Pure Taste. Pure Earth. Pure You.”

**3. FarmFlux Mustard Seeds (Rai)-**

Key Benefits:

100% Pure & Natural Seeds Rich in Omega-3 & Antioxidants Boosts Digestion & Metabolism Essential Spice for Authentic Indian Cooking

Description: FarmFlux Mustard Seeds are naturally grown and sun-dried to preserve their pungent aroma and earthy heat. A staple in Indian kitchens, they are perfect for tempering curries, pickles, chutneys, and adding depth of flavor to traditional dishes. (Yellow and brown-250g,500g,1kg)

Tagline Ideas: “Tiny Seeds, Bold Flavor” “From Farm to Flavor” “Nature’s Heat, Naturally Pure” “The Heart of Indian Tadka”

4.Turmeric powder(Haldi powder)(100g,200g)- FarmFlux Turmeric Powder

Description: Sourced from naturally grown turmeric roots, FarmFlux Turmeric Powder is stone-ground to retain its bright golden color, earthy flavor, and powerful curcumin content. A symbol of purity and wellness, it is widely used in cooking, herbal remedies, and traditional rituals.

Key Benefits: 100% Organic & Pure Rich in Curcumin – Natural Anti-inflammatory Boosts Immunity & Digestion Adds Color, Aroma & Health to Food.

Tagline Ideas: “Golden Spice of Life” “Wellness in Every Pinch” “Pure Gold from Nature” “Spice that Heals, Flavor that Lasts”.

5.Ginger powder (100g,200g)- Ginger Powder (Sonth)-

What it is Made by drying fresh ginger roots and grinding them into a fine powder. Warm, pungent, aromatic flavor.

Used in cooking, herbal medicine, teas, and wellness products.

Culinary Uses

Adds flavor to curries, soups, stews, and marinades. Used in ginger tea, masala chai, and herbal drinks. Baking: gingerbread, cookies, cakes. Pickles, spice blends (garam masala, chai masala).

Health Benefits Boosts digestion & metabolism. Natural remedy for cold, cough, sore throat. Reduces inflammation & joint pain. Helps with nausea and motion sickness. Supports immunity.

⚡ Nutrition Facts (per 100g) Energy: ~350 kcal Carbohydrates: 70 g Protein: 9 g Fat: 4 g Fiber: 12 g Iron, Magnesium, Potassium rich Contains gingerols & shogaols (active compounds with anti-inflammatory effect).

**4. Green Banana Powder (250g,500g)-** Banana powder (especially green/raw banana)-

FarmFlux Banana Powder

Description: Made from naturally ripened green bananas, FarmFlux Banana Powder is dried and finely milled to preserve its nutrition, mild flavor, and versatility. It is gluten-free, rich in resistant starch, and an excellent healthy alternative for cooking, baking, and baby food.

Key Benefits:

100% Natural & Chemical-Free

Gluten-Free & Easily Digestible

Supports Gut Health & Energy

Ideal for smoothies, porridges, pancakes, and baby food.

Health & Nutrition Uses

1. Rich in resistant starch – Helps manage diabetes and weight.

2. Gut health – Prebiotic effect, supports digestion.

3. Electrolyte balance – Natural source of potassium and magnesium.

4. Easily digestible energy – Great for athletes and kid

**5.Jackfruit powder (250g,500g)-** Jackfruit powder is a nutritious plant-based product made by dehydrating ripe or raw jackfruit pulp and grinding it into a fine powder. It’s gaining popularity as a healthy alternative to refined flours and as a functional ingredient in food and beverages.

Health Benefits:

Regulates blood sugar (especially raw jackfruit powder).

Good source of fiber, potassium, and antioxidants.

Boosts immunity & gut health. Gluten-free, vegan, and natural.

Uses in Daily Diet:

Add 1–2 tbsp to roti flour mix.

Blend into smoothies or shakes.

Mix with porridge, idli/dosa batter, or soups.

Use as a base for cakes, cookies, or pancakes.

**6.Flex seeds(100g,250g)-**

FarmFlux Flax Seeds -

Description: FarmFlux Flax Seeds are 100% natural and nutrient-rich, packed with plant-based omega-3 fatty acids, fiber, and antioxidants. Known as a superfood, they are perfect for sprinkling on salads, blending in smoothies, baking, or adding to everyday meals for a healthy lifestyle.

Key Benefits: High in Omega-3, Fiber & Protein Supports Heart & Digestive Health Boosts Energy & Immunity Versatile Superfood for Modern Diets

Tagline Ideas: “Tiny Seeds, Mighty Nutrition” “Fuel Your Day, the Natural Way” “Power-Packed Goodness in Every Bite” “Nature’s Superfood, Naturally Pure”

7.**Chana Sattu-** Chana sattu, made from roasted chickpeas, offers numerous health benefits. It's a good source of protein, fiber, and essential minerals like iron, calcium, and magnesium.

## Health benefits of Sattu and its recipes

Sattu is a protein-rich flour made from powdered chana (Bengal gram) or other pulses and cereals. It is quite popular in many parts of India such as Jharkhand, Bihar, Punjab, Uttarakhand and UP.