



Saaraketha Organics

Product Catalogue



100%

ORGANIC.. ETHICAL

SUSTAINABLE..

01 SUN DRIED SEAFOOD



Shelf Life - 3 Months

Weight - 250g

Store at room temperature in a clean, dry, place



SUN DRIED,
SUSTAINABLE,
SRI LANKAN
DRY FISH

The dry fish range of Saaraketha Organics is the very first responsibly sourced, sun dried and ethical range of Sri Lankan dried fish products.

02 HOMEMADE PICKLES

A range of homemade pickles using Organic fresh produce from Saaraketha...



Brinjal Moju



Maldivian Fish Sambol



Traditional Sri Lankan Pickle



Malay Pickle

Shelf Life - 3 Months

Weight - 250g

Store at room temperature in a clean, dry, place

03 HEIRLOOM RICE



KURULUTHUDA

Kuruluthuda is a delectable and nutritious red rice variety which is rich in proteins and fiber.

It has a a very pleasant taste.

Shelf Life - 1 Year

Weight - 750g

Store at room temperature in a clean, dry, place



SUWANDEL

Named and famed for its fragrant aroma, Suwandel is a heirloom rice indigenous to Sri Lanka.

Within its rich, milky flavor, the rice is also fortified with vitamins, minerals, antioxidants, and a much lower Glycemic Index (GI) compared to other varieties of white rice.



KALU HEENATI

As with all of our heirloom rice varieties Kalu Heenati has a superior taste, beautiful texture and has a particularly low glycemic index number, which makes it a fantastic option for those looking to keep their blood sugar levels to a minimum.



PACHCHAPERUMAL

Pachchaperumal literally means "Buddha's colour." In ancient tradition the monks made an offering of this rice during the harvest festival to please the gods of rain and crops as they considered it holy.

Pachchaperumal contains 88% of the recommended daily intake of manganese, useful in digesting fats.

04 NATURAL SWEETENERS



Shelf Life - 1 Year

Weight - 500ml & 250 ml

Store at room temperature in a clean, dry, place

Gathered from the dry zone forests of the northern Sri Lanka, Saaraketha Wild Bee honey and Kithul Treacle comes to your table through an age old process perfected by Veddah people, the indigenous inhabitants of Sri Lanka.

Our honey range can be used for complimentary, healthy, beauty purposes and as an Ayurvedic natural remedy for specific ailments.

05 ORGANIC JUICE RANGE



The organic and fresh juice range consists of 6 varieties such as Watermelon, Pineapple, Papaya, Avocado, mixed fruit and Pani Dodam.

No artificial preservatives nor refined sugar is used in the preparation of the juices. Based on the ripeness of the fruit either wild bee honey or coconut sugar will be used in order to maintain the sweetness.

Since no preservatives are used the juices are 100% natural and is rich in antioxidants such as Vitamin A and C



**Cardamom Whole
& Powder**



**Clove Whole &
Powder**



**White Pepper
Whole & Powder**



**Dry Ginger Whole
& Powder**



**Chilli Whole &
Powder**



**Turmeric Whole &
Powder**



**Cinnamon Whole &
Powder**



**Black Pepper
Whole & Powder**

Spices have played an important role in cuisine, throughout the history of the country. All our spices are 100% free from dangerous pesticides, toxic fertilizers, genetically modified organisms, harmful artificial ingredients and preservatives.

07 ORGANIC COCONUT RANGE



Shelf Life - 1 Year
Store at room temperature
in a clean, dry, place



Our **COCONUT** range is full of minerals including zinc, potassium, iron, calcium, and copper, all which aid in improving digestion and bone health. **Coconut Sugar** has a very low Glycemic Index making it more diabetics friendly.

Coconut Cream and **Coconut Milk** can be used in both sweet and savory dishes. It contains lauric acid which is a medium chain fatty acid that helps with everything from weight loss to improving cognitive function.

Saaraketha **Virgin Coconut Oil** due to its delectable flavor and robust nutritive value make it the ideal ingredient for wholesome and healthy meals.

LIVE HEALTHY WITH SAARAKETHA ORGANICS

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