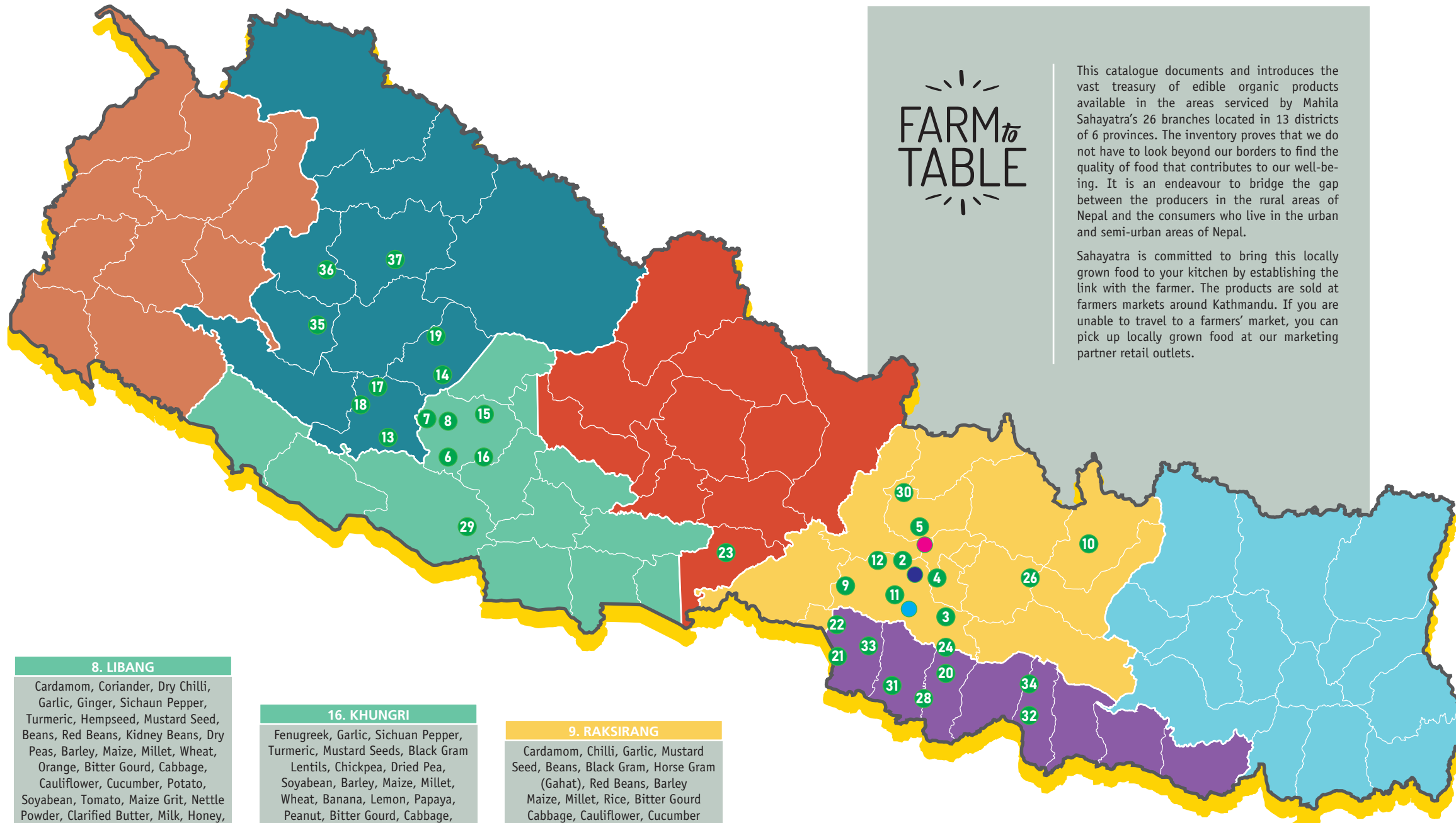


PRODUCTS OF MAHILA SAHAYATRA BRANCHES



This catalogue documents and introduces the vast treasury of edible organic products available in the areas serviced by Mahila Sahayatra's 26 branches located in 13 districts of 6 provinces. The inventory proves that we do not have to look beyond our borders to find the quality of food that contributes to our well-being. It is an endeavour to bridge the gap between the producers in the rural areas of Nepal and the consumers who live in the urban and semi-urban areas of Nepal.

Sahayatra is committed to bring this locally grown food to your kitchen by establishing the link with the farmer. The products are sold at farmers markets around Kathmandu. If you are unable to travel to a farmers' market, you can pick up locally grown food at our marketing partner retail outlets.



19. AATHBISKOT
Cardamom, Fenugreek, Ginger, Sichuan Pepper, Turmeric, Hempseed, Sesame Seed, Beans, Black Gram, Mixed Soyabean, White Beans, White Soyabean, Barley, Maize, Rice, Wheat, Banana, Kiwi, Mango, Peanut, Walnut, Mushroom, Cabbage, Potato, Pumpkin, Raddish, Tomato, Corn Flour, Nettle Powder, Coffee, Honey, Chiuri Soap.

17. AMRA
Coriander, Fenugreek, Garlic, Sichuan Pepper, Turmeric, Mustard Seeds, Black Gram, Chick Pea, Kidney Beans, Red Lentil, Soyabean, Maize, Millet, Wheat, Banana, Lemon, Mango, Peanut, Cabbage, Cucumber, Peas, Potato, Pumpkin, Raddish, Maize Grit, Nettle Powder, Wheat Flour, Lemon Grass Oil.

18. BOTECHAUR
Coriander, Fenugreek, Garlic, Ginger, Sichuan Pepper, Turmeric, Beans, Kidney Beans, Black Gram, Horse gram, Maize, Wheat, Rice, Banana, Lemon, Mango, Papaya, Peanut, Cabbage, Green Coriander, Green Garlic, Scallion, Potato, Honey, Grass Seed.

14. SERIGAUN
Chilli, Cardamom, Garlic, Ginger, Turmeric, Mustard Seed, Beans, Black Gram, Chickpea, Soyabean, Barley, Maize, Wheat, Lemon, Papaya, Peanut, Walnut, Cabbage, Cauliflower, Cucumber, Green Beans, Peas, Potato, Raddish, Tomato, Buckwheat, Nettle Powder, Wheat Flour, Onion Seeds.

7. GHARTIGAUN
Garlic, Ginger, Sichuan Pepper, Turmeric Powder, Hempseed, Black Gram, Beans, Chickpea, Soyabean, Barley, Maize, Millet, Wheat, Apple, Banana, Kiwi, Ground Apple, Papaya, Mushroom, Cabbage, Cauliflower, Cucumber, Potato, Raddish, Pumpkin, Tomato, Maize Grit, Nettle Powder.

13. BAGCHAUR
Fenugreek, Ginger, Ginger Powder, Turmeric, Hempseed, Mustard Seed, Black Gram, Broad Beans, Kidney Beans, Red Lentil, White Soyabean, Barley, Maize, Millet, Rice, Wheat, Banana, Mango, Kiwi, Peanut, Walnut, Mushroom, Beans, Peas, Potato, Maize Grit.

8. LIBANG
Cardamom, Coriander, Dry Chilli, Garlic, Ginger, Sichuan Pepper, Turmeric, Hempseed, Mustard Seed, Beans, Red Beans, Kidney Beans, Dry Peas, Barley, Maize, Millet, Wheat, Orange, Bitter Gourd, Cabbage, Cauliflower, Cucumber, Potato, Soyabean, Tomato, Maize Grit, Nettle Powder, Clarified Butter, Milk, Honey, Gundruk.

15. THAWANG
Coriander, Turmeric, Sichuan Pepper, Turmeric, Hemp Seed, Bhakimlo, Padamchal(Himalayan Rhubarb), Pakhanbed, Rosemary, Beans, Black Soyabean, Brown Soyabean, White Soyabean, Maize, Millet, Wheat, Ground Apple, Walnut, Cabbage, Cauliflower, Potato, Pumpkin, Nettle Powder.

6. HOLERI
Dry Chilli, Garlic, Ginger, Sichuan Pepper, Turmeric, Hempseed, Mustard Seed, Black Gram, Beans, Maize, Millet, Banana, Ground Apple, Lemon, Peanuts, Bitter Gourd, Bottle Gourd, Cabbage, Cauliflower, Pumpkin, Raddish, Soyabean, Squash, Corn Flour, Nettle Powder.

16. KHUNGRI
Fenugreek, Garlic, Sichuan Pepper, Turmeric, Mustard Seeds, Black Gram Lentils, Chickpea, Dried Pea, Soyabean, Barley, Maize, Millet, Wheat, Banana, Lemon, Papaya, Peanut, Bitter Gourd, Cabbage, Cauliflower, Cucumber, Pea, Pumpkin, Raddish, Squash, Tomato, Corn Flour.

29. PIPARI
Fenugreek, Garlic, Turmeric, Bengal Gram, Black Gram, Chick Pea, Horse Gram, Red Lentil, Maize, Millet, Rice, Wheat, Lemon, Papaya, Peanut, Bitter Gourd, Cucumber, Green Coriander, Green Chilli, Mustard Green, Onion, Peas, Potato, Pumpkin, Raddish, Tomato, Mustard Oil.

23. BELUWA
Coriander, Chilli, Garlic, Mustard Seed, Beans, Black Gram, Red Beans, Dried Peas, Maize, Rice, Wheat, Banana, Litchi, Mango, Pineapple, Mushroom, Bitter Gourd, Colocassia Yam, Cucumber, Pumpkin, Maize Grit, Clarified Butter, Milk, Clarified Butter, Marcha (Yeast).

9. RAKSIRANG
Cardamom, Chilli, Garlic, Mustard Seed, Beans, Black Gram, Horse Gram (Gahat), Red Beans, Barley, Maize, Millet, Rice, Bitter Gourd, Cabbage, Cauliflower, Cucumber, Potato, Soyabean, Tomato, Barley Flour, Maize Grit, Clarified Butter, Milk, Honey, Gundruk.

11. AMBHANJYANG
Garlic, Ginger, Turmeric, Mustard Seed, Beans, Dry Peas, Red Beans, Barley, Maize, Millet, Wheat, Banana, Peach, Bitter Gourd, Cabbage, Cauliflower, Cucumber, Potato, Soyabean, Tomato, Corn Flour, Nettle Powder, Milk, Khuwa, Gundruk.

22. RANGAPUR
Fenugreek, Garlic, Mustard, Bengal Gram, Black Gram, Green Gram, Horse Gram (Gahat), Red Gram, Red Lentil, Flax, Maize, Rice, Wheat, Banana, Litche, Mango, Bitter Gourd, Green Coriander, Cucumber, Green Chilli, Green Mustard, Onion, Peas, Potato, Pumpkin, Raddish, Tomato.

12. DANRABAAS
Chilli, Turmeric, Hempseed, Mustard seed, Asare Beans, Dry Peas, Kidney Beans, Red Beans, Barley, Maize, Millet, Wheat, Banana, Peach, Plum, Cabbage, Cauliflower, Raddish, Potato, Nettle Powder, Clarified Butter, Gundruk.

24. BALCHANPUR
Fenugreek, Garlic, Mustard Seed, Bengal Gram, Black Gram, Green Gram, Horse Gram (Gahat), Red Gram, Red Lentil, Maize, Flax Seed, Rice, Wheat, Banana, Litchi, Mango, Bitter Gourd, Cucumber, Green Chilli, Green Coriander, Mustard Green, Onion, Peas, Potato, Pumpkin, Raddish, Tomato.

28. SUKHDEV CHOWK
Chilli, Garlic, Ginger, Turmeric, Mustard Seeds, Sesame Seed, Beans, Black Gram, Chickpea, Dried Pea, Barley, Maize, Rice, Wheat, Banana, Lemon, Mango, Papaya, Peanut, Bitter Gourd, Cabbage, Cauliflower, Cucumber, Onion, Pumpkin, Raddish, Squash, Tomato, Corn Flour, Wheat Flour.

21. LANGADI
Fenugreek, Garlic, Ginger, Turmeric, Mustard Seed, Bengal Gram, Black Gram, Green Gram, Horse Gram (Gahat), Red Gram, Red Lentil, Flax, Maize, Rice, Wheat, Banana, Lemon, Litche, Mango, Bitter Gourd, Green Coriander, Cucumber, Green Chilli, Green Mustard, Onion, Peas, Potato, Pumpkin, Raddish, Tomato.

4. BHATTEDADA
Cardamom, Chilli, Ginger, Mustard Seed, Beans, Black Gram, Kidney Beans, Lentils, Dried Peas, Barley, Maize, Millet, Rice, Wheat, Banana, Orange, Peach, Pomelo (Bhogate), Cucumber, Potato, Pumpkin, Barley Flour, Maize Grit, Nettle Powder, Wheat Flour.

3. PHAPERBARI
Cardamom, Chilli, Garlic, Ginger, Turmeric, Mustard Seed, Black Gram, Red Beans, Barley, Maize, Millet, Wheat, Banana, Litchi, Pineapple, Asparagus, Cabbage, Cauliflower, Potato, Clarified Butter, Milk, Khuwa, Gundruk.

30. KISPANG
Fenugreek, Garlic, Ginger, Turmeric, Mustard Seeds, Jatamashi, Bojho, Black Gram, Bengal Gram, Broad Beans, Chick Pea, Horse Gram, Kidney Beans, Red Lentil, White Soyabean, Barley, Maize, Millet, Rice, Wheat, Ground Apple, Kiwi, Lemon, Kiwi, Lemon, Papaya, Peanut, Green Chilli, Onion, Peas, Potato, Pumpkin, Raddish, Tomato.

5. OKHARPAUWA
Chilli, Garlic, Ginger, Turmeric Powder, Mustard Seeds, Beans, Black Gram, Green Gram, Kidney Bean, Soyabean, Barley, Maize, Millet, Banana, Kiwi, Lemon, Strawberry, Peanuts, Bitter gourd, Cabbage, Cauliflower, Cucumber, Pumpkin, Squash, Tomato, Honey.

10. JIRI
Fenugreek, Garlic, Ginger, Turmeric, Hempseed, Mustard Seed, Black Gram, Broad Beans, Horse Gram, Kidney Beans, Barley, Maize, Millet, Wheat, Ground Apple, Kiwi, Lemon, Mustard Leaves, Peas, Potato, Pumpkin, Squash, Tomato, Tea, Clarified Butter.

2. CHITLANG
Chilli, Garlic, Akbare Chilli, Mustard Seed, Beans, Maize, Banana, Cherry Plum, Bitter Gourd, Cabbage, Cauliflower, Green Peas, Potato, Raddish, Maize Grit.

26. DORAMBA
Fenugreek, Garlic, Ginger, Turmeric, Mustard Seeds, Black Gram, Bengal Gram, Broad Beans, Chick Pea, Kidney Beans, Red Lentil, Horse Gram (Gahat), Barley, Maize, Millet, Rice, Wheat, Ground Apple, Kiwi, Papaya, Strawberry, Peanut, Walnut, Bitter Gourd, Cucumber, Green Chilli, Green Coriander, Mustard Green, Onion, Peas, Potato, Pumpkin, Raddish, Tomato, Corn Flour, Wheat Flour.

20. KATAHARIYA
Fenugreek, Garlic, Mustard Seed, Black Gram, Bengal Gram, Green Gram, Red Gram, Red Lentil, Maize, Rice, Flax, Wheat, Banana, Lemon, Litche, Mango, Papaya, Bitter Gourd, Broccoli, Cabbage, Carrot, Cucumber, Onion, Peas, Pumpkin, Raddish, Tomato.