



The Leaf India Company

GROWING SUSTAINABLY FOR
A HEALTHY LIFESTYLE



Welcome to our Blissful Farm of GREENS

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We live by our motto

We are big enough to deliver & small
enough to listen to our valued customers.

”

Our produce is grown hygienically with the help of imported nutrients, seeds and controlled environments.

These **HYDROPONICALLY** grown vegetables have a **high nutritional value** and are grown without the use of pesticides, giving you **fresh and consistent** produce **directly from the farm.**

About Us

“

**We Know What We Grow &
We Love What We Grow**

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The Leaf India Company Farm is a hub of agronomists with expertise in hydroponic farming that brings to you produce grown and packed in completely hygienic condition. Our vegetables and fruits are cultivated using the best quality imported seeds and are full of relishing flavors.

In agriculture, the adage 'As you sow, so shall you reap' is especially meaningful when it comes to the vegetables you eat. Our produce is healthier due to the fact that optimal nutrients are fed directly to the root of the plants.

Why Consume HYDROPONIC VEGETABLES?

- ✓ Soil-less cultivation
- ✓ High in nutritional value
- ✓ Pesticide free
- ✓ Imported Chelated nutrients
- ✓ Longer shelf life

OUR Produce

Leafy Vegetables

Size - 20000 sq ft

Capacity - 20000 heads per month



Within six days, Radish microgreens become crunchy and delicious. Once they grow larger, they lose their texture and flavor. As an added ingredient to salads, sandwiches, or garnishes, they are rich in nutrients and contain 40 times more than their mature counterparts.

Radish Microgreens



A staple leafy green native to the Mediterranean area, Red Oak Lettuce is a leafy green with a strong flavor. Salads, sandwiches and wraps benefit from the buttery, mellow, sweet and nutty flavor of these leaves

Red Oakleaf Lettuce



Lettuce Green Oakleaf is grown for its distinctive rich color and beautifully notch-shaped leaves. It produces dense bunches of tender, sweet leaves with a good resistance to bolting.

Green Oakleaf Lettuce



Romaine lettuce is refreshingly crisp as a base for everyday salads and sturdy enough to hold up to the heat for grilling and sauteeing - hence romaine lettuce is the most versatile type of lettuce. The long leaves are desired for their ability to stay crunchy.

Romaine Lettuce



This Hydroponically grown bright green lettuce that adds a unique color and texture to your salads. Lollo lettuce are tender and crisp with a sweet nutty flavor and are a must as a base for any salad / sandwich.

Lollo Bionda Lettuce



Kale contains a lot of vitamins A, K, B6 and C, calcium, potassium, copper and manganese, making it a nutritional powerhouse. Kale can help manage blood pressure, boost digestion, and protect against cancer and diabetes type 2.

Kale



This leafy green tops the chart as one of the healthiest vegetables. One cup (30 grams) of raw spinach provides 56% of your daily vitamin A needs plus your entire daily vitamin K requirement. Baby spinach is very good on the palate when eaten raw and mixed in salads.

Baby Spinach

(Indian & Imported)



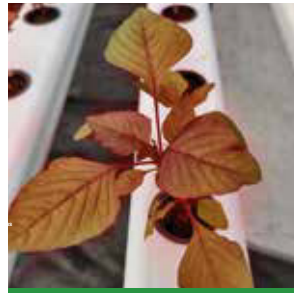
Baby Bokchoy or Chinese white cabbage is a staple ingredient in Asian dishes. The tender dark green leaves and crisp off-white-colored stalks provide a nice fresh crunch. The greens have a spinach-like taste with a very unique texture and look.

Baby Bokchoy



Swiss chards has highly nutritious leaves, making it a popular component of healthy diets. Fresh chard can be used raw in salads, stirfries, soups or omelets. The raw leaves can be used like a tortilla wrap.

Swiss Chards



The Red Amaranthus produces feathery purple, magenta or red flowers from the central stalk which is packed with edible seeds. It offers a far superior source of carotene, iron, calcium, protein, vitamin C and trace elements.

Red Amaranthus



Fresh Herbs

Size -20000 sq ft



Fresh Parsley

Parsley's vitamin K is important because it helps blood to clot in addition to contributing to bone health. Parsley is rich in vitamin C and other antioxidants, which help reduce the risk of serious health conditions like diabetes, stroke, heart disease and cancer.



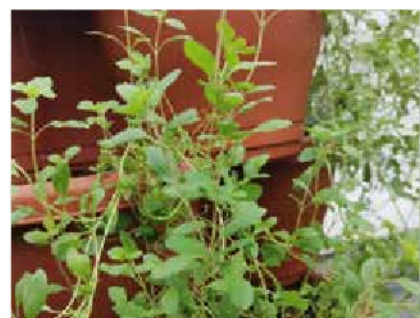
Thyme

Thyme is an herb with a distinct smell. The flowers, leaves, and oil are commonly used to flavor foods and are also used as medicine. Thyme contains chemicals that might help bacterial and fungal infections. It also might help relieve coughing and have antioxidant effects.



Genovese Sweet Basil

It's a variety of sweet basil that originated in Italy. Its vigorous, large leaves have a sweet, slightly spicy flavor. It has a beautiful aroma that wafts into the air and adds a Mediterranean flavor to your dishes. A versatile Basil used in most Italian cuisines especially pesto. Eat them raw, in green tea, in salads or in sauces to add magic to your dishes.



Oregano

Fresh oregano has the most flavor and aroma and is a great antibacterial agent. It's loaded with antioxidants that help prevent cell damage, and it's an excellent source of fiber, vitamin K, manganese, iron, vitamin E, tryptophan and calcium.



Rosemary

Rosemary is a rich source of antioxidants and anti-inflammatory compounds, which are thought to help boost the immune system and improve blood circulation. It is considered to help improve memory performance and quality and known to boost alertness, intelligence, and focus.

Vegetables & Fruits

Size - 80000 sq.ft. | Capacity- 4000 kgs. per month



Yellow & Red Baby Tomato

Hydroponically grown and naturally ripened, the bright red and yellow tomatoes deliver a burst of flavor as a snack, in a salad or in a variety of both sweet and savory dishes.



Red & Yellow Bell Pepper

These sweet and crunchy bell peppers are packed with nutrition and add a must have color and taste to a wide range of cuisines from pizzas to Indian curries. Red bell peppers have approximately twice the vitamin C and eight times the vitamin A content than green bell peppers.



Beefsteak Tomatoes

Beefsteak tomatoes are large and meaty with lots of juice, making them ideal to use as a base for fresh sauces and dips. A must in any authentic Italian and French cuisine, Its mild flavor makes them the perfect complement to any dish.



Baby Carrots

A baby carrot is a carrot harvested before reaching maturity and sold at that smaller size. One medium baby carrot provides 5 calories and 1 gram of carbs, and is free of fat and cholesterol. It's also an excellent source of vitamin A.



Green & Yellow Zucchini

This zucchini can be eaten including the skin, seeds and flesh. It's high on fibre and hence a must have addition to your diet. Its flavor isn't overwhelming, making it a successful addition to baked goods or pasta. Zucchini can be sautéed, grilled, or roasted. Plus, it's perfect to serve with any protein.



Turkish Cucumbers

Turkish cucumbers are thin-skinned and only grow to be about five to six inches long. Ideal for salads, they are nearly seedless and extra crisp rather than watery, and have a mild, sweet flavor that's easy to fall for.



Calamondin Oranges

Calamondin oranges can be eaten whole. These tiny citrus fruits are about the size of a large cherry, making them highly snackable! Use fresh calamondin in very similar ways as a lemon, lime or orange for sour, tart citrus flavor.

Edible Flowers

Size - 20000 sq ft



Nasturtium



Butterfly Blue Pea



Pansy



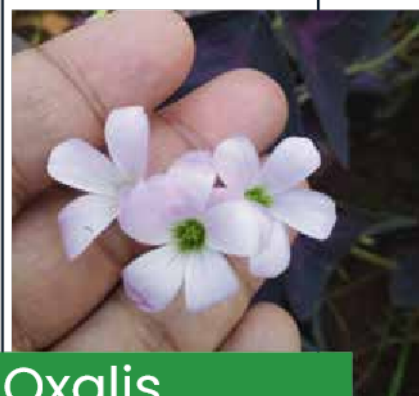
Kale Flower



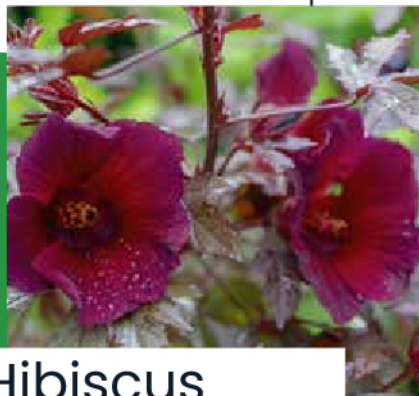
Cilantro



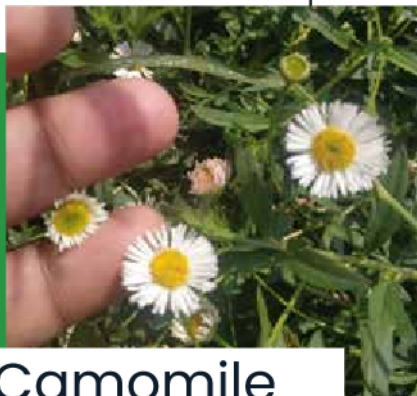
Viola



Oxalis



Hibiscus



Camomile



Marigold

Medicinal Plants

Size - 20000 sq ft



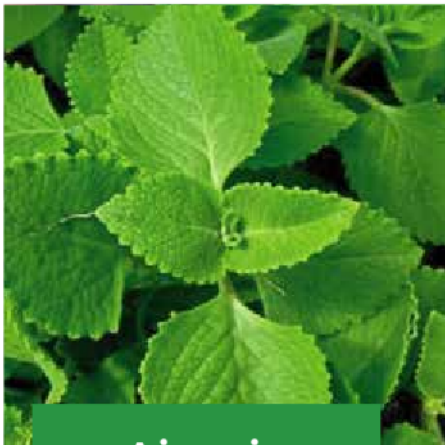
Odomos
(geranium)



Insulin



Stevia



Ajwain



Marva



Manduka
Brahmi

Also growing : Akkalkadha | Panfuti | Madhunashini | Lendi Pimpli | Vekhand | Satap | Hadjodi
Multivitamin | Gulvel | NeerBrahmi | Damvel | Vidhara | Citronella Wala | Kala dhotra | Dikemali
Sarpghandha | Lavang tulas (Clove basil) | Lemon Basil | Guggul | Kapoor | Agnimanth | Tejapatta



Fresh | Healthy | Sustainable | Responsible

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