



ABOUT US:

Honneru/'first plough' is a collective of rural women and youth from Chamarajanagar district engaged in sustainable agricultural production and food processing. The edible products are made from a rich corpus of local knowledge which emphasise health, nutrition and overall well-being. Sales from these products contribute to strengthening sustainable agricultural practices and co-operative entrepreneurship of rural women and youth.



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/honneru



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TO ORDER PLEASE CLICK HERE:
9731510609

PAN INDIA DELIVERY

CATALOGUE

DRUMSTICK LEAF POWDER



NUGGE PUDI

Key ingredients

Dried moringa leaves

Description

Moringa (drumstick) has been used in India for 5,000 years. It is now globally known as a super-food with supreme medicinal properties.

Quantity

100 gm

Price

Rs 70

MIXED MASALA POWDER



UPSARU PUDI

Key ingredients

Red Chilli, Garlic, Cumin, Pepper, Salt, Tamarind, Curry leaves

Description

A heritage spice mix from South Karnataka that will lend itself to dals, vegetables and the spicing up of a variety of Indian dishes.

Add 1 teaspoon to what you are cooking and watch the flavours come alive!

Quantity

100 gm

Price

Rs 120

NIGER CHUTNEY POWDER



UCHELLU CHUTNEY PUDI

Key ingredients

Cumin seeds, Red Chilli, Garlic, Salt, Tamarind, Niger seeds

Description

Niger or Ramtil/Huchellu is a little known, highly nutritious oil seed with a nutty flavour and taste; originally from the Ethiopian highlands, cultivated and used in India for millennia.

Enjoy this chutney powder with idly, dosa, rice, chappathi, or any other combination of your choice.

Quantity

100 gm

Price

Rs 120

CURRY LEAF CHUTNEY POWDER



KARIBEVU CHUTNEY PUDI

Key ingredients

Curry leaves, chickpeas, urad dal, tamarind, red chillies, dried coconut, turmeric, mustard seeds, and asafoetida.

Description

Made with fresh curry leaves, lentils, and spices, it can be eaten with hot steamed rice and ghee or on the side with curd rice, dosa, or idli. Curry leaves help boost iron levels, control blood sugar levels, and aid digestion.

Best before 2 months of production date.

Quantity

100 gm

Price

Rs 110

MORINGA LEAF CHUTNEY POWDER



NUGGE CHUTNEY PUDI

Key ingredients

Moringa leaves, chickpeas, urad dal, tamarind, red chillies, dried coconut, turmeric, mustard seeds, and asafoetida.

Description

Made with fresh moringa leaves, lentils, and spices, it can be eaten with hot steamed rice and ghee or on the side with curd rice, dosa, or idli. Moringa is rich in antioxidants, boosts immunity and digestion.

Best before 2 months of production date.

Quantity

100 gm

Price

Rs 110

RASAM POWDER



RASAM PUDI

Key ingredients

Bark of Moringa and Jatropa, Black pepper, Dried red chillies, Cumin, Garlic, Dill seeds, Carom

Description

A rare therapeutic concoction to tackle coughs, colds, sore throats, body ache and fever. Therapeutic and restorative.

Use as a base to flavour soups and rasams or other hot drinks.

Quantity

100 gm

Price

Rs 120

CURRY MASALA POWDER



SAARU PUDI

Key ingredients

Red chillies, red gram, black gram, coriander, fenugreek, curry leaves, asafoetida

Description

Made from fresh ingredients that are sourced locally and cleaned and processed, this is a generic 'curry powder' to be used for all sambars, vegetable mixes, and wherever mixed masala is required.

Quantity

100 gm

Price

Rs 80

MARVELLOUS METHI MIX



MENTHE MAHA

Key ingredients

Menthe (fenugreek), ghee, jaggery, dried coconut, salt

Description

The therapeutic value of fenugreek is part of traditional wisdom in India. No kitchen or home is without this magical seed. Menthe Maha is a restorative combination of roasted methi (fenugreek), jaggery and ghee that works wonders for delicate stomachs and gut troubles, or as nourishment for adolescent girls and lactating mothers.

Directions: 1 teaspoon first thing in the morning on an empty stomach.

Quantity

100 gm

Price

Rs 120

COCO POP ENERGISER



KOBBARI MIX

Key ingredients

Khas Khas/poppy seeds, Dried coconut, Bengal gram, Rock sugar, Cashew, Raisins

Description

This roasted copra and poppy seed mix is so delicious, it is impossible to believe it is a traditional health mix and energy snack. A couple of spoons each day revives you like no other. Especially good for young children, students, and those needing better nourishment and is a quick pick-me-up. rare therapeutic concoction to tackle coughs, colds, sore throats, body ache and fever. Therapeutic and restorative.

Quantity

100 gm

Price

Rs 120

IMMUNI(TEA)



SHEETHA MAYA

Key ingredients

Lemon grass, tulsi/Indian Basil, cinnamon, hibiscus flower

Description

Sheetha Maya is an excellent preventive for colds and coughs or to soothe an existing condition.

Boil a little in water. Add rock candy/honey/jaggery. Drink hot.

Quantity	Price
approx 50gm	Rs 80

RAAGI DOSA READY MIX



Key ingredients

Finger millet, rice, rava.

Description

Finger millets are the powerhouse of calcium strengthens bones in growing children and the elderly. It helps in controlling sugar and cholesterol levels. Add some salt, a cup of sour curd (optional), and water to make it a batter-ready-to-make dosas for a quick and healthy breakfast!

Best Before 1 month of production date.

Quantity	Price
500 gm	Rs 160

GREEN CHILLY THOKKU



HASIMENASINA KAI THOKKU

Key ingredients

Green chillies, fenugreek, asafoetida, tamarind, mustard seeds, turmeric, jaggery.

Description

A spicy tangy chutney serves as a flavourful dip! The great combination of chillies and tamarind adds a perfect punch to curd rice. Green chillies are rich in antioxidants. When consumed in the right amount, they help in balancing blood sugar levels and improve digestion.

Can be used for up to 15 days when stored in a fridge.

Quantity	Price
100 gm	Rs 100

MILLET MIX CHIVDA



Key ingredients

Rice flakes, jowar flakes, finger millet flakes, foxtail millet flakes, mustard seeds, asafoetida, red chillies, dried coconut, peanuts, fried gram dal, and raisins.

Description

A delightful blend of rice and multi-millet flakes with crunchy peanuts, fried gram dal, and sweet raisins, this savory snack offers a perfect balance of flavors and nutrients for a wholesome, energizing treat.

Best before 25 days of production date.

Quantity	Price
300 gm	Rs 180

PEANUT BUTTER



Key ingredients

Peanuts, jaggery.

Description

A delicious nutrient-dense spread packed with protein.

Can be used for up to 3 months when stored in a fridge.

Quantity	Price
100 gm	Rs 90

NEEM LEAF POWDER



BEVINA PUDI

Key ingredients

Dried neem leaves.

Description

Neem is an age-old natural antiseptic, insect repellent, immunity booster and a one-stop solution for many health conditions both external and internal.

Quantity	Price
100 gm	Rs 60

Kindly note:

We take orders until the 7th of every month and we ship out orders between the 15th - 25th of each month. Our glass jars used for packing thokkus and peanut butter are carefully collected, treated, and reused to support sustainability.