



HEALTHY FOOD FROM THE LAP OF HIMALAYAS!

# PRODUCT CATALOGUE

*Dehydrated Fruits and Vegetables, Spices, Powders, Millets, Teas  
Seeds & Nuts, etc..*



**ASHMI NATURE'S BLISS AGRO INDUSTRIES**  
Near Hans Yog Satsang Bhawan, Gwai-Sarla,  
Nirmand, (172023) Himachal Pradesh  
+91-9418896703 | +91-8988488474  
[www.ashminaturesbliss.com](http://www.ashminaturesbliss.com)





# ASHMI NATURE'S BLISS

Welcome to *Ashmi Nature's Bliss Agro Industries*, nestled in the serene landscapes of Nirmand, Himachal Pradesh. Our commitment to health and wellness is rooted in the purity of nature and the rich agricultural heritage of the region. At Ashmi Nature's Bliss, we take pride in offering a diverse range of organic products that are as nourishing as they are flavorful.

From the fertile soils of farms, we cultivate a variety of root vegetables and other crops using sustainable practices that honor the earth and its resources. Our approach combines traditional farming techniques with modern innovations to ensure the highest quality produce.

Our mission is to bring the bliss of nature's bounty to your table, providing healthy food options that contribute to a balanced lifestyle. Join us on this journey of taste, health, and vitality, as we strive to make a positive impact on the community and the environment.

**OUR SOLE MISSION IS TO PROVIDE 100% PURE AND NATURAL PRODUCTS FREE FROM ANY KINDS OF CHEMICALS , OTHER PRESERVATIVES, COLORS AND EXTRA SUGAR ADDED.**

Discover the essence of pure, organic living with *Ashmi Nature's Bliss Agro Industries* –

**WHERE HEALTH AND HAPPINESS GROW TOGETHER.**





# PRODUCTS

- ◆ DEHYDRATED FRUITS
- ◆ DEHYDRATED VEGETABLES
- ◆ HERBS & SPICES
- ◆ SEEDS & NUTS
- ◆ TEAS
- ◆ POWDERS
- ◆ MILLETS/RICE
- ◆ OILS
- ◆ DRIED MUSHROOMS





# DEHYDRATED FRUITS

Dried fruit is fruit from which the majority of the original water content has been removed either naturally, through sun drying, or through the use of specialized dryers or dehydrators. Dried fruit has a long tradition of use dating back to the fourth millennium BC in Mesopotamia, and is prized because of its sweet taste, nutritive value, and long shelf life.



**APPLE**



**PERSIMON**



**PEACH**



**PAPAYA**



**KIWI**



**PINEAPPLE**



**PEARS**



**APRICOT**



**STRAWBERRY**



# DEHYDRATED VEGETABLES

Dehydrated Vegetables are vegetables from which moisture content has been removed. The water content from these vegetables is removed by some special drying methods, such as sun drying or placing them in appropriate dryers. Dehydrated Vegetables are used in instant noodles, soups, snacks, fast food and such other products. Dehydrating vegetables is a very simple and common method of storing the edible parts of plants without losing valuable nutrients and dietary fiber.



BITTER GOURD



OKRA



GINGER



GARLIC



BEETROOT



TOMATO



CABBAGE



CORRAINDER



MINT





GREEN CHILLY



BROCOLLI



CHIVES



SPINACH



ZUCCHINI



SPIRAL FERN



KACHNAR



CHAYOTE



SWEET BITTER  
GOURD



# POWDER (Fruits & Vegetables)

Fruits and vegetables powders are derived from dehydrated fresh fruits and vegetables. These powders are created by removing the water content from fruits like apples, strawberries, bananas, and blueberries and vegetables like tomatoes, bittergourd etc, and then grinding them into a fine powder. They offer a convenient and cost-effective way to incorporate essential vitamins and minerals into your diet without added sugar or extra calories.



**APPLE**



**BEETROOT**



**CARROT**



**ABC**



**GOLDEN MILK**



**BANANA**



**PERSIMMON**



# WILD PLANTS

Dehydrated Vegetables are vegetables from which moisture content has been removed. The water content from these vegetables is removed by some special drying methods, such as sun drying or placing them in appropriate dryers. Dehydrated Vegetables are used in instant noodles, soups, snacks, fast food and such other products. Dehydrating vegetables is a very simple and common method of storing the edible parts of plants without losing valuable nutrients and dietary fiber.



**SPIRAL FERN**



**STINNING NETTLE**



**MULLIEN**



**RHODODENDRON**



**MOREL MUSHROOM(GUCCHI)**



**CURRY LEAVES**



# MILLETS/RICE

Millets are a group of small-seeded grasses cultivated worldwide for human consumption and livestock feed. They are ancient grains with several advantages, including drought and pest resistance. Millets offer health benefits such as aiding weight loss, managing diabetes, and providing essential nutrients. Red rice is a whole grain rice variety with a reddish-brown bran layer. It contains more nutrients and antioxidants than white rice due to the presence of anthocyanins in the bran. Red rice is often used in traditional Asian cuisines and is known for its nutty flavor and chewy texture.



**FOXTAIL**



**AMARANTH**



**BUCKWHEAT**



**FINGER**



**RED RICE**



# TEAS

*Tea is an aromatic beverage prepared by pouring hot or boiling water over cured or fresh leaves of flower. After plain water, tea is the most widely consumed drink in the world. There are many different types of tea; some have a cooling, slightly bitter, and astringent flavour. while others have profiles that include sweet, nutty, floral, or grassy notes. Tea has a stimulating effect in humans, primarily due to its caffeine content.*



**STEVIA**



**STINNING NETTLE**



**MULLIEN**



**RHODODENDRON**



# OUR PRODUCTS

## FLAKES

## POWDER

## CRUSHED

## LEAVES

## GRANULES

APPLE



PERSIMON



PEACH



PAPAYA



KIWI



PINEAPPLE



PEARS



APRICOT



STRAWBERRY



BANANA



BITTER GOURD



OKRA



GINGER



GARLIC



BEETROOT



TOMATO



CABBAGE



CORRAINDER



MINT



GREEN CHILLY





CHIVES	✓	✓			
MULLIEN			✓	✓	
STINGING NETTLE			✓	✓	
RHODODENDRON			✓	✓	
CURRY LEAVES			✓	✓	
FOX TAIL		✓			✓
BUCKWHEAT	✓	✓			✓
FINGER MILLET	✓	✓			✓
RED RICE					✓
KACHNAR	✓				
CHAYOTE	✓				
SWEET BITTER GOURD	✓				



# OUR PROCESS







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NEAR HANS YOG SATSANG BHAWAN, GWAI-SARLA,  
NIRMAND, DISTT. KULLU (172023)  
HIMACHAL PRADESH .



**SCAN FOR WEBSITE**