



ARIA GLOBAL

BRINGS THE BEST OF

Meghalaya



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Meghalaya

Abode of Clouds

Meghalaya is a state in northeast India. Meghalaya (Abode of Clouds in Sanskrit) is one of the seven North-Eastern states of India.

Famous for its high rainfall, subtropical forests and biodiversity.

Meghalaya is predominantly a farmer's homeland. The vast countryside is dotted with hills and valleys that are painted with golden paddy fields and vegetable terrace gardens. Each home in the city or village finds in fit a

backyard where all manner of fruits and vegetables are grown. Not a season goes by when the land is not farmed. Even in the harsh winter months, the hills are lined with cabbage and potato farms, as far as the eye can see.

What we offer within the Meghalaya Collective Store and the pages of this catalogue is but a silver lining of our home; in shades of green, orange and blues - the colours of our land.

Hill to Home



Bay Leaf



Cinnamon



Lakadong
Turmeric



Vanilla Pods



Millet Powder



Millet



Dried Oyster
Mushroom



Oyster Mushroom
Powder



Spicy Pineapple
Chunks



Sweet Pineapple
Chunks



Coffee



Pineapple
Core Candy

Ge'am Gardens | Pure Meghalayan Goodness brought home



Plain Cashews



Salted Cashews



Masala Cashews



Chocolate Cashews



Caramel Cashews



Black Pepper Powder



Ginger Powder



Turmeric Powder



Spices

Lakadong Turmeric

Sourced from: **Lakadong, Jaintia Hills**

Local Name: **U Chyrmit Lakadong**

Form: **Dried slices, Powder**

Parameter: **Curcumin content: 7 - 10%**



Lakadong Turmeric is world-renowned for its rich curcumin content, ranging from 7-9% as compared to 2-3% for other turmeric varieties. Our Lakadong Turmeric has a curcumin content of 8.9%. The high curcumin content of Lakadong Turmeric is a combined outcome of a cultivar selectively bred by the villagers, soil and climatic conditions of the region surrounding the villages, and above all the tender care given to each crop by its farmer.



Ginger

Sourced from: **Bhoi Rymbong, Ri Bhoi / Songsak, East Garo Hills | Daddengre, West Garo Hills, Thadlaskein, West Jaintia Hills / Mawshynrut, West Khasi Hills**

Local Name: **U Sying Tyrkhong (Khasi) | Etchin (Garo)**

Form: **Dried slices, Powder**

Parameter: **No Chemical pesticides detected**

Gingerols: **8.32% / Volatile Oil: 1ml/100g**

Meghalaya Collectives' Ginger is sourced from the farmers of Khasi Jaintia and Garo Hills. In an almost nomadic quality, each batch is planted in fresh locations that are specially prepared for it, giving them primed growing conditions. Cherry-picked roots from the previous harvest are planted, which then pass down only its very best traits.

From each harvest, the cream of the crop is handpicked, sliced and sun-dried. Our process establishes a safeguard that every slice receives the most hygienic and eco-friendly treatment which retains the root's nutrients





Bay Leaf

Sourced from: **Nongriat, East Khasi Hills**
Tikrikilla, West Garo Hills

Local Name: **U Sla Tyrpad (Khasi) / Tej patta (Garo)**

Form: **Dried leaves with greenish tinge**

Meghalaya Collective's Bay Leaves, known in Khasi as 'Sla Tyrpad', are collected from trees that are native to the region around Nongriat Village. On deconstructing the word, "Sla" refers to leaves. The word "Tyr-pad" in turn, translates to a species of trees that are as wide as an arm span. The word "Tyrpad" as such aptly refers to these trees that are over 5 feet wide and grow up to a height of 60 feet.

The best and freshest of bay leaves can only be found at the very top of these trees and the nimblest of climbers scale these giants to bring you bay leaves of unrivalled quality. The best and fresh bay leaves can only be found at the very top of these trees and the nimblest of climbers scale these giants to bring you bay leaves of unrivalled quality. Likewise, Tej patta (Garo) is available from the Garo Hills as well. Villages around Nokrek, Balpakram and areas such as Daddengre grow plenty of these trees.



Bird's Eye Chilli

Sourced from: **Marnagar, Ri-Bhoi**

Local Name: **U Sohmynten Khnai (Khasi)**
The bird's eye (English)

Bird's Eye Chilli or U Sohmynten Khnai from Ri Bhoi is one of the hottest chillies in the world. Owing to its miniature size the Khasis call it a Mouse Chilli.

Standing at 100,000 Scoville Units, each chilli is hand-picked from privately tended gardens. Intricate care is taken to single out only the reddest of the chillies.

This assures the most aromatic and sweetest of chillies find their way to your kitchen. The bird's eye chili plant is a perennial with small, tapering fruits, often two or three, at a node. The fruits are very pungent.

Black Pepper

Sourced from: **Tikrikilla & Daddengre, West Garo Hills**
Dimligre, South West Garo Hills

Local Name: **Gol Meris (Garo)**

Form: Dried (**Ungarbled**)

Parameter: **Moisture content < 12% / Density ranging from 500 - 550 g/L**

Meghalaya Collective's Black Pepper, locally known as Gol Meris, is sourced from farmers in West Garo Hills and South West Garo Hills. Our pepper is packaged whole making it distinctively fresh and aromatic. Grown ingeniously by our farmers using the environmentally sustainable intercropping farming technique, our product is wholly free from pesticides and othersynthetic chemicals, making it perfect for you.



Long Pepper

Sourced from: **Sohbar, East Khasi Hills**

Form: **Dried**

Meghalaya Collective's Long Pepper is brought to you from East Khasi Hills. Locally known as Sohmrut Khlaw in Khasi, the condiment is used in pickles, preserves and in traditional medicine. Grown in the forest along the Southern slopes of Khasi Hills, they are hand-picked by the farmers, sun dried and packed with utmost care.

Sichuan Pepper

Sourced from: **Raja Rongat, South Garo Hills**

Local Name: **Tejphal (Garo)**

Dried Form (**Ungarbled**)

Meghalaya Collective's Sichuan Pepper or Tejphal as it is called in Garo is brought to you from South Garo Hills. A mysterious condiment, this distinctively flavoured spice is used in chutneys, pickles, and salads. The branches of the plant and the delicate nature of the seeds make it a challenging crop to harvest. The utmost care is taken to bring this household favourite from our homes to yours.



Large Cardamom

Sourced from: **Nokrek, West Garo Hills / Ri Bhoi**

Form: **Dried**

Local Name: **Badi Elatchi**

Meghalaya Collective's Large Cardamom comes from Ri Bhoi as well as Nokrek ranges of Garo Hills. The seed pods of this perennial flowering plant are usually dried over an open flame, giving them a roasted and savory spiciness rather than the slightly sweet flavor of green cardamom. Not only is it a versatile spice that works well with tea and stew, savory meat and fish, sweets and cakes, but it also has a variety of health benefits.



King Chilli

Sourced from: **Marngar, Ri Bhoi**

Local name: **Sohmynken Beb (Khasi)**

Meghalaya Collective's King Chilli or U Sohmynten Beb is considered one of the world's hottest chillies. Standing at 1,001,304 on the Scoville scale, it is also referred to as the Ghost Pepper. While its bushes bear fruit frequently, farmers patiently wait for the third harvest, when the peppers mature into their firecracker red colour. Our Chillies are Sun-Dried in an age-old process that seals its potency and delivers you the absolute best in quality.

Cinnamon

Sourced from: **Chokpot, South Garo Hills, Dienkynthong East Khasi Hills**

Local Name: **Dalchini (Garo)**

Form: **Unpolished**

Meghalaya Collectives' Cinnamon is brought from the slopes of East Khasi and South Garo hills. It is known for its unique flavour profile, which is often described as more intense and aromatic compared to other varieties. The specific growing conditions and the genetic makeup of the trees contribute to this unique sensory experience.





Fresh Fruits

Pineapple

Sourced from: **Umling, Ri Bhoi | Mawshynrut**
West Khasi Hills | Songsak, East Garo Hills |
Tikrikilla, West Garo Hills

Meghalaya produces organically grown sweet pineapples known for their high sugar content (brix value of 16-18), organic nature and low sourness. They have significantly low pesticide residues comply with European Maximum Residue Limits (MRLs).



Strawberry

Sourced from: Syntung Nohron, Eastkhasi hills | Sohliya, Ribhoi | Darechikgre, West Garo Hills

Welcome to the land of strawberries, where lush green hills embrace a thriving horticultural revolution. Through a trial project undertaken two decades ago, strawberries found their home in Meghalaya; sparking a revolution that continues to flourish today. Meghalaya has now emerged as one of the top five states producing strawberries in the country.



Khasi Mandarin

Sourced from: **Jirang, Ri Bhoi |**
Rombakger, East Garo Hills |
Rongsu, South Garo Hills

Meghalaya Collective's Khasi Mandarins are characterized by their small to medium size, thin, easy-to-peel skin, and its sweeter taste unlike rest of citrus species.

The GI tagged produce is locally called as Soh Niamtra in Khasi and Komola in Garo. It's often referred to as the King of Oranges as it's one of the most loved oranges in the world.





Assortment

Wild Forest Honey

Sourced from: **Barato, Jaintia Hills**

Local name: **Umngap**

Meghalaya collectives Wild Forest Honey is 100% raw and natural. Our honey is extracted from wild honeycombs that are laboriously collected by the villagers from the forest canopy surrounding the Barato Village, situated in Jaintia Hills. The villagers scour the forest for several days at a time to find these honeycombs. Once spotted they skillfully ascend onto the branches of tall trees and finally bring down the bounty after enduring the occasional bee sting. Our wild honey is multi-floral and therefore packs the goodness of the entire forest. It has no additives or preservatives and is free from city pollution.



Cocoa

Sourced from: **Dalu, West Garo Hills/**

Gasuapara, South Garo Hills

Form: **Dried Cocoa beans**

Meghalaya Collective's dried cocoa beans come from the farmers of West and South Garo Hills, who open the pods and give it to the common collection centre of the farmer cooperative. Their it is carefully fermented for 12 days with stirring at regular intervals and finally sun dried for 3 - 4 days to bring out quality cocoa beans. Majority of the beans come from Forastero variety.

Vanilla

Sourced from: **Mendipathar, North Garo Hills**

Form: **Cured vanilla beans**

Meghalaya Collective's cured vanilla beans come from the farmers of North Garo Hills who have mastered the art of artificial pollination over the years. The good grade raw vanilla beans are collected at the farmer cooperative's collection centre where it cured carefully over the months through a process of blanching, sweating, drying and conditioning. They are stored in air tight containers for long term storage.



Coffee

Sourced from: **Marngar, Ri Bhoi | Pynursla, East Khasi Hills / Nokrek, West Garo Hills**
Form: **Sun Dried Berries**

Meghalaya Collective's Coffee brings to you a coffee tradition from the villages of Garo and Khasi Hills. It is a heritage that has survived the test of time and natural calamities. Handpicked whole Arabica beans and Robusta beans are sourced from prime pesticide-free plantations within the region. They are carefully sun dried and delivered to you with utmost care.



Green Tea

Sourced from: **Urlong Tea Estate, Mawlyngot, East Khasi Hills**
Form: **U slasha Jyrngam (Khasi)**

Meghalaya Collective's Green Tea is an exquisite form of Highland tea that is sourced from the Urlong Tea Estate. Managed and farmed primarily by women farmers and entrepreneurs, our highland green tea is a class apart. Each batch is freshly handpicked from pesticide-free, organic farms and processed in the millennium-old traditions of leaf roasting, which ensures quality at its highest level.

Black Sesame

Sourced from: **West Jaintia Hills & North Garo Hills**
Local name: **U Nai-iong (Jaintia)**

Meghalaya Collective's Sesame Seeds or U Nei-fong (Khasi) is the Queen of Meghalayan Cuisine. Sourced from the West Jaintia Hills and from Garo Hills, the seeds' rich texture makes them the perfect companion for curries. It is this luxurious quality that exquisitely associates it with our celebrations and exotic dishes. Each batch of sesame goes through multiple processes of drying and meticulous hand selection, impeccably giving you the very best of Sesame Seeds that Meghalaya has to offer.



Perilla Seeds

Sourced from: **Khanduli, West Jaintia Hills**

Local name: **U Nai-Lieh (Jaintia)**

Meghalaya Collective's Perilla Seeds or U Nai Lieh in Jaintia is the Royal Sibling of Nai long or Sesame Seeds. Sourced from the Western Jaintia Hills, it has a distinct nutty flavour which makes it the perfect condiment for salad dressings. Each batch of Nai Lieh is handpicked, sun-dried painstakingly sieved to give you the absolute best our hills have to offer.



Oyster Mushrooms

Sourced from: **Mendipathar, North Garo Hills**

Oyster mushrooms from Meghalaya, grown in a pristine, chemical-free environment, are rich in nutrients like protein, vitamins, and minerals. They are known for their immune-boosting and anti-inflammatory properties.

Cashewnut

Sourced from: **Dalu/Babadam/Phulbari, West Garo Hills**

Local name: **Kaju (Garo)**

Meghalaya Collective's Cashew Nuts are sourced from the local farmers of West Garo Hills. The cashew nut trees are grown in private orchards and hand-picked only from first-grade cashew apples. The nuts are then delicately cut from the apples, leaving the nuts to be sun-dried. These sun-kissed kernels are then shelled, peeled and only the highest grade is singled out just for you.



Red Rice

Sourced from: **Lawbah, Mawsynram**

Local Name: **U Khaw Saw (Khasi)**

Meghalaya Collective's Red Rice or U Khaw Saw comes from the pesticide-free paddy fields of Lawbah in Mawsynram. Red Rice is the staple ingredient in most Meghalayan lunches and is beloved by our long-distance runners. The rice is hulled traditionally by women who pound the rice in large wooden mortar and pestles made from the Dieng Laphiang or White Teak. The wood from this is specially selected because of its mailable and anti-termite nature. Teak has many health benefits.



Sticky Rice

Sourced from: **Lawbah, Mawsynram**

Local name: **Ka Jashulia**

Meghalaya Collective's Sticky Rice or Ka Ja shulia is curated for you from the pesticide-free paddy fields of Lawbah, Mawsynram. Sticky Rice is an integral ambassador of Meghalayan cuisine. The rice is prepared using the traditional method of using a large wooden mortar and pestle made from the Dieng Laphiang or White Teak. This type of wood is specially selected because of its durability and nutritional properties. Each box of rice is carefully hand-sieved and sun-dried to preserve its most delicate flavour and sun-dried to preserve its most delicate flavours.

Mangsang Rice

Sourced from: **Mangsang, East Garo Hills**

Local name: **Biju Jaha (Garo)**

Meghalaya Collective's Mangsang Rice or Biju Jaha is sourced from the Mangsang Region in Garo Hills. Mangsang Rice, also locally known as Biju Jaha is a unique, yellow husked aromatic rice from East Garo Hills. Mangsang Rice, also locally known as Biju Jaha is a unique, yellow husked aromatic rice that is exclusively cultivated in the Mangsang Region. It is said that the rice derives from the clay in these foothills. The rice is ground by hand in traditional wooden mortar and pestles, to ensure its exquisite flavour is kept intact in every grain on your plate.





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