

# Product Catalogue of Potential Agro-ecological Crops & Products

## Moringa Leaf Powder

Moringa Leaf Powder, grown and traditionally processed in the Sundarbans region of Hingaljanj, North 24 Parganas, West Bengal, is a premium natural product produced by a local women's group. Derived from the nutrient-rich "Miracle Tree," this moringa powder is carefully harvested, shade-dried, and finely ground without any additives or preservatives, preserving its full nutritional value. It is packed with essential vitamins (A, C, E), minerals (calcium, iron, potassium), and plant-based protein containing all 9 essential amino acids. A natural source of antioxidants, it helps boost immunity, enhance energy, reduce inflammation, and support overall wellness. This is chemical-free and sustainably made powder reflects both traditional wisdom and modern health needs. (Health & Nutrition Information Source: [www.nin.res.in](http://www.nin.res.in) and [www.icmr.gov.in](http://www.icmr.gov.in))



## Lesser Yam Dumpling (Bori)

Lesser Yam Dumpling (Bori) is a traditional Bengali food innovatively crafted by local women's groups in the Sundarbans region using naturally grown lesser yam tubers, a nutritious crop known for its low glycemic index and health benefits for the eyes, diabetes management, and obesity control. These hand-shaped dumplings, or "Bori," are made by blending lesser yam paste with black gram paste, then skilfully shaped by hand and sun-dried to preserve them naturally. Light, fluffy, and tender, these dumplings are a staple in Bengali cuisine and can be used in a variety of dishes throughout the year. They are a rich source of protein, carbohydrates, dietary Fiber, potassium, calcium, magnesium, phosphorus, and iron, making them a wholesome, ready-to-cook option that combines traditional taste with modern nutritional awareness. (Health & Nutrition Information Source: Association of Food Scientists & Technologist, Department of



food Technology & Biochemical Engineering, JADAVPUR UNIVERSITY, KOLKATA and [www.icmr.gov.in](http://www.icmr.gov.in)).

## Green Gram Dumpling (Bori)

Green Gram Dumpling (Bori) is a traditional, sun-dried food product made from the agro-ecologically grown Kali variety of green gram (mung beans), carefully prepared by local women's groups using time-honoured, homemade methods. Widely consumed in Bengal and other parts of India, this handcrafted dumpling is a powerhouse of nutrition, offering a rich source of plant-based protein ideal for vegetarian and vegan diets. High in dietary fibre, it supports digestion, relieves constipation, and promotes gut health. Naturally low in fat and cholesterol-free, Bori is heart-friendly and packed with essential nutrients including folate, iron, magnesium, potassium, and B vitamins, which support blood health, energy metabolism, and muscle function. Its antioxidant content—primarily flavonoids and phenolic acids—helps combat oxidative stress and may reduce the risk of chronic diseases such as diabetes and cancer. With a low glycemic index, it aids in managing blood sugar levels, making it a suitable option for diabetics. Light and easily digestible, it is especially beneficial for those with sensitive digestive systems. In addition to its health benefits, Green Gram Bori is shelf-stable, easy to store, and highly versatile—perfect for enhancing the flavour and nutrition of curries, stir-fries, and traditional meals. (Health & Nutrition Information Source: [www.nin.res.in](http://www.nin.res.in) and [www.icmr.gov.in](http://www.icmr.gov.in))



## Winged bean or Four-angled bean

Winged bean, widely grown in the Sundarbans region of West Bengal during the Kharif season, is a low-maintenance, climbing legume crop that requires minimal land, no chemical fertilizers, pesticides, or irrigation. Highly nutritious and climate-resilient, it is valued for its edible pods, seeds, leaves, flowers, —earning it the nickname "supermarket on a stalk." Rich in plant-based protein (comparable to



soybeans), essential amino acids, vitamins A, C, and B-complex, and minerals like iron, calcium, potassium, and magnesium, winged bean supports vision, immunity, bone health, digestion, and energy metabolism. Its high fibre and low glycemic index make it suitable for diabetics, while antioxidants help reduce the risk of chronic diseases. Naturally low in fat and calories, it promotes healthy weight and is ideal for sustainable, nutrition-rich agriculture in marginal environments. (Health & Nutrition Information Source: [www.nin.res.in](http://www.nin.res.in) and [www.icmr.gov.in](http://www.icmr.gov.in))

## Date Palm Jaggery

Date Palm Jaggery is made from Date Palm sap which is naturally grown. It is rich in essential nutrients and energy boosters. Date Palm Jaggery contains ascorbic acid and certain B vitamins with various micro & macro nutrients. Date Palm Jaggery is said to be healthier than the sugar derived from Sugar Cane.



Date palm rich source of minerals, restores healthy digestion, rich in nutrients, energy booster, active cleanser, relieves constipation.



## To Know Your Farming Community:

In our village, we believe in the power of nature and eco-friendly agriculture. We are passionate about providing you with the freshest, delicious & nutritious organic produce straight from the farmer's fields to your plate. Our story begins with deep-rooted commitment to the environment and well-being of our community and consumers. We have adopted ecological farming



practices that prioritize the use of natural fertilizers, crop rotation, and biological pest control methods. By working in harmony with nature, we strive to preserve soil's fertility, protect biodiversity, and promote a balanced ecosystem.

Every day our dedicated farmers manage crops with love and care. From planting the seeds to harvesting of fruits and vegetables, we ensure that each step of the process is carried out with utmost attention to ensure quality. We believe that the time and effort invested in cultivating our produce shines through in its exceptional taste and nutritional value. When you choose our organic produce, you are not only making a healthy choice for yourself and your family but also supporting the local farming community.

We are proud to be part of a trusted food network of farmers and retail chains that help us in selling our products and providing nutritious food to consumers.



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**CROPS  
4HD**



What do we grow?

Whole Green Gram

The greengram, alternatively known as mung bean, is a plant species in the legume family grown largely in Sundarbans. It is a rich source of Protein along with fibre and iron. Green gram is consumed as a sprout, whole grain, and dal. Mung beans are easy to digest, and, in Ayurveda, they are considered to be, Sattvic food meaning wholesome food.



Green Gram Dal

Green split moong dal is dehulled moong dal. The splitted moong bean is yellow in colour and having mild aroma. The variety widely grown in Sundarban area is slightly salt tolerant variety and seeds are smaller in size having detectable good taste. This dal is easy to cook having high nutritional value.



Drumstick

Drumstick commonly known as moringa, is a fast growing tree cultivated in Sundarbans areas for its tender seed, pod and leaves used as vegetables which is loaded with vital nutrients. Drumstick is highly prized as every single part of the tree is valued and used as a superfood that beat chronic diseases or as a vital component in traditional medicine.



Dudheshwar Rice

Dudheshwar Rice is one of the traditional varieties of rice cultivated in the South 24 Parganas district of West Bengal. This rice is one of the



most beloved rice variants consumed by the urban class population in India and mainly in West Bengal. The rice is naturally produced without any form of inorganic fertilizers or pesticides. Dudheshwar Rice is known for its distinct flavour.

Roselle

Roselle is a species of genus Hibiscus and lesser known having multifarious health and nutritional benefits. Its antioxidant rich fleshy calyces are used as tea, or preparation of sauce, jam, jelly and chutney (pickle). It inhibits excess carbohydrate absorption and thus helps in reducing blood sugar and body weight control.



It is most often used for cardiovascular health and effective in detoxification of body. It is widely grown in Sundarban in marginal lands.

Lesser yam

Lesser Yam is a tuber crop widely grown in Sundarban region and farmers depend on them on lean period when vegetables are scarce. Also this crop can easily be integrated into farmers existing cropping system as a tier crop. This wonder crop is packed with many nutritional benefits and medicinal values. It can supply good amount of Vitamin A, C and iron. This nutrition rich crop is consumed as vegetable or snacks can be prepared too. Lesser yam dumpling is one innovative product prepared by Women farmers of Sundarbans and has gained market popularity.



Amaranthus

Amaranthus is a leafy vegetable grown widely in Sundarbans. The variety of Amaranthus grown in Sundarban region throughout the year is a good source of essential amino acids and other nutrients such as calcium,



magnesium, zinc, dietary fibre etc. Agroecologically produced amaranthus is having good taste and healthy too.

It is most often used for cardiovascular health and effective in detoxification of body. It is widely grown in Sundarban in marginal lands.

Lablab bean

Lablab bean is protein rich vegetable under legume family. The green pods are consumed as vegetables whereas, dried seeds are equally nutritious and delicious. In Sundarban this crop is grown with large diversity and following agroecological practices. Dry lablab bean seeds are good source of minerals like iron, calcium, magnesium, manganese etc. The diversity of Lablab bean grown in Sundarban gives option to you to make different recipes for consumption.



Honey

Sundarbans honey is a gift of nature full of natural goodness and medicinal benefits. The physical property of honey such as colour, texture, viscosity depends on the flower from which nectar is collected by honey bees. The flowering period of mangrove differs and thus in different period different honey is procured from the wild part of Sundarbans which varies in colour and texture. Pure honey is bottled and marketed to consumers regularly.



Spices

Spices cultivated under agroecological condition possess more nutritional and medicinal benefits. The farmers of Sundarbans are cultivating ginger and turmeric using climate adaptive technologies such as sack cultivation, multi-tier cropping. The indigenous



variety of these spices having medicinal benefits as well. The women farmers through group formation process the spices and make dust by pounding the dried rhizomes. The whole spices are also available which are fresh and with good cooking quality.

Hand-Pounded Dudheshwar Rice

Hand-Pounded Dudheshwar Rice (Also known as Hand-Milled Dudheshwar Rice) is a premium, traditional rice variety native to the Sundarbans region of South and North 24 Parganas districts in West Bengal, India. It is derived from the indigenous Dudheshwar paddy, known for its slender grains, distinct aroma, and rich, flavourful taste, making it a valued staple in authentic Bengali cuisine. This resilient variety stands out for its natural tolerance to water-logging and its ability to grow without the use of synthetic fertilizers or chemical pesticides, making it both environmentally sustainable and safe for consumption. The rice is processed using a traditional hand-pounding technique by local women's groups, who use a wooden pounder and stone grinder called the "Dhenki" in Bengali. This manual method carefully removes the outer husk while preserving the nutrient-rich bran layer, resulting in unpolished rice that retains all its natural goodness—typically lost in modern milling. Hand-Pounded Dudheshwar Rice has a low glycaemic index, making it ideal for individuals with diabetes or those seeking a balanced diet. Its complex carbohydrates ensure meals are filling and nourishing, while its nutritional profile—rich in dietary fibre, calcium, iron, selenium, manganese, Vitamin K, Vitamin E, plant-based protein, and antioxidants—supports digestive health, strengthens bones, promotes muscle and tissue health, and helps reduce health-related risks. This naturally produced, health-enhancing rice not only delivers wholesome nutrition in every grain but also sustains traditional practices and empowers rural livelihoods. (Health & Nutrition Information Source: National Institute of Nutrition, India – [www.nin.res.in](http://www.nin.res.in)).

