



HEALTH FOOD ESSENTIALS

by

THE URBAN PEASANT FARM SHOP

Shop Add. : Unit No.3 , Shree Siddhivinayak Est., Mathurdas Mill Compound,
126 N.M. Joshi Marg, Lower Parel (West), Mumbai - 13

Farm Address : The Urban Peasant Farm (PGS Certified), Village Humgaon, Karjat , Mah - 410201
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@urbanpeasantindia



We offer only Premium-Quality, Jaivik Products ethically sourced from socially responsible, environmentally sustainable conditions.

Page: 1/2

NATURAL CEREALS PRICE / PKT

A101 Oats - 500 gms	220
A102 Jau / Barley (Dehusked) - 500 gms	160

HIGH ENERGY - STONE GROUND NATURAL ATTAS PRICE / PKT

B101 Bajri Atta - 500 gms	90
B102 Banana Atta Raw Green - 250gms	160
B103 Bansi Wheat Atta - 1 kg	170
B104 Besan Atta - 500 gms	130
B105 Chana Sattu Atta- 500 gms	160
B106 Chaval / Rice Atta- 500 gms	100
B107 Jau / Barley Atta - 500 gms	170
B108 Jowar Atta - 500 gms	90
B109 Khapli / Emmer wheat Atta - 1 Kg	200
B110 Kuttu / Buckwheat Atta - 500 gms	280
B111 Makai / Corn Atta - 500 gms	140
B112 Nachni / Ragi Atta - 500 gms	100
B113 Quinoa Atta - 500 gms	290
B114 Rajgira / Amaranth Atta - 500 gms	150
B115 Red Rice Atta - 500 gms	150
B116 Thaalipeeth Atta - 500 gms	160

Fresh Batches Every Week

HIGH ENERGY - STONE GROUND SPROUTED ATTAS PRICE / PKT

B201 Sp. Bajri Atta - 500 gms	150
B202 Sp. Jowar Atta - 500 gms	150
B203 Sp. Khapali /Emmerwheat Atta - 500 gms	190
B204 Sp. Moong Atta - 500 gms	190
B205 Sp. Nachni / Ragi Atta - 500 gms	170

Fresh Batches Every Week

HIGH ENERGY - STONE GROUND NATURAL + MILLET ATTAS PRICE / PKT

B301 Chenna / Proso Millet Atta - 250 gms	90
B302 Kangni / Foxtail Millet Atta - 250 gms	80
B303 Kodra / Kodo Millet Atta - 250 gms	90
B304 Kutki / Little Millet Atta - 250 gms	100
B305 Muraat / Browntop Millet Atta - 250 gms	120
B306 Sanva / Barnyard Millet Atta - 250 gms	100

Fresh Batches Every Week

HIGH ENERGY - STONE GROUND NATURAL DALIYAS PRICE / PKT

C01 Jowar Daliya - 500 gms	140
C02 Khapali / Emmerwheat Daliya - 500 gms	160
C03 Wheat Daliya - 500 gms	80

Fresh Batches Every Week

HIGH ENERGY - STONE GROUND NATURAL SUJI PRICE / PKT

D01 Bajri Suji - 500 gms	90
D02 Jowar Suji - 500 gms	140
D03 Khapli / Emmerwheat Suji - 500 gms	160
D04 Nachni / Ragi Suji - 500 gms	150
D05 Wheat Rava Suji - 500 gms	80

Fresh Batches Every Week

HIGH ENERGY - NATURA VERMICILLI PRICE / PKT

E01 Jowar Vermicilli - 250 gms	110
E02 Khapli Vermicilli - 250 gms	120
E03 Nachni / Ragi Vermicilli - 250 gms	110

Fresh Batches Every Week

NUTRI CEREALS - INDIAN NATURAL MILLETS PRICE / PKT

F01 Bajra / Pearl Millets - 500 gms	100
F02 Chenna / Proso Millets - 500 gms	120
F03 Jowar Millets / Shorgum - 500 gms	100
F04 Kangni / Foxtail Millets - 500 gms	120
F05 Kodra / Kodo Millets - 500 gms	120
F06 Kutki / Little Millets - 500 gms	120
F07 Kuttu / Buckwheat Millets - 500 gms	210
F08 Murat / Browntop Millets - 500 gms	210
F09 Nachni Ragi / Finger Millets - 500 gms	120
F10 Quinoa White - 500 gms	280
F11 Rajgira / Amaranth Millets - 500 gms	140
F12 Sanva / Barnyard Millets - 500 gms	140

NATURAL HAND POUNDED PULSES PRICE / PKT

G02 Chana Brown / Black Chickpeas - 500 gms	130
G03 Chowli - Lobiya / Cowpeas - 500 gms	130
G04 Kabuli Chana (Chole) / Chickpeas - 500 gms	140
G06 Kulith / Horsegram -500 gms	130
G08 Masoor Whole / Red Lentils - 500 gms	130
G09 Matki / Turkish Gram - 500 gms	130
G11 Moong Green(Whole) / Green Gram - 500 gms	140
G12 Rajma Chitra / Red Kidney Beans - 500 gms	150
G13 Rajma Jammu / Red Kidney Beans - 500 gms	140
G15 Rajma Sharmili / Red Kidney Beans - 500 gms	140
G16 Safed Vatana / White Peas - 500 gms	130
G18 Urad Black- (Whole) / Black Gram - 500 gms	130

* Available in 1 Kg / 5Kg Packs @ Spl. Rate

NATURAL HAND POUNDED DAALS & LENTILS PRICE / PKT

H02 Chana Daal /Chick Peas -Split & Skinned - 500 gms	130
H04 Masoor Daal /Red Lentils-Split & Skinned- 500gms	140
H06 Moong Daal / Green Gram-Split & Skinned-500 gms	140
H08 Moong Daal / Green Gram - Chilka / Split - 500 gms	140
H10 Toor Daal/Yellow Pigeon Peas-Split & Skinned - 500 gms	160
H12 Urad Daal /Black Gram - Split & Skinned - 500 gms	140
H14 Urad Daal / Black Gram - Chilka / Split - 500 gms	130

* Available in 1 Kg / 5Kg Packs @ Spl. Rate

INDIAN GROWN NATURAL RICE PRICE / PKT

I01 Ambemohar Brown Rice - 500 gms	140
I02 Ambemohar White Rice - 500 gms	120
I03 Basmati White Rice - 1 Kg	240
I04 Black Rice - 500 gms	180
I05 Gobindobhog Rice - 1 Kg	230
I06 Idli Rice - 500 gms	90
I07 Indrayani Brown Rice - 1 Kg	180
I08 Indrayani White Rice - 1 Kg	170
I09 Kolam (Gvaran) - Unpolished - 1 Kg	150
I10 Kolam (Wada) - White Rice - 1 Kg	140
I11 Red Rice - 500 gms	130
I12 Sona Masuri Brown Rice - 1 Kg	160

* Available in 5Kg Packing @ Spl. Rate

INDIAN GROWN NATURAL POHA / FLATTENED RICE GRAIN PRICE / PKT

J01 Jowar Poha - 250 gms	80
J02 Red Rice Poha - 500 gms	100
J03 White Rice Poha - 500 gms	80

PURE HIMALAYAN SALTS PRICE / PKT

K01 Salt Rock Granules Pink Himalayan - 250 gms	80
K02 Salt Rock Powder Pink Himalayan - 500 gms	80

* Available in 1Kg Packing @ Spl. Rate

*Home Delivery Across India.

*Conditions Apply

*Prices & Availability May Change.



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Page: 2/2

INDIAN NATURAL SPICES PRICE / PKT

L01	Aamchur / Mango Powder - 100 gms	100
L02	Ajwain (Whole) / Carom Seeds - 200 gms	140
L03	Dhaniya / Coriander (Whole) - 150 gms	100
L04	Dhaniya / Coriander Powder - 200 gms	120
L05	Haldi / Turmeric Powder - 250 gms	190
L06	Imli / Tamarind - 250 gms	100
L07	Jaiphal / Nutmeg (Whole) - 50 gms	200
L08	Jeera / Cummin Seeds (Whole) -200 gms	210
L09	Jeera / Cummin Seeds Powder - 100 gms	120
L10	Kala Mari / Black Pepper (Whole) - 100 gms	110
L11	Kesar (Saffron) - 1 gm	400
L12	Lavang / Clove (Whole) - 50 gms	160
L13	Methi Dana (Whole) / Fennel Seeds - 200 gms	100
L14	Mirchi / Chilli Red Kashmiri (Whole) - 250 gms	240
L15	Mirchi / Chilli Red Powder - 250 gms	290
L16	Moongaphalee / Grountnuts (Desi) - 250 gms	80
L17	Rai / Mustard Seeds (Whole) - 200 gms	100
L18	Saunf / Fennel Seeds - 200 gms	190

NATURAL HEALTH SUPPLEMENTS PRICE / PKT

T01	Ashwagandha Root Powder - 100 gms	200
T02	Sahjan / Moringa Leaf Powder - 100 gms	140
T03	Wheatgrass Powder - 100 gms	180

NATURAL HEALTHY SEEDS PRICE / PKT

U01	Alfa Alfa Seeds - 200 gms	230
U02	Alsi / Flax Seeds - 200 gms	120
U03	Chia Seeds - 200 gms	200
U04	Halim / Alive Seeds - 200 gms	170
U05	Hemp Seeds - 200 gms	320
U06	Kaddoo / Pumpkin Seeds - 200 gms	270
U07	Kharabooje / Muskmelon Seeds - 250 gms	300
U08	Sabja / Basil Seeds - 200 gms	150
U09	Suryamukhi / Sunflower Seeds - 200 gms	240
U10	Tarbutj / Watermelon Seeds - 200 gms	230
U11	Til Kaala / Black Sesame Seeds - 250 gms	160
U12	Til Safed / White Sesame Seeds - 200 gms	130

SUGAR SUBSTITUTES - PURE JAGGERY & SUGAR PRICE / PKT

M01	Cane Jaggery Block - 1 kg	180
M03	Cane Jaggery Powder - 500 Gms	100
M04	Cane Jaggery Syrup (Kakvi) - 500 gms	200
M05	Coconut Palm Jaggery Block - 500 gms	140
M06	Coconut Sugar - 250 gms	240
M07	Khandsari Sugar (Raw) - 1 Kg	160

* Available in 1Kg Packing

WHOLESOME DRY FRUITS & NUTS PRICE / PKT

V01	Akhrot / Walnuts (Raw) - 200 gms	480
V02	Badam / Almond (Raw) - 200 gms	390
V03	Blackberry (Dry) - 250 gms	470
V04	Blueberry (Dry) - 250 gms	650
V05	Cranberry (Dry) - 250 gms	470
V06	Hazel Nuts - 200 gms	650
V07	Kaju / Cashew (Raw) - 200 gms	380
V08	Kishmish / Raisins (Black) - 200 gms	230
V09	Kishmish / Raisins (Golden Munakka)- 200gms	280
V10	Mix Dry Fruits - 250 gms	750
V11	Anjeer Dried /Fig - 200 gms	450

NATURAL HONEY PRICE / BTL

N01	Forest Honey - 250 gms	280
N03	Jamun Honey - 250 gms	280
N05	Tulsi Honey - 250 gms	280

* Available in 500 Gms

PURE A2 BILONA GHEE PRICE / BTL

O01	A2 Gir Cow Bilona Ghee - 500 gms	1100
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* Available in 300 Gms & 1 Kg.

PURE WOOD / COLD PRESSED OILS PRICE / BTL

P01	Badam / Almond Oil - 100 ml	490
P03	Erandel / Castor Oil - 100 ml	150
P04	Jardalu / Apricot Oil - 100 ml	480
P05	Moongaphalee / Groundnut Oil - 500 ml	250
P08	Naryal / Coconut Oil - 500 ml	330
P10	Naryal / Extra Virgin Coconut Oil - 500 ml	470
P12	Sarson / Mustard Oil - 500 ml	220
P14	Suryamukhi / Sunflower Oil - 500 ml	230
P17	Til / Sesame Oil - 500 ml	320

* Available in 1 Ltr. & 5 Ltr. @ Spl. Rate

NUTRITIOUS BUTTERS PRICE / BTL

Q01	Kaju / Cashew Butter - 300 gms	870
Q02	Moongaphalee/Peanut Butter (Unsweetened)-500gms	870
Q03	Naryal / Coconut Butter - 300 gms	670

NATURAL HERBS PRICE / PKT

R01	Oregano - 40 gms	160
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AUTHENTIC PODIS (CHUTNEY POWDERS) PRICE / PKT

S01	Flax Seeds Chutney Powder (Podi)-150 gms	200
S02	Methkut Chutney Powder (Podi) - 150 gms	200
S03	Niger Seed Chutney Powder (Podi)-150 gms	200

HEALTHY NUTRI CEREALS / MILLET SUPERFOODS PRICE / PKT

W01	Chivda Bajri - 100 gms	70
W02	Kurmura Jowar - 250 gms	150
W03	Bhel -Magic Millet - 200 gms	260
W04	Muesli (Multi Millet) - 250 gms	290
W06	Munchies (Multi Millets) - 250 gms	160
W07	Noodles Multi Millet - 175 gms	160
W08	Pasta Multi Millet - 180 gms	160
W09	Ramdana / Puffed Amaranth - 200 gms	180

HOT RUNNERS PRICE / PKT

X01	Aloe Vera Gel - 100 gms	160
X02	Amla Candy Masala - 200 gms	150
X03	Amla Candy Sweet - 200 gms	140
X04	Chawanprash - 300 gms	400
X05	Chikki Peanut (with Jaggery)-200 gms	220
X06	Chikki Til / Sesame (with Jaggery) - 200 gms	240
X07	Daanth Manjan / ToothPowder - 100 gms	220
X08	Gulkhand (Without Essence) - 125 gms	150
X10	Gut Cleanse Powder - 200 gms	400
X11	Kokum Agal - 250 ml	160
X12	Ladoo - (Pure Ghee & Jaggery) Sattu - 250 gms	430
X13	Ladoo-(Pure Ghee & Jaggery) Dink Kharik -250 gms	450
X14	Makahna Puffed / Foxnuts - 100 gms	190
X15	Shilajit Himalayan - 10 gms	500
X16	Squash - Lemon Jaggery - 350 ml	260
X17	Soap - Lemon Grass Green Clay/ Turmeric / Vetiver Calendula/ Milk & Honey / Levender Brazilian Clay / Choco Coffee - 95gsm Cold Pressed 100% Natural Homemade	190
X18	Tomato Ketchup- Reg & Jain - 300Gms	350

*Home Delivery Across India.

*Conditions Apply

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