

Product details

Mart
SFFRON



Dry fruit Mix

This powdered dry fruit mix is perfect for a natural boost of energy, this dried fruits mix with dates, kismis, figs, apricots, and other dried fruits, like pineapple, and strawberries. They are great for snacking when lounging around or on the road.

This mix is good for Child growth which is carrying all the required nutrition for the better health and immune system.

Packings:

Flavour:

Quality: Premium

Preservative: No preservatives added



Kashmiri Garlic or Kashmiri Lehsun or Snow Mountain garlic is a subspecies of garlic which is found in the mountainous Indian administrated Jammu and Kashmir. It grows well in the western Himalayas in temperatures as low as - 10 °C (14 °F), and with very little oxygen.

Kashmiri Garlic is one herb that has been used since ancient times to cure people of various illness.

Some Health Benefits of Kashmiri Garlic

1. Garlic is one of the most widely purchased herbal supplements used to lower cholesterol levels. 2. Garlic is an excellent remedy for whooping cough. Syrup of garlic given in doses of five drops to a teaspoonful two or three times a day helps. Give it more often if the coughing spells are frequent and violent. 3. Refreshes cells by promoting oxygen circulation; it's a powerful antioxidant.

4. Helps protect the liver from toxic substances

5. Helps rejuvenate a tired liver and promote normal functioning.

6. Garlic helps in a variety of skin disorders. Pimples disappear without scar when rubbed with raw garlic several

times a day. The external use of garlic helps to clear the skin of spots and pimple, and boils.

7. Lowers Blood Sugar level for patients suffering with diabetes

8. Lastly, it's an all-natural Viagra for both men & women.

It is also best for treating hypertension.

Packings:

Flavour:

Quality: Premium

Preservative: No preservatives added



Shahi Jeera

Elwendia persica, synonym *Bunium persicum*, is a plant species in the family Apiaceae.

Bunium bulbocastanum, which is used as a spice and as a vegetable, and commonly called great pignut, [1] black zira, [1] or earthnut, [1] was previously considered to be a synonym of *Elwendia persica*.



Kehwah MIX is a traditional green tea preparation of Kashmir Valley. This refreshing and light drink of a tea is brewed by putting together natural ingredients like cinnamon, green cardamom, green tea and cloves. But saffron maart is making your life ease by providing instant mixes of Kashmiri kewha so that you can have Kehwa tea just in one minute.

It has a light green hue, which turns to gold in the presence of saffron. One sip of the delightful Kehwa takes you into a reverie, soothing your senses and relieving you from stress. And hence the name "Drink of the heavens". Another opinion has it that the drink is so called because it originates in the valley of Kashmir.

Benefits of Kehwa :

- Improves Digestion.
- Burns Fat.
- Builds Immunity.
- Stress Buster.
- Remedy for Cold.
- Improves Skin Health.
- Energy Booster.

Packings:

Flavour:

Quality: Premium

Preservative: No preservatives added



Shahi Kewha (11 secrets of Kewha)

Ingredients of this Shahi kewha are:

- Special rose petals.
- Cloves.
- Cinnamon.
- Cardamom.
- Black pepper.
- Watermelon seeds.
- Poppy seeds.
- Ginger.
- Saffron
- Cordia dichotoma
- Arnebia benthamii

Packings:

Flavour:

Quality: Premium

Preservative: No preservatives added



Masala Tikki is locally known as 'Kashir Werr' in Kashmir, this Masala Tikki or mix is an authentic Kashmiri Recipe. The wholesome Masalas (spices) are ground individually, and then are mixed together in appropriate proportions to make it a proper proportion of complementing flavor. Saffron mart's Olor Masala Tikki which comes in the elegantly designed packaging with fascinating fragrance, pleasant flavor and amazing coloring strength direct from Kashmir's home cooking tradition.

This product is a perfect blend of spices for preparation of any Veg/Non-Veg Dishes, especially for fish dishes.

Packings:

Flavour:

Quality: Premium

Preservative: No preservatives added



Saffron is a spice derived from the flower of *Crocus sativus*, commonly known as the "saffron crocus". The vivid crimson stigmas and styles, called threads, are collected and dried to be used mainly as a seasoning and coloring agent in food. Saffron is among the world's most costly spices by weight. It is known as Royal Spice. Kashmir saffron is considered the best variety (also called Mongra or Lacha saffron).

Nutrition

Dried saffron is composed of 65% carbohydrates, 6% fat, 11% protein and 12% water. In comparison to other spices or dried foods, the nutrient content of dried saffron shows richness in content of B vitamins and dietary minerals.

How to use:

Benefits Of Saffron (Kesar) For Health:

- Protects against cancer.
- Aids Arthritis Treatment.
- Cures Insomnia.
- Boosts Brain Health
- Promotes learning and memory retention.
- In delayed puberty.
- To increase vitality.
- In patchy baldness.
- Protection against cold.
- Food Additives.

Benefits For Skin:

- Offers Radiant Skin.
- Lightens Your Skin.
- Helps Treat Acne And Blemishes.
- Treats Dull Skin.

Packing available:

Quality:

Preservative: No preservatives added



Shilajit is a thick, sticky tar-like substance with a colour ranging from white to dark brown (the latter is more common), found predominantly in Himalaya, Karakoram, Caucasus mountains, Altai Mountains and mountains of Gilgit Baltistan .

Benefits of Shilajit:

- Blood sugar neutralizer.
- Extreme Sexual power booster.
- Anti-aging agent.
- Enhances potency.
- Improves memory.
- Arthritis and joint pain reliever.
- Male fertility and testosterone.

Packing available:

Quality:

Preservative: No preservatives added

Almond Oil

Great Benefits of Almond Oil:

- Treating dandruff and hair damage.
- Checks scalp infections and inflammation.
- Enriched with Vitamins E and A, which are good for both skin and hair health.
- Treat acute skin infections like psoriasis and eczema.
- Skin nourishes facilitating skin lightening and tan removal.
- Sweet almond oil can also be used in cooking.
- Used to massage the body and facilitate muscle relaxation.
- Remedy for chapped lips, wrinkles, cracked heels & dry feet.

Packings:

Flavour:

Quality: Premium

Preservative: No preservatives added



Walnut Oil

Benefits of Walnut oil:

- Fights against Fungal Infections.
- Helps to Fight Hair Loss.
- Reduces Signs of Ageing.
- Reduces Risk Of Cardiovascular Diseases
- Reduces Dark Circles.
- Cures Inflammatory Diseases and Digestive Problems.
- Boosts Blood Vessel Functioning.
- Cuts Belly Fat.

Packings:

Flavour:

Quality: Premium

Preservative: No preservatives added



Honey: Honey is a sweet, viscous food substance produced by bees. Honey gets its sweetness from the mono-saccharides fructose and glucose, and has about the same relative sweetness as sucrose (granulated sugar). Microorganisms do not grow in honey, so sealed honey does not spoil, even after thousands of years.

Benefits of Honey:

- Alleviates Allergies.
- Antioxidants.
- Sugar for Diabetics.
- Helps Improve Cholesterol.
- Boosts Memory.
- Cold and Cough Suppressant.
- Sleeping Aid.
- Treats Wounds and Burns.

Packings:

Flavour:

Quality: Premium

Preservative: No preservatives added



Gulkand or rose petal jam is a sweet traditional kashmir delicacy. Gul, which means 'flower' in both languages, and Qand, which means 'sweet' in Arabic. It is easy to prepare and is listed under the best Ayurvedic medicines for their enormous health benefits. It is prepared using special pink rose petals and mixed with sugar.

Benefits of gulkand:

- Menstrual pain reliever.
- Powerful anti-oxidant.
- Blood purifier.
- Acidity controller.
- Stomach heat reducer.
- Digestion regulator.
- Good rejuvenator
- Reduces foul body odor

Packings:

Flavour:

Quality: Premium

Preservative: No preservatives added



