



## Agricultural Products

### Organic

- ✓ Ambemohar Rice
- ✓ Red Chillies
- ✓ Garlic
- ✓ Ghee
- ✓ Dragonfruit
- ✓ White Onion

### Non-Organic

- ✓ Basmati Rice
- ✓ Baby corn
- ✓ Onion

We pride ourselves on being more than just an exporter; we're a trusted partner in delivering premium, organic produce to markets worldwide. We choose to export agricultural products because they are the foundation of health, culture, and daily life across the world. Food is not just a commodity it is a necessity, and the demand for safe, nutritious, and sustainably produced agricultural goods continues to grow rapidly in global markets. India's fertile lands, favorable climate, and deep-rooted farming traditions allow us to source products of exceptional quality, from golden, nutrient-rich organic ghee to fresh, flavourful organic onions and a variety of naturally cultivated produce. By focusing on agriculture, we connect global consumers with the purity and authenticity of farm-fresh goods, while creating sustainable livelihoods for farmers and empowering rural communities.

## Why Choose TSG Exports?


- ✓ **Global Reach:** We ship worldwide; Europe, Middle East, Asia, and beyond
- ✓ **Tailored Sourcing:** Tell us your exact specifications and we'll deliver the closest match.
- ✓ **Lab-Tested Produce:** Verified freshness, taste, and safety.
- ✓ **Certified Produce:** Quality-tested and certified
- ✓ **Licensed & Compliant:** All required export documents provided.
- ✓ **Competitive Pricing:** Premium products at fair prices.


## Get in Touch

Ready to partner with us for your fresh produce needs? We'd love to hear from you.

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Based in India - Serving the world

## About Us

At TSG Exports, we specialize in sourcing and exporting premium-quality organic fruits and vegetables to markets worldwide. Our produce is carefully procured from trusted farms that follow sustainable and chemical-free farming practices, ensuring freshness, nutrition, and taste in every shipment. With all necessary certifications and quality assurances in place, we meet international standards for safety and compliance. Our commitment to ethical sourcing, transparency, and customer satisfaction has earned us lasting partnerships across the globe.

## Organic Ambemohar Rice

The name “Ambemohar” combines two Marathi words, “Ambe” (mango) and “Mohar” (blossom); aptly reflecting its captivating floral aroma reminiscent of mango blossoms.

A popular choice for traditional dishes like Phodnichi Poli, Kanji, and Kheer, and is also used in religious ceremonies and wedding feasts. Its soft, easily digestible grains make it suitable for elders and children

- **Aromatic and flavorful:** Its unique scent and taste enhance the dining experience.
- **Easy to digest:** The soft grains are gentle on the stomach, making it suitable for all ages.
- **Versatile:** It can be used in various recipes, from simple rice dishes to more elaborate preparations.
- **Nutritious:** It provides essential nutrients and fiber



## Unique Traits

- **Grain Characteristics:** Short ( $\approx 5.5$  mm) and broad ( $\approx 2.2$  mm), these grains are fragile, fluff up when cooked, and tend to stick together; making them ideal for the elderly and children.
- **Special Status:** The Mulshi variant of Ambemohar rice has been granted a Geographical Indication (GI) tag.
- **Flavor & Aroma:** Ambemohar is renowned for its intensely sweet, mango-blossom fragrance—a sensory experience tied deeply to Maharashtrian tradition and cuisine

## Organic Red Chillies

Organic red chillies are chilli peppers cultivated without synthetic pesticides, fertilizers, or GMOs. Certified organic, they offer a clean, flavorful experience with the added benefits of sustainable farming practices.

### Nutritional & Health Benefits

Organic red chillies are not just about spice; they're also nutrient-rich and medicinal:

- **Antioxidant Powerhouse:** Loaded with vitamin C, vitamin A (via beta-carotene), and carotenoids like capsanthin and violaxanthin. These compounds help fight oxidative stress and support immune function.
- **Capsaicin Benefits: Pain Relief:** Capsaicin is widely used in topical creams and patches to ease muscle and joint pain, including arthritis and neuropathy.



**Metabolism & Weight Management:** It can boost metabolic rate and reduce appetite through thermogenesis, helping aid weight loss when paired with lifestyle changes.

**Heart Health:** Regular consumption is linked to lower blood pressure, reduced cholesterol, and improved circulation. Some studies even report lower mortality from cardiovascular diseases.

**Digestive & Respiratory Support:** These chillies may enhance digestion, relieve congestion, and support gut and respiratory health—though individual reactions vary.

**Immune & Cellular Defense:** Their rich antioxidant profile supports immune health and may lower the risk of chronic diseases.



## Organic Garlic

Grown without synthetic pesticides, herbicides, or fertilizers. It's known for its robust flavor and potential health benefits, including boosting the immune system and promoting cardiovascular health. Organic garlic is often favored for its taste and is believed to be a cleaner, more natural product due to the sustainable farming practices used

### Nutritional Value & Health Benefits

- **Rich in Bioactives:** Organic garlic is renowned for its higher allicin content, a sulfur compound formed when garlic is crushed or chopped; known for its antimicrobial and cardiovascular benefits.
- **Vitamin & Mineral Profile:** It's packed with vitamin C, B6, manganese, along with selenium and fiber—all essential for overall wellness



### Health Perks: Garlic offers a spectrum of benefits:

- Immune support and cold prevention
- Heart health: modestly reduces blood pressure and cholesterol; supports vessel function
- Antioxidant, anti-inflammatory, antibacterial, and antifungal effects
- Emerging evidence for cancer prevention, improved metabolism, and kidney and liver health

## Organic Ghee

Organic ghee is clarified butter crafted from the milk of cows raised on pesticide-free, grass-fed pastures and produced without synthetic additives or GMOs. The traditional process involves simmering butter until all water and milk solids are removed, yielding a richly flavored golden butterfat—free of lactose and casein

1. **Supports Immunity**
2. **Digestive Wellness**
3. **Mind & Metabolism**
4. **Ayurvedic Benefits**



## Why Choose Organic Ghee? Superior Nutritional Profile

- Higher in omega-3 and omega-9 fatty acids, beneficial for heart and brain health due to grass-fed sourcing.
- Richer in CLA (Conjugated Linoleic Acid), which supports metabolism, immunity, and bone strength
- Contains more beta-carotene (Vitamin A precursor), leading to a deeper yellow hue and promoting eye and skin

## Clean & Ethical

- Made without hormones, antibiotics, or pesticides, and held to strict organic certification standards
- Produced in small batches without chemical refining, ensuring natural flavor and purity.



## Organic Dragonfruit

Organic dragon fruit, or pitaya, is an exotic tropical fruit prized for both its striking beauty and impressive health benefits. Grown without synthetic pesticides, chemical fertilizers, or genetically modified seeds, it retains its natural purity and nutritional richness. With its vibrant pink or yellow skin and mildly sweet, speckled flesh, organic dragon fruit is packed with antioxidants, vitamin C, fiber, and essential minerals that support immunity, digestion, and overall wellness. Its low-calorie, nutrient-dense profile makes it a favourite among health-conscious consumers and a trending ingredient in smoothies, desserts, and wellness products. Cultivated in India's warm, dry climate, our organic dragon fruit is harvested at peak ripeness to ensure maximum flavour, freshness, and shelf life, making it a valuable addition to premium international markets.



### Key Features

- **Varieties:** Most commonly *Hylocereus undatus* (white flesh, pink skin), *Hylocereus costaricensis* (red flesh, pink skin), and *Selenicereus megalanthus* (white flesh, yellow skin).
- **Farming Practices:** Organic cultivation relies on natural compost, crop rotation, and biological pest control to protect the fruit and maintain soil health.
- **Taste & Texture:** Mildly sweet, refreshing flavor with a texture similar to kiwi due to the tiny edible seeds.

### Nutritional Benefits

- Rich in antioxidants (betacyanins, vitamin C)
- Contains fiber for digestive health
- Good source of iron, magnesium, and calcium
- Low in calories but hydrating due to high water content

### Uses

- Eaten fresh as a snack
- Added to smoothies, fruit salads, or yogurt
- Used in juices, jams, desserts, and even cocktails

## Organic White Onions

- White onions have a sharper, more intense flavor compared to yellow onions, though not as spicy as red onions.
- They are slightly less sweet and more sulfurous in taste.
- When cooked, their flavor mellows, but they still retain a bit more bite than yellow onions.

### Appearance

- Color: Papery outer skin is white, with a bright white interior.
- Shape: Round to slightly flattened.
- Texture: Firm and crunchy when raw.



### Health Benefits

White onions are low in calories but rich in nutrients:

- Vitamin C – boosts immunity and skin health.
- Antioxidants (quercetin, sulfur compounds) – anti-inflammatory, may reduce risk of chronic diseases.
- Fiber – supports digestion.
- Compounds like allicin – may help regulate blood sugar and improve heart health



## Non-Organic Basmati Rice

Basmati rice is a long-grain aromatic rice primarily grown in the Himalayan foothills of the Indian subcontinent. Known for its distinctive aroma, fluffy texture, and ability to elongate significantly when cooked, basmati is considered a premium rice variety. It's a staple in Indian cuisine and is also exported globally.

### Nutrition and health

- Moderate glycemic impact for white rice: Typically lower GI than many other white rices; brown Basmati is lower still.
- Naturally gluten-free and easy to digest.
- Parboiled option retains more micronutrients (some B vitamins) compared with regular white rice.
- Often lower inorganic arsenic than many non-Basmati rices (varies by source/brand).



- **Distinct aroma and flavor:** Signature nutty/popcorn scent from 2-AP; great for biryani, pilaf, and fried rice.
- **Long, separate grains:** High elongation with minimal stickiness; especially good with aged or parboiled (Sella) varieties.
- **Consistent results:** Conventional processing and grading often yield reliable cooking behavior across batches.
- **Wide variety options:** White, brown, and parboiled (Sella) to match texture and nutrition needs.



## Non-Organic Baby Corn

Non-organic baby corn is the small-sized ear of regular corn that is harvested early, before the kernels fully develop. Unlike organic baby corn, it is grown using conventional farming methods, which typically involve the use of:

- Synthetic fertilizers to boost crop yields.
- Pesticides and herbicides to control pests, weeds, and diseases.
- Genetically modified (GM) corn varieties in some regions (depending on regulations).

### Health Benefits of Baby Corn

- Low in calories & fat
- Rich in fiber
- Good source of vitamins
- Possesses minerals for growth and energy
- Supports heart health
- Rich in antioxidants
- Diabetic friendly



### Key Features of Non-Organic Baby Corn

- **Appearance & Taste:** Slim, tender, and crunchy with a mildly sweet flavor, just like organic baby corn.
- **Yield & Cost:** Grown with higher productivity methods, making it cheaper and more widely available than organic baby corn.
- **Shelf Life:** Often has a longer shelf life due to conventional preservatives or post-harvest treatments.
- **Uses:** Popular in Asian cuisines, stir-fries, curries, soups, salads, and pickling. It's also used in canned or frozen forms for convenience.
- **Readily available** in supermarkets, canned form, or frozen packs.

## Non-Organic Onions

Non-organic onions are onions that are cultivated using conventional farming practices, as opposed to organic farming.

### Cultivation

- **Chemical fertilizers:** Non-organic onions are typically grown with the help of synthetic fertilizers to boost crop yield and ensure faster growth.
- **Pesticides & herbicides:** Farmers may use chemical pesticides, fungicides, and herbicides to control insects, plant diseases, and weeds.

### Characteristics

- **Appearance:** Non-organic onions often look very uniform in size, shape, and color because of controlled farming practices.
- **Availability:** They are widely available year-round in local markets, supermarkets, and for export.



### Health & Benefits

- Nutritionally, non-organic onions provide similar vitamins and minerals to organic ones:
  - Rich in Vitamin C, Vitamin B6, folate, potassium, and antioxidants (like quercetin).
  - They contain natural sulfur compounds that may help with heart health and immunity.