



# THOTA FOODS

Export & Import



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Welcome to Thotafoods...!

Established in 2016 with headquarters in Hyderabad, Telangana. Empowering women and farmers and serving clients globally. Hallmark of fresh spices and condiments delivered with utmost authenticity.

## About Company

Thota Foods was established in 2016 with the concept of women empowerment and run by a family with generations in agriculture.

We operate from our headquarters at Hyderabad, Telangana, India.

We have established close ties with the farmers across southern India to deliver freshly harvested crops globally.

We have been delivering fresh farm products to the utmost satisfaction of our international clientele.

We aim to maintain our reputation and bring farmers forth and provide them a global platform to better sustain and prosper.



## Our Vision

Strive to share our knowledge and experience to optimize our and our customers' profits. We follow PROTECT & PRODUCE POLICY to achieve the best outputs to serve the GLOBAL market. We excel in an uninterrupted supply of authentic, natural and food safe spices and condiments. We invest in people, in relationships, in order to be partners not for a period but for a life time Partnership.

## Our Products

Fresh Ginger | Fresh Turmeric | Dried Turmeric | Dried Ginger  
Shallot (Sambar Onion) | Drumstick (Moringa Oleifera)



### Fresh Ginger

Fresh Farm Grown Ginger (*Zingiber Officinale*) From The Lush Green Fields Of Karnataka And Telangana. Fresh Ginger Is Known For Its Aromatic, Spicy And Pungent Flavour. It Has A Special Flavour And Enhances The Taste Of Many Dishes. Ginger Is Known For Its Healing Properties And It Facilitates Digestion. Our Variety Of Ginger Is Freshly Plucked And Packed In Tamper Proof Packaging To Prevent Degradation.

### Fresh Turmeric

Farm Grown Turmeric (*Curcuma Longa*) From The Lush Green Fields Of Nizamabad District.

Turmeric Is Used For Disorders Of The Skin, Upper Respiratory Tract, Joints, And Digestive System. It Is Also Used As An Anti-Oxidant.

Turmeric Is Known For It's Anti-Inflammatory Effect As Well.

Our Variety Of Turmeric Is Freshly Plucked And Packed In Tamper Proof Packaging To Prevent Degradation.



### Dried Turmeric

Farm Grown Turmeric (*Curcuma Longa*) From The Lush Green Fields Of Nizamabad District.

Turmeric Is Used For Disorders Of The Skin, Upper Respiratory Tract, Joints, And Digestive System. It Is Also Used As An Anti-Oxidant.

Turmeric Is Known For It's Anti-Inflammatory Effect As Well.

Our Variety Of Turmeric Is Freshly Plucked And Packed In Tamper Proof Packaging To Prevent Degradation.



## Dried Ginger



Dried ginger is used in making spices and masalas, which are used in gravies, curries, marinades and stews. It is crushed or powdered and then used to brew teas. It facilitates weight loss by improving digestion, which helps in burning stored fat and processing glucose in the blood. It also helps in the lowering of total cholesterol and triglyceride levels. Dry ginger also relieves pain and discomfort in the stomach caused by chronic indigestion.

## Shallot (Sambar Onion)

Shallots are called "Sambar" onions in India and are extensively used in making Sambar. Sambar Onions are relatively smaller onions with mild flavour and slightly sweet taste. It is also used as a home remedy for sore throats, mixed with jaggery or sugar. Sambar Onions contain high amounts of fibre and flavonoids. They can heal infections and reduces inflammation. They also have antioxidant properties that helps to prevent cancer, digestive and heart diseases.



## Drumstick (Moringa Oleifera)



Drumstick (*Moringa oleifera*) is widely cultivated for its young seed pods and leaves. It is also used for water purification. Drumsticks are an excellent source of various vitamins, fibre, protein and phosphorus. These nutrient-dense vegetables can help manage diabetes and fight infections due to their antioxidant properties. In addition, they help protect against inflammatory diseases such as arthritis and heart diseases. Eating drumsticks regularly can help you ease your blood circulation and lower blood pressure. Therefore, you can add them to various recipes and enjoy them every day.

## Our Certificates



GSTIN : 36AJRPA9067B3Z3 | IEC : 0916919188 | RCMC : 221420

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