



The
**Green
Stories**

happy little
biotic stories



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The Green Stories is going back to basics, going back to traditions, going back to all-natural lifestyle practices for a natural living.

All-natural lifestyle brings with it a shower of awesome lifefulness to our individual self and also to the environment.

The Green Stories works closely with farmers growing the native crops and traditionally processing the same, bringing to you the goodness of lifestyle products to get you close to nature and natural living.

The Green Stories ensures glass packaging, sustainable 100% and infinitely recyclable, reusable, and refillable; it's safe to store food and drinks in.

The Green Stories is always trying to get the best natural products to you and your family for a lifestyle of all-natural living.

Going back
to our farmers
and traditional
farming

Going back
to traditional
natural ways of
food processing
practices

Vision

The Green Stories is Visioning a **Dream**, a Dream of the future, that returns to the past.

The Dream to go back with enthusiasm to our History and our Traditions.

The Dream to bring back focus to the indigenous varieties of crops and the traditional ways of processing the food.

Dreaming of Indian Traditional Wellness...

The vision is to make sure the farmers find the passion to grow the traditional varieties of crops, vegetables, fruits and process them traditionally. While creating enthusiasm in the consumers to gracefully adapt to traditional wellness for an all-natural lifestyle.

While the present market makes farmers focus on cash crops, let us encourage our farmers to stick to agriculture that's small-scale and yet highly diverse. The secret is in the traditional indigenous varieties.

Together we can dream a dream to bring our country's greatest natural resource - its agricultural biodiversity - protected in the hands of farmers...Together dream a dream of living a natural lifestyle.



Mission

The Green Stories mission is to find the small farmers doing small-scale agriculture with traditional farming. Giving them a stage to spread the word on the traditional varieties of crops that are healthier than the genetically modified newer varieties.

Kamadhenu grants wishes and desires, fulfilling all that the human heart wishes for. The cow is an endless giver of resources and nourishment. *The Green Stories* mission is to set up a Gou Shala, with Indian breed cows. A part of *The Green Stories'* profit goes to the Gou Shala and planting medicinal plants and trees across the country.

Tribal Honey

wild flower

Unprocessed, natural wildflower honey, from the tropical rainforest. The honey sourced from the tribal belt of the tropical rainforest is collected in its purest form. Packed and brought to you is the graceful abundance of energy that the busy bees make. *The Green Stories* Tribal Honey is a power-up version of the regular honey.



Smiles from Tribal India

“MAGIC is in the MAKING”

Tropical forests are one of the richest terrestrial ecosystems harbouring in them high biological diversity. The natural forests in this region are home to species of more than 4,600 flowering plants. Bees have their contribution in pollinating. Farmers here look at the bees as a friend. Bees give us life. Bees here gather nectar and make honey, this honey has the highest medicinal value to it. Add the goodness of *The Green Stories* Tribal Honey to rejuvenate your day with a spoon of nutrients to your daily routine.

**Single Origin
Raw &
Unfiltered
Forest Honey**

Made by the Bees



MRP: Rs. 499/-
Net. Wt. 500g

Jaggery

Liquid Jaggery

Liquid Jaggery is a product of sugarcane, grown in the tropical rain forest belt of India. It is a concentrated sugarcane juice, naturally made with NO preservatives, NO chemicals, or NO additives added to it. A completely pure and natural form of the concentrated sugarcane juice. *The Green Stories* Bella is a superfood with nutrients to boost good health and the best alternative to sugar.

Smiles from
Traditional
Indian Farms

“MAGIC is in the MAKING”

The variety of sugarcane matters... *The Green Stories* liquid jaggery is produced from the native variety of sugarcane, popularly known as kempu kabbu or konanakatte kabbu, under the rain-fed method. Since it is rich in many vital vitamins and minerals, jaggery boosts immunity, keeps the body warm, helps treat cold and cough, and controls the temperature of the body. This natural sweetener has been a great go-to ingredient in everyday beverages tea, coffee, kashayas, herbal tea and also can be used in making desserts.

Bella



Natural Liquid
Jaggery



MRP: Rs. 190/-
Net. Wt. 725g

Turmeric

Curcuma Gold

The Green Stories brings to you turmeric, grown and processed traditionally. The Curcumin content in The Green Stories Turmeric is high as (6.2) giving it a distinct flavour and aroma with all its medicinal goodness.



Smiles from
Traditional
Indian Farms

“MAGIC is in
the MAKING”

Turmeric, grown traditionally - the turmeric pods are grated fresh and sun-dried. This process retains the essential oils, with the high amount of curcumin (6.2)

The Green Stories Turmeric is the best for goodness in a glass of milk as a drink and cooking



Curcumin 6.2



Traditionally
grown & grounded
Turmeric

MRP: Rs. 250/-
Net. Wt. 200g

Kokum

Fruit Concentrate

Kokum (*Garcinia indica*) is endemic to the Western Ghats region of India. Kokum is not just an excellent drink in summer for treating dehydration and cooling the body, Kokum has amazing health benefits for digestive health and weight management. Enjoy the goodness of *The Green Stories* Kokum Fruit Concentrate for a healthy lifestyle with all-natural living.

Smiles from
Traditional
Indian Farms

“MAGIC is in the MAKING”

All Kokum Juice are not made alike. Kokum in traditional methods is made using fresh fruits, laid out in the sun to dry out naturally of its moisture, this retains all its nutrients and has a shelf life of more than a year without any additives added to it. This is the purest form of traditional concentrate making, contrary to the boiled method of making which involves boiling of the whole fruit leading to loss of nutrients also sugar being the major part of the concentrate.

Say “Yes”, to the farmers who have still retained the traditions giving us the best from nature with Best Practices.

BiSinda

**Traditional Sun-dried
method of fruit
concentrate**



MRP: Rs. 210/-
Net. Wt. 300g

Pepper

Black

Black pepper (*Piper nigrum* L.) is a major spice grown in the western ghats. Pepper is a perennial vine grown for its berries extensively used as a spice and in medicine.



Smiles from
Traditional
Indian Farms



MRP: Rs. 200/-
Net. Wt. 200g

Amla Ashwagandha

Artisanal - Lifestyle Gold

Daily stress, that we cant cope with! *The Green Stories* brings to you the Amla Ashwagandha Leha, a general tonic, rejuvenator, and immunity enhancer, helps the body handle stress. 100% Natural & Pure, NO Artificial Flavour, NO Additives, NO Preservatives, NO MSG

Smiles from
Traditional
Indian Farms

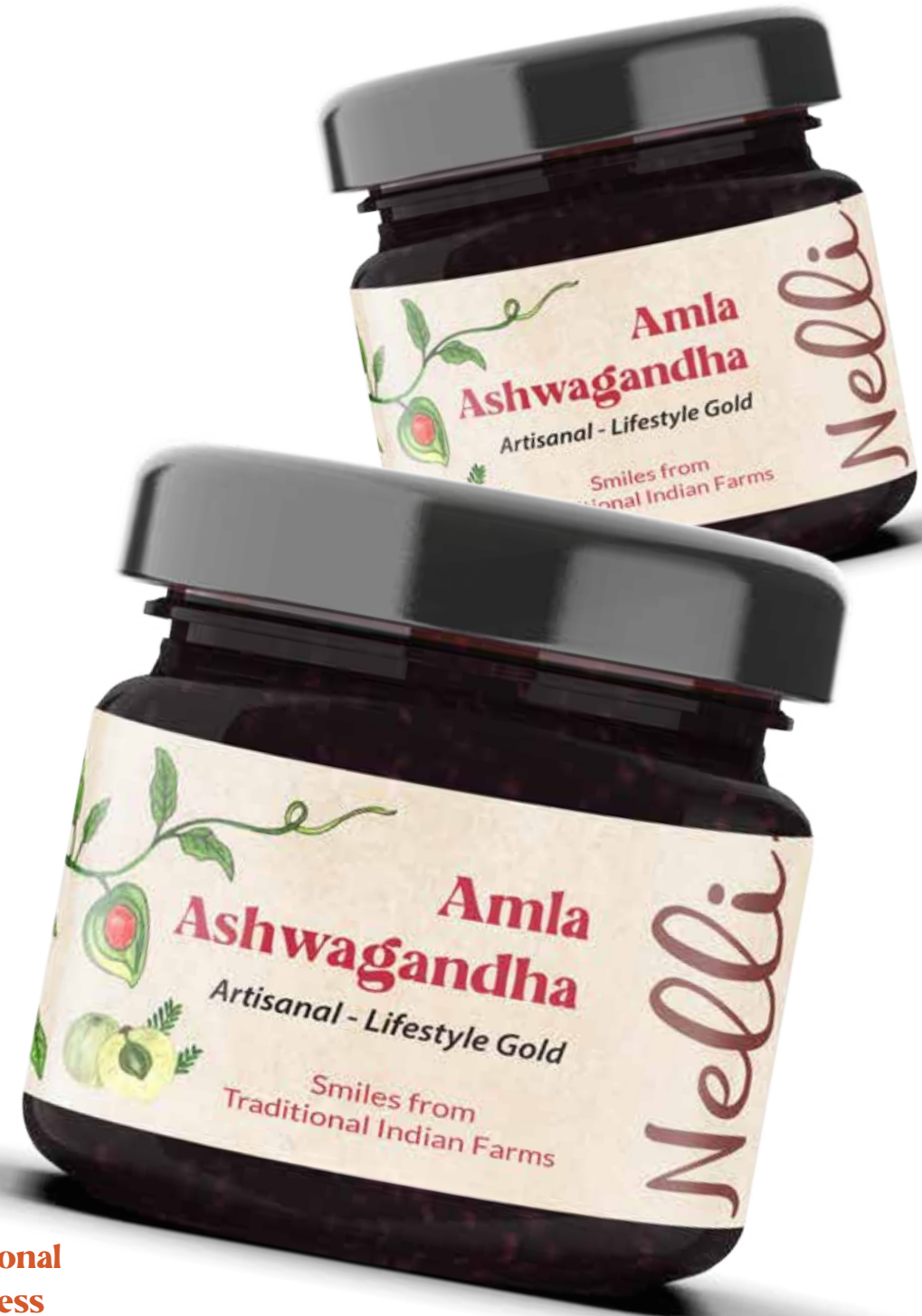
“MAGIC is in
the MAKING”

Made traditionally, in small batches, *The Green Stories* Amla Ashwagandha Leha, is a wellness product. Indian Gooseberry (Amla; *Emblica officinalis*) and Indian Ginseng (Ashwagandha; *Withania somnifera*), helps you to adapt mentally and physically to stressful events and lead a relaxed lifestyle. Shatavari (*A. racemosus*) balances the body with rejuvenating and nourishing effects. Adding nutrients and unique taste is the forest honey.



Nelli

**Traditional
Wellness**



MRP: Rs. 220/-
Net. Wt. 350g

RICE

Brown Gold

RICE

Red Gold

Nutritional and Therapeutic Properties of Indigenous Paddy.

The Green Stories brings to you the traditional rice varieties. Rice is from the Native Paddy of the tropical rain forest belt, Malanad region of India.

These traditionally grown rice are good sources of minerals and vitamins such as niacin, thiamine, iron, riboflavin, vitamin D, calcium, and possess higher fiber and lesser amount of sugar content, making it an appealing choice for consumers suffering from diabetic complications.



**Native Paddy
Traditional Wellness**

Red Rice
MRP: Rs. 130/-*
Net. Wt. 2kg

Brown Rice
MRP: Rs. 150/-*
Net. Wt. 2kg

* Prices may vary

Honey Jam

Artisanal - Lifestyle Nourish

The Green Stories brings to you the artisanal Honey Jam, a healthy alternative for the regular Jam in your morning breakfast routine.

100% Natural & Pure, NO Artificial Flavour, NO Addictives, NO Preservatives, NO MSG.

Helps kids grow and helps adults boost immunity and prevent lifestyle diseases.

"MAGIC is in the MAKING"

Made traditionally, in small batches, Malanad forest Honey with all its nutrients and antioxidants. Dryfruits like Cashew Nuts, Almond, Resin, Pista, Pineapple, Cardamom, Pepper, Hipali, and Vanaspathi herbs adding minerals, proteins, fiber, and vitamins with a delicious touch. As a sweet jam to start your day, it also has medicinal value for cold, cough, immunity against illnesses, migraine and blood purification

Smiles from
Traditional
Indian Farms



**Traditional
Wellness**

MRP: Rs. 220/-
Net. Wt. 350g

Kashayam

Herbal Tea

Kashayam is an Ayurvedic tea brewed with ayurvedic herbs and spices to boost immunity, fight indigestion and promote general well-being. *The Green Stories* brings to you a herbal tea blend made of 18 herbs to rejuvenate you, every day.

The goodness of health in a cup once added as routine to your lifestyle, will make wonders for you in and out. A rejuvenating drink for the overall well-being.

Smiles from
Traditional
Indian Farms

**"MAGIC is in
the MAKING"**

The Green Stories Kashayam is a mix of 18 herbs and spices like, Coriander (*Coriandrum sativum*), Cumin seeds (*Cuminum cyminum*), Calamus root (*Acorus Calamus*), Long pepper (*Piper longum*), Turmeric (*Curcuma longa*), Lavancha root (*Chrysopogon zizanioides*), Lavanga (*Syzygium aromaticum*), Nutmeg (*Myristica fragrans*), Fennel Seeds (*Foeniculum vulgare*), Ajwain, (*Trachyspermum ammi*), Vayuvidang (embelia ribes), Yashtimadhu (*Glycyrrhiza Glabra*), Cardamom (*Elettaria cardamomum*, Indian sarsaparilla (*Hemidesmus indicus*), Black pepper (*Piper nigrum*), Puncture Vine (*Tribulus terrestris*), Ashwagandha (*Withania somnifera*), Dry Ginger (*Zingiber officinale*).

Swastha



**Traditional
Wellness**

MRP: Rs. 90/-
Net. Wt. 100g



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