

Indian Vegetables (Price & Information Sheet)



Item (Fro.Veg.) Name : Baby Bhinda

Other Name: Baby Okra / BabyLadies Finger

Presentation : Whole 4 - 5 CM.

Season : Sep.- Mar.



Item (Fro.Veg.) Name : Bhindi

Other Name: Okra / Ladies Finger

Presentation : Cut 15-20 MM Slices

Season : Sep.- Mar.



Item (Fro.Veg.) Name : Karela

Other Name: Bitter Gourd

Presentation : Slices 20 - 30 MM

Season : Aug.-Mar.



Item (Fro.Veg.) Name : Suran

Other Name: Yam

Presentation : Dices

Season : Aug.-May



Item (Fro.Veg.) Name : Punjabi Tinda

Other Name: Indian Baby Pumpkin

Presentation : Guartes,Dices

Season : Nov.- Feb.



Item (Fro.Veg.) Name : Turia

Other Name: Turia / Ridge gourd

Presentation : Slices

Season : July - Apr.



Item (Fro.Veg.) Name : Goovar

Other Name: Cluster Beans

Presentation : Cut

Season : Oct. - Mar.



Item (Fro.Veg.) Name : Dudhi

Other Name: White Pumpkin

Presentation : Dices

Season : Mar.- July



Item (Fro.Veg.) Name : Tindora

Other Name: Ivy Gourd

Presentation : Strips 4-6 Per Piece



Item (Fro.Veg.) Name : Parval

Other Name: Snake Gourd

Presentation : Strips 4-6 Per Piece



Item (Fro.Veg.) Name
: Drumstick

Other Name: Saragava



Item (Fro.Veg.) Name : Valor
Papdi

Other Name: Dolichous Lablab /
Hyanacint Beans

Season : July - Apr.

Season : July - Feb.

Presentation : Cut 1.5" - 3".

Presentation : Split Cut

Season : Dec.- May

Season : Dec.- Feb.



Item (Fro.Veg.) Name : Valor
Papdi Lilwa

Other Name: Dolichous Lablab /
Hyanacint Beans

Presentation : Bean's

Season : Dec.- Feb.



Item (Fro.Veg.) Name : Surti
Papdi Lilwa

Other Name: Beans

Presentation : Bean's

Season : Dec.- Feb.



Item (Fro.Veg.) Name : Toover
Lilwa

Other Name: Pigeon Peas

Presentation : Bean's.

Season : Dec.- Feb.



Item (Fro.Veg.) Name : Methi

Other Name: Fenugreek Leaves

Presentation : Block Frozen

Season : Dec.- Mar.

Item (Fro.Veg.) Name : Palak

Other Name: Spinach

Presentation : Block Frozen

Season : Dec.- Mar.

Item (Fro.Veg.) Name : Amla

Other Name: Gooseberry

Presentation : Whole

Season : Dec.- Mar.

Item (Fro.Veg.) Name : Fanshi

Other Name: French Bens

Presentation : Cut

Season : Dec.- Mar.

Item (Fro.Veg.) Name : Green
Chana

Other Name: Garbanzo / Green
Bengal Lentils

Presentation : Whole

Season : All Season



Item (Fro.Veg.) Name : Black Chana

Other Name: Bengal Gram

Presentation : Whole

Season : All Season

Item (Fro.Veg.) Name : Surti Undhia Mix Veg.

Presentation : Cut Mix Veg.

Season : Dec.- Mar.

Item (Fro.Veg.) Name : Ratalu

Other Name: Purple Yam

Presentation : Cut / Ring

Season : Feb.- Apr.

Item (Fro.Veg.) Name : Gajar

Other Name: Carrot

Presentation : Cut

Season : Feb.- Apr.

Item (Fro.Veg.) Name : Sweet Potato

Item (Fro.Veg.) Name : Capcicum

Other Name: Pepper

Item (Fro.Veg.) Name : Green Peas

Item (Fro.Veg.) Name : Sweet Corn



Other Name: Sweet Potato

Presentation : Cut

Season : Feb.- Apr.



Presentation : Cut

Season : Dec.- Mar.



Other Name: Peas

Presentation : Bens

Season : Dec.- Mar.



Presentation : Bens

Season : All Season



Item (Fro.Veg.) Name : Lilu Lasan

Other Name: Green Garlic

Presentation : Cut

Season : Dec.- Mar.



Item (Fro.Veg.) Name : Lili

Dungri

Other Name: Green Onion

Presentation : Whole 4 - 5 CM.

Season : Sep.- Mar.

Cut Dec.- Mar..

