

A vibrant assortment of fresh fruits and vegetables, including leafy greens, bell peppers, onions, potatoes, citrus fruits, mushrooms, asparagus, carrots, tomatoes, broccoli, bananas, apples, and grapes, arranged on a white background. The items are densely packed and overlap, creating a colorful and healthy display. A dark purple banner with the text 'Fruits & Vegetables' is positioned at the bottom left.

FRUITS & VEGITABLES



MANGO

Mango, known as the "King of Fruits," is one of India's top exports. Varieties like Alphonso and Kesar are highly sought after globally for their sweetness, aroma, and rich pulp.



Pomegranate

Indian pomegranates are known for their bright red arils, juicy taste, and high nutritional value. The Bhagwa variety is the most exported due to its soft seeds and sweet flavor.



Grapes

India is a major exporter of fresh grapes, particularly seedless varieties. These grapes are known for their firm texture, sweetness, and long shelf life.



Banana

Indian bananas, particularly Cavendish, are known for their rich taste, firm texture, and long shelf life, making them ideal for exports.



Guava

Indian guavas are highly aromatic, rich in Vitamin C, and available in green and pink pulp varieties. They are widely used for fresh consumption and juice production.



Papaya

Indian papayas are known for their bright orange-red flesh, sweet taste, and medicinal properties.

FRUITS & VEGITABLES



Watermelon

Watermelons from India are known for their deep red, juicy pulp and high sugar content. Seedless varieties are also gaining demand.



Pineapple

Indian bananas, particularly Cavendish, are known for their rich taste, firm texture, and long shelf life, making them ideal for exports.



Apple

Indian apples, particularly from Himachal Pradesh and Kashmir, are known for their crisp texture, sweet flavor, and long shelf life. These apples are rich in fiber, vitamins, and antioxidants, making them highly sought after in international markets.



Custard Apple

Custard apples are soft, creamy, and rich in flavor, with high export demand for their unique taste and medicinal benefits.



Oranges

Indian oranges are known for their bright color, juicy pulp, and refreshing citrus flavor. Rich in Vitamin C and antioxidants, they are in high demand worldwide. The Nagpur Mandarin, in particular, is renowned for its sweetness and thin peel, making it a premium export fruit.



Sapota (Chikoo)

Indian sapotas are highly sweet, aromatic, and have a smooth texture, making them popular in global markets.

FRUITS & VEGITABLES



Potato

Indian potatoes are starchy, firm, and widely used for fresh consumption, chips, and processed foods. Common varieties include Kufri Chandramukhi and Kufri Jyoti.



Onion

Indian onions are known for their strong pungency, long shelf life, and high pyruvic acid content, making them ideal for exports. The major varieties include Red Onion, White Onion, and Bangalore Rose Onion.



Tomato

Indian tomatoes are rich in color, firm, and high in lycopene, making them suitable for fresh use and processing. The country exports both table tomatoes and hybrid varieties.



Sapota (Chikoo)

Indian green chilies are known for their strong spiciness and rich aroma. They are available in different varieties such as Guntur, Jwala, and Kanthari.



Cauliflower

Indian cauliflower is known for its tight white curds and sweet, nutty taste. It is grown in different climatic conditions, ensuring year-round availability.



Okra (Ladyfinger)

Indian okra is known for its tender texture, bright green color, and high nutritional value. The variety 'Pusa Sawani' is highly demanded globally.

FRUITS & VEGITABLES



Bell Pepper

Available in green, red, and yellow varieties, Indian bell peppers are crisp, juicy, and widely used in salads and cooking.



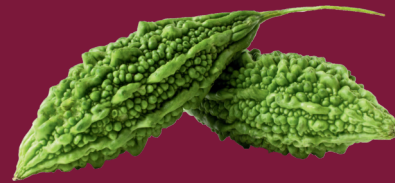
Cabbage

Indian cabbages are firm, compact, and rich in fiber and antioxidants. Green and red varieties are widely exported.



Eggplant (Brinjal)

Available in green, red, and yellow varieties, Indian bell peppers are crisp, juicy, and widely used in salads and cooking.



Bitter Gourd

Indian bitter gourds are rich in antioxidants and widely used for their medicinal properties. They have a crunchy texture and slightly bitter taste.



Bottle Gourd

Indian bottle gourds are widely used in cooking and Ayurveda. They have a mild taste and are light green in color.



Carrot

India produces orange, red, and black varieties of carrots, rich in beta-carotene and ideal for fresh use and juicing.

FRUITS & VEGITABLES



Green Peas

Indian green peas are sweet, tender, and rich in protein, making them a popular export vegetable.



Beans

Indian beans are known for their firm texture, bright green color, and nutritional value.



Ridge Gourd

This vegetable is widely used in Asian cuisines and is rich in fiber and nutrients.



Snake Gourd

Indian snake gourds are long, firm, and used in traditional Asian cooking.



Broccoli

Fresh, crisp, and nutrient-rich broccoli, packed with vitamins and antioxidants for a healthy diet. Carefully harvested and exported to ensure superior quality and freshness.



Garlic

Indian snake gourds are long, firm, and used in traditional Asian cooking.

FRUITS & VEGITABLES



Pumpkin

Indian pumpkins are sweet, firm, and rich in fiber, widely used for cooking and processing.



Sweet Corn

Indian sweet corn is known for its juicy kernels, high sugar content, and versatility in culinary use.



Radish

Indian radishes are crisp, pungent, and available in white and red varieties, ideal for salads and pickling.



Ash Gourd (Winter Melon)

Indian ash gourd is known for its large size, waxy green skin, and mild-flavored white flesh. It is widely used in soups, curries, and Ayurvedic medicine due to its cooling properties. This vegetable has a long shelf life, making it ideal for export.



CUCUMBER

Cucumbers have a mild, refreshing taste and a high water content. They can help relieve dehydration and are pleasant to eat in hot weather.



Fresh, nutrient-rich spinach with vibrant green leaves, perfect for culinary and health needs. Carefully harvested and packed to ensure premium quality and extended shelf life.

Spinach



HAVE CUSTOMIZED REQUIREMENT?



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