

OneRoot

**"DISCOVER THE
EXQUISITE FLAVORS OF INDIA"**



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WELCOME TO ONEROOT

At OneRoot, we take pride in bringing you the finest Bananas directly from the bountiful fields of India. Our commitment to ethical sourcing, direct relationships with farmers, and traceability sets us apart.

OneRoot

Banana Procurement Places



State	Sourced From
Karnataka	Chamarajanagar, Gundlupet, Yelandur
Tamilnadu	Talavadi

We are actively harvesting various banana varieties, including Nendra, Kathali, and G9, from the above places.



Banana Variety

Nendra banana

Nendra bananas are a distinguished variety native to the southern regions of India, particularly Kerala and Tamil Nadu. Recognized for their distinctively long and slender shape, Nendra bananas are celebrated for their unique taste, texture, and culinary versatility. Unlike other banana varieties, Nendras are known for their firm, starchy flesh and subtle sweetness when ripe, making them ideal for both savory and sweet dishes.

One of the key attributes of Nendra bananas is their resilience and ability to withstand cooking processes without losing their shape or texture. They are commonly used in traditional South Indian cuisine, where they are prized for their ability to add a rich, creamy texture to dishes such as banana chips, banana fritters (known as pazham pori), and banana-based curries. Additionally, ripe Nendra bananas are often enjoyed as a natural dessert, either on their own or served with a drizzle of honey or a sprinkle of cardamom.



Bananas are not just a fruit but a dietary staple. Bananas hold a prominent place in India's agricultural landscape, with vast swathes of land dedicated to their cultivation. The fertile regions of Talavadi, Chamarajanagar, and Gundlupete in Karnataka are renowned for their rich cultivation of banana plants.

Kathali banana

Kathali bananas are a popular variety cultivated in various tropical regions, particularly in South Asia. These bananas are characterized by their robust size, thick peel, and slightly squared shape compared to other banana varieties. Kathali bananas are typically larger and more elongated than common dessert bananas, with a firm texture and a mild, sweet flavor when ripe.

One of the distinguishing features of Kathali bananas is their versatility in culinary applications. While they can be enjoyed raw when fully ripe, they are also commonly used in cooking due to their firm flesh and ability to hold their shape well during cooking processes. They are often used in savory dishes such as curries, stews, and stir-fries, where their subtle sweetness adds depth and complexity to the flavor profile. Additionally, Kathali bananas are used in various desserts and snacks, including banana chips, banana fritters, and banana-based cakes and breads.

Nutritionally, Kathali bananas are rich in essential vitamins and minerals, including potassium, vitamin C, and vitamin B6. They are also a good source of dietary fiber, which promotes digestive health and helps regulate blood sugar levels. Due to their nutrient density and versatility, Kathali bananas are valued not only for their taste but also for their potential health benefits.





G9 Banana

G9 bananas, also known as Grand Naine bananas, are a prominent variety cultivated globally, particularly in tropical and subtropical regions. Known for their uniform size, consistent quality, and disease resistance, G9 bananas have gained popularity among farmers and consumers alike. The name "Grand Naine" is French for "great dwarf," referring to the plant's compact size and large fruit production.

One of the key characteristics of G9 bananas is their sweet flavor and creamy texture when ripe. They are typically larger and more slender than traditional dessert bananas, with a smooth, thick peel that protects the delicate flesh inside. G9 bananas are often consumed fresh as a nutritious snack or used in various culinary applications, including smoothies, fruit salads, and desserts.

G9 bananas are valued not only for their taste but also for their nutritional benefits. They are rich in essential vitamins and minerals, including potassium, vitamin C, and vitamin B6. Potassium is particularly important for maintaining heart health and regulating blood pressure, while vitamin C supports immune function and collagen production.





GET IN TOUCH

Experience the authentic flavors of India with OneRoot.
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