

# Highland Harvest - North East

# Johanna Enterprises



Highland Harvest North East showcases the rich, authentic flavours of India's untouched highland regions. Our spices and ingredients are handpicked, sun-cured, and processed with the utmost care to retain their natural aroma, colour, and potency.

Each product meets export-grade quality and reflects the heritage, purity, and biodiversity of the North-Eastern hills. Perfect for culinary, commercial, and premium food manufacturing requirements where true flavour and consistency matter.

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## Our Curated Selection

### **Lakadong Turmeric**

Premium Lakadong Turmeric sourced from the Jaintia Hills of Meghalaya, India. This variety is globally recognized for its exceptionally high curcumin content (6%–9%) which is much higher than the average turmeric (2%–3%).



### **Wild Forest Honey**

Wild Forest Honey is 100% raw and natural, extracted from wild honeycombs carefully collected by villagers from the forest canopy around Barato Village.

### **Green Tea**

Green Tea is an exquisite form of Highland tea that is sourced from the Urlong Tea Estate. Managed and farmed primarily by women farmers and entrepreneurs, our highland green tea is a class apart.





## **Ginger**

Ginger is sourced from Khasi, Jaintia, and Garo Hills, where each batch is grown in fresh, specially prepared locations using the best roots from previous harvests.



## **Bay Leaves**

Bay Leaves, known in Khasi as Sla Tyrpad, are sourced from native trees around Nongriat Village, deep in the living-root bridge region. Handpicked by local farmers, each leaf carries a rich aroma and the purity of Meghalaya's untouched forests.



## **Bird's Eye Chilli**

Bird's Eye Chilli (U Sohmynken Khnai) from Ri Bhoi is one of the hottest chilli varieties, locally known as "Mouse Chilli" for its tiny size. Its fiery heat, sharp aroma, and vibrant flavour make it a prized ingredient in traditional Khasi cuisine.



## **Black Pepper**

Black Pepper, locally called Gol Meris, is sourced from skilled farmers in the West Garo Hills and South West regions. Known for its bold aroma and high piperine content, this pepper is sun-dried and hand-selected for purity.



## Long Pepper

Sourced from the East Khasi Hills and known locally as Sohmril Khlaw, this Long Pepper carries a bold, earthy aroma. Traditionally used in pickles, preserves, and herbal remedies, it adds depth and warmth to every preparation.



## Khasi Mandarin

Khasi Mandarins are characterized by their small to medium size, thin, easy-to-peel skin, and its sweeter taste unlike rest of citrus species. The GI tagged produce is locally called as Soh Niamtra in Khasi and Komola in Garo. It's often referred to as the King of Oranges as it's one of the most loved oranges in the world.



## Sichuan Pepper

Sichuan Pepper from South Garo Hills adds a unique flavour to chutneys, pickles, and salads. Its delicate seeds require careful harvesting, making it a treasured household favourite.



## Large Cardamom

Large Cardamom from Ri Bhoi and the Nokrek ranges is flame-dried, giving it a bold, roasted flavor unlike sweet green cardamom. Its deep smoky aroma and intense warm notes make it a prized spice in premium blends and traditional recipes.



## **King Chilli**

King Chilli, or U Sohmynten Beb, is among the world's hottest chillies, blazing at 1,001,304 SHU on the Scoville scale. Known for its fiery heat and smoky, fruity aroma, it is a prized ingredient in North-East Indian cuisine.



## **Cocoa**

Cocoa beans come from the farmers of West and South Garo Hills, who open the pods and deliver them to the cooperative's central collection centre. These beans are carefully fermented and sun-dried in traditional methods to preserve their natural flavour and aroma.



## **Vanilla**

Vanilla beans come from North Garo Hills farmers skilled in the art of hand pollination. Grown in pristine high-altitude conditions, each pod develops a rich aroma and bold flavor profile.



## Coffee

Coffee brings to you a coffee tradition from the villages of Garo and Khasi Hills.

It is a heritage that has survived the test of time and natural calamities.



## Black Sesame

Sourced from the West Jaintia Hills and the Garo Hills, these seeds carry a naturally rich texture that enhances any dish.

Their earthy aroma and bold flavour make them the perfect companion for traditional curries and slow-cooked recipes.



## Perilla Seeds

Sourced from the Western Jaintia Hills, it carries a distinct nutty flavour that elevates any dish.

Its rich aroma and natural earthy notes make it an ideal choice for salad dressings and gourmet blends.



## Cashew Nuts

Cashew Nuts are sourced from trusted local farmers in West Garo Hills. Handpicked at peak freshness, each nut delivers rich flavor and natural crunch. Our sourcing ensures purity, sustainability, and authentic Northeast quality.



## Red Rice

Red Rice or U Khaw Saw comes from the pesticide-free paddy fields of Lawbah in Mawsynram. Red Rice is the staple ingredient in most Meghalayan lunches and is beloved by our long-distance runners.



## Sticky Rice

Sticky Rice or Ka Ja shulia is curated for you from the pesticide-free paddy fields of Lăwbăh, Mawsynram. Sticky Rice is an integral ambassador of Meghalayan cuisine.



## Mangsang Rice

Mangsang Rice or Biju Jaha is sourced from the Mangsang Region in Garo Hills. Mangsang Rice, also locally known as Biju Jaha is a unique, yellow husked aromatic rice East Garo Hills.

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