

Pure Pulses

Directly From

FPO FARMERS

Celebrating a wholesome range and
a myriad 'pulse-bilities'!



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Small Farmers' Agribusiness Consortium



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Pure Pulses

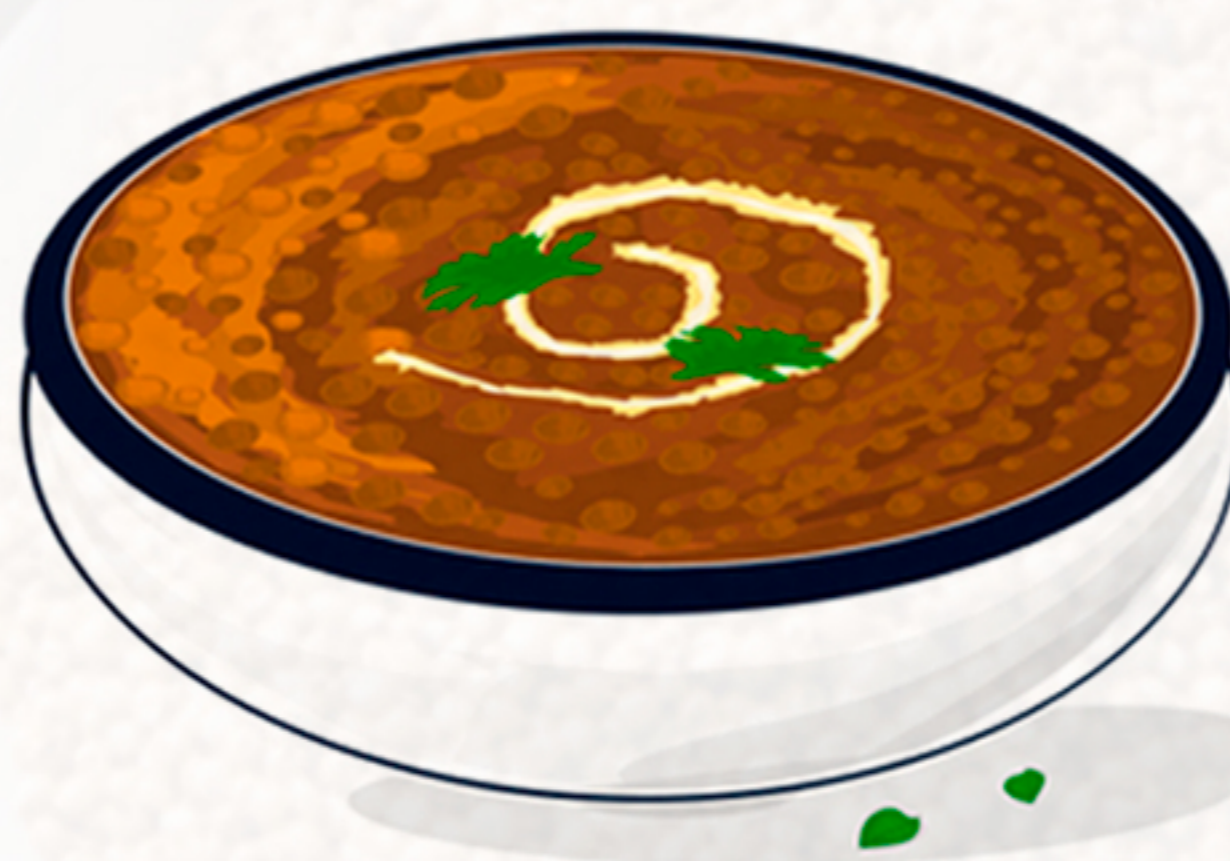
From FPO Farmers To Your Table

DAL-IGHT IN EVERY BITE!

Dal, is a staple in Indian cuisine. From North to South, East to West, each region boasts of its own special dal recipe, bursting with unique tastes and aromas.

FPO Farmers grow, aggregate and process these pulses, ensuring only the best reaches your table. Join us in adding a touch of tradition to your family meals with these authentic, home-grown pulses under the range of :

1. Whole Dal
2. Split Dal
3. Dhuli Dal (Split Without Skin)



Click on the links and experience the magic of pure, unprocessed dals delivered to your doorstep.

The image shows a variety of lentils and beans arranged in several white and glass bowls on a wooden surface. In the foreground, there are three glass bowls: one with yellow lentils, one with red and white mottled lentils, and one with yellow lentils. Behind them are several white bowls containing different types of lentils, including white, yellow, and brown. The background is a wooden surface with more bowls of lentils and beans, some of which are partially visible at the edges of the frame.

WHOLE DAL

Whole dal are lentils that have not been split or skinned. Enriched with protein, calcium and essential nutrients like iron, potassium, magnesium, folate, and vitamins, they can help boost heart health, digestion, and manage diabetes.

WHOLE DAL

Beans (🔗)

- Nutrient powerhouses, rich in lean protein, vitamins and antioxidants.
- Unprocessed, good for digestion, ideal for both raw and cooked preparations.

Seller: SALEM KAILASANAATHAR PULSES
from Salem, Tamil Nadu
Qty: 1 Kg | Price: INR 88



Black Chana (🔗)

- Black chickpeas, packed with protein, fiber, iron, and folate, supporting muscle growth, aiding digestion, and regulating blood sugar.
- Earthy flavor, versatile ingredient.

Seller: GOLDFARMER KRISHI PRODUCER COMPANY LIMITED
from Veraval, Gujarat
Qty: 1 Kg | Price: INR 135



WHOLE DAL



Black Gram Dal ([🔗](#))

- Whole black gram packed with complex carbs and B vitamins
- No added fats and preservatives; ideal for stews and curries

Seller: APT FPCL
from Virudhunagar, Tamil Nadu
Qty: 1 Kg | Price: INR 75

Black Peas ([🔗](#))

- Particularly rich in folate, iron, potassium, and antioxidants making them ideal for women's health.
- Also known for mild, nutty flavour, pairs well with stews, curries and soups.

Seller: SPITI FARMS PRODUCER COMPANY LTD.
from SPITI, Himachal Pradesh
Qty: 1 Kg | Price: INR 250



WHOLE DAL

Black Soyabean (🔗)

- Nutrient-rich legume prized for their robust flavor and health benefits.
- Protein-rich dal, excellent addition to plant based, vegetarian and vegan meals.

**Seller: HIMCHLI AGRI PRODUCER
COMPANY LIMITED**
from Salem, Tamil Nadu
Qty: 1 Kg | Price: INR 120



Chitra Rajma (🔗)

- Cream, speckled appearance. Slightly firm when cooked.
- Packed with antioxidants, fibres and minerals, and incredibly versatile.

**Seller: GAMHARIA FARMERS PRODUCER
COMPANY LIMITED**
from Gamharia
Qty: 1 Kg | Price: INR 225



WHOLE DAL



Cowpea, Red (🔗)

- Nutritious legume, enriched with high protein and fibre.
- Covered in smooth red coat, good for weight-loss, skin, and digestion.

Seller: DEINGANADU FPC LTD.
from Chathannoor, Keraladu
Qty: 500gm | Price: INR 55

Desi Lakhdi Dal (🔗)

- Nourishing, earthy Dal from Chhattisgarh region of India.
- Replete with iron, fibre, vitamins and anti-oxidants for a healthy and weight loss friendly diet.

Seller: DHANTESHWARI KRISHAK PRODUCER COMPANY LIMITED
from Chhuriya, Chhattisgarh
Qty: 1 Kg | Price: INR 120



WHOLE DAL

Desi Masoor Dal (🔗)

- Masoor dal, also known as red lentils, popular across India for its rich flavour.
- Enriched with nutrients such B6, folate, magnesium, and potassium making them a wholesome choice for all age groups.

Seller: DHANTESHWARI KRISHAK PRODUCER COMPANY LIMITED
from Chhuriya, Chhattisgarh
Qty: 1 Kg | Price: INR 120



Desi Toor (🔗)

- Nutritious whole legume, popular across India, for its earthy taste.
- Easy to digest vegan food, enriched with complex carbs, protein and antioxidants.

Seller: COTTONGOLD FARMER PRODUCER COMPANY LIMITED
from Ghatanji, Maharashtra
Qty: 1 Kg | Price: INR 120

WHOLE DAL



Green Gram (🔗)

- Unpolished green gram, also known as mung beans, is celebrated for its mild flavor and versatility.
- Packed with protein, aids muscle growth, digestion, and helps regulate blood sugar levels.

**Seller: JAY SARDAR KRUSHI VIKAS FARMER
PRODUCER Co. LTD
from Buldhana, Maharashtra
Qty: 500gm | Price: INR 75**

Horse Gram or Kulthi Bean (🔗)

- Nutritious legume prized for its numerous health benefits, especially in South India.
- Easy to cook and versatile, can be incorporated in various soups, rasam, stews and similar savoury preparations.

**Seller: SRI SAI KALPAVRIKSHA VEGETABLE
FARMER PRODUCER COMPANY LIMITED
from Bodichipalli, Tamil Nadu
Qty: 1 Kg | Price: INR 200**



WHOLE DAL

Kabuli Chana (🔗)

- Beloved Indian staple, beige in colour and versatile soft and creamy once done.
- Highly nutritious, rich in protein, dietary fibre, folate, iron and magnesium.

**Seller: BULDANA KRUSHI VIKAS FARMER
PRODUCER CO. LTD**

from Buldhana, Maharashtra

Qty: 500gm | Price: INR 280



Kashmiri Rajma (🔗)

- Hailing from Kashmir region of India, a popular variety of kidney bean.
- Red in colour, creamy and mild in flavour once cooked.
- Enriched with protein, fiber, and vital nutrients.

**Seller: HAYAN PALPORA FARMERS
PRODUCER COMPANY LIMITED**
from Kangan, Jammu and Kashmir

Qty: 1 Kg | Price: INR 225

WHOLE DAL



Lablab bean (🔗)

- Versatile legume, popular across Southern and western India.
- Also known as Hyacinth and Dolichos bean, prized for its mild taste, and gut and heart friendly properties.

**Seller: SRI SAI KALPAVRIKSHA VEGETABLE
FARMER PRODUCER COMPANY LIMITED**
from Bodichipalli, Tamil Nadu
Qty: 1 kg | Price: INR 200

Lobia (🔗)

- Also known as cowpea or black eyed pea, for their black spot on the oval shaped, cream coloured bean.
- Tremendous source of protein and fibre, firm when cooked and mild to sweet in taste.

**Seller: DISHOM FARMER PRODUCER
COMPANY LIMITED**
from Pakur, Jharkhand
Qty: 1 Kg | Price: INR 160



WHOLE DAL

Pahadi Kulti Dal (🔗)

- Horsegram lentil popularly used to make Pahadi Gahat ki Dal
- Earthy in taste, excellent for kidney and renal health.

**Seller: NARAYANBAGAR KRISHAK VIKAS
PRODUCER COMPANY LIMITED**
from Chamoli, Uttarakhand
Qty: 1 kg | Price: INR 180



Soya Bean or Bhatt Ki Dal (🔗)

- Yellow whole soybeans, also known as 'Bhatt Ki Dal,' in North India.
- Packed with plant based protein, fiber, antioxidants, and vitamins.

**Seller: CHAUKHAMBA HILL FARMERS
PRODUCER COMPANY LIMITED**
from Rudraprayag, Uttarakhand
Qty: 1 Kg | Price: INR 140



SPLIT DAL

Split lentils are lentils that have been split. This splitting process reduces cooking time of the lentil and alters overall texture of the dish. Split lentils with skin (chilka) are lentils that have been split but still retain their outer skin.



SPLIT DAL



Moong chilka dal (🔗)

- It is heralded as the jewel of legumes in agriculture.
- This resilient crop thrives in diverse climates, boasting rapid growth and a steadfastness against droughts.

Seller: SILWANI FARMER PRODUCER COMPANY LIMITED
from Silwani, Madhya Pradesh
Qty: 1 Kg | Price: INR 159

Organic Masoor Dal (🔗)

- Organic Masoor Dal, ensuring highest quality of hygiene and food safety standards
- Rich in protein, no cholesterol, no additives

Seller: RAMPUR KRISHAK FARMER PRODUCER COMPANY LIMITED
from Rampur, Uttar Pradesh
Qty: 500gm | Price: INR 120



SPLIT DAL

Urad Dal ([↗](#))

- Used to make classic Indian dal delicacies like Dal Makhani.
- High in fibre, protein, antioxidants and iron supporting holistic well-being.

**Seller: DHANTESHWARI KRISHAK
PRODUCER COMPANY LIMITED
from Chhuriya, Chhattisgarh
Qty: 1 Kg | Price: INR 140**



DHULI DAL

"Dhuli" refers to lentils that have been split and had their skins removed. Without the skin, split lentils, tend to break down easily while cooking, producing a smoother consistency in dishes. The slightly milder flavor allows them to adapt well to a variety of spices and seasonings.



DHULI DAL



Bakla Dal (🔗)

- Nutritious and delicious fava beans, ideal for weight-management and diabetes.
- Pure, unprocessed dal with zero cholesterol and saturated fat.

**Seller: NEBUA KRISHAK UTTHAN PRODUCER
COMPANY LIMITED**
from Padrauna, Uttar Pradesh
Qty: 1 Kg | Price: INR 99

Chana Dal (🔗)

- Also called Bengal gram or split Bengal gram, with mildly sweet flavour.
- Small in size, they are incredibly popular in East India for a myriad starters, snacks and main course preparations.

**Seller: HARSUD FARMER PRODUCER
COMPANY LIMITED**
from Khandwa Madhya Pradesh
Qty: 500gm | Price: INR 35



DHULI DAL

Organic Arhar Dal (🔗)

- Organic, low-cal, protein and calcium packed dal, ideal for vegetarians and vegans.
- Also known as Tur dal and Adhaki in Sanskrit, incredibly versatile and popular across India for various delicacies.

Seller: BEHSUMA FARMERS PRODUCER COMPANY LIMITED
from Hasteenapur, Meerut, Uttar Pradesh
Qty: 1 kg | Price: INR 230



Moong Dal (🔗)

- Moong dal, also referred to as mung bean dal, yellow dal, is one of India's most popular dals finding mentions in ancient Ayurveda
- Packed with protein, B Vitamins and fibre, supporting weight-loss diet, diabetes management, heart health and more.

Seller: HARSUD FARMER PRODUCER COMPANY LIMITED
from Chhuriya, Chhattisgarh
Qty: 500gm | Price: INR 60



DHULI DAL



Masoor Dal (🔗)

- Nutritious legume prized for its rich protein content and quick cooking time.
- A versatile ingredient, with long shelf-life.

**Seller: DHANTESHWARI KRISHAK
PRODUCER COMPANY LIMITED
from Chhuriya, Chhattisgarh
Qty: 1 Kg | Price: INR 110**

GI- Tagged Kalaburgi Tur Dal (🔗)

- GI-Tagged dal, unpolished, grown exclusively in Gulbarga district of Karnataka.
- Versatile Toor dal, easy to cook and ideal for soups, stews, and curries.

**Seller: JEWARGI TALUKA MILLETS FARMERS
PRODUCER COMPANY LIMITED
from Rudraprayag, Uttarakhand
Qty: 1 kg | Price: INR 220**



DHULI DAL

Urad Dal (🔗)

- White Urad Dal, easy to digest, used widely for South Indian preparations.
- Packed with protein, zero cholesterol and zero additives.

**Seller: BADERAJPUR KRISHI FED
PRODUCER COMPANY LTD
from Kondagaon, Chhattisgarh**

Qty: 1 kg | Price: INR 135



DAL COMBOS

Basmati Rice and Moong Dal Combo (🔗)

Moong Dal and Basmati Rice, 1 Kg Each

Seller: RAISEN-TRADE FARMER PRODUCER COMPANY LIMITED

From Raisen, Madhya Pradesh

Qty: 1x1000 gm, 1x1000 gm | Price: INR 299



3-in-1 Combo, Peanut, Chickpea, Moong (🔗)

3 Packs of Peanuts, Chickpea and Moong Dal of 500 g each

Seller: RANMAL FARMER PRODUCER COMPANY LIMITED

From Jamnagar, Gujarat

Qty: 1x500 gm, 1x500 gm, 1x500gm | Price: INR 299



Combo Pack of 6, Tur Dal, Chana, Mung, Mung Mogar, Urad, Urad Mogar (🔗)

Combo Packets of 6 Dals, 500 gm each

Seller: JAY SARDAR KRUSHI VIKAS FARMERS PRODUCER COMPANY LIMITED

From Buldhana, Maharashtra

**Qty: 1x500 gm, 1x500 gm, | Price: INR 465
1x500gm, 1x500 gm,
1x500 gm, 1x500gm**



AND MORE 'DAL-ECTABLE' OPTIONS AWAIT!

Countless Farmer Producer Organizations (FPOs) are dedicated to cultivating and processing premium pulses, enriching your daily diet. Now is your chance to choose local, choose pure.

Buy directly from FPO farmers for both B2B and B2C businesses via [ONDC](#).

For inquiries and feedback, contact: sfac@nic.in.



SFAC is an autonomous body promoted by Ministry of Agriculture and Farmers Welfare, Government of India, for promotion of Agribusiness to ensure welfare of small and marginal farmers through central sector schemes.