



RED BASMATHI

Made up of long, slender red grains that elongate when cooked and is tasty, palatable and soft but not sticky. This product has been clinically proven as a low GI (Glycemic Index) by the **BAKER IDI HEART & DIABETES INSTITUTE of AUSTRALIA**.



RED BASMATHI LITE

Made up of long, slender red grains that elongate when cooked and is tasty, palatable and soft but not sticky. This product too can be classified as a low GI health rice, even though it contains less rice bran.



FRAGRANCE

A great tasting combination of long slender RED & WHITE Basmathi rice that elongates when cooked. This blend is soft and aromatic, with a delicious and tempting taste that makes it ideal in the preparation of *Milk Rice*.



RED RAW

Red rice is generally more nutritious than white rice due to the presence of a percentage of rice bran which consists of protein, fat, minerals, vitamin B and dietary fibre. Even after polishing, the red pigmentation will help recognise the distinct presence of rice bran.



RED SAMBA/NUTRITIOUS

This short grain variety is more nutritious due to the presence of rice bran. This rice consists of high antioxidant properties which help prevent aging and also to overcome iron deficiencies in humans.



PEACOCK

Also known as de-husked rice, where only the husk has been removed and the whole bran is present, whereby containing a higher percentage of protein, fat, minerals, vitamin B and dietary fibre than other varieties. Due to the GI index being comparatively lower it could be considered a healthier option.



MATTA

Popular in Kerala, India, this is a medium grain red rice which is widely consumed in its boiled form. Rich in protein, minerals and high fibre content it is considered good for diabetics.



KALUHEENATI

A traditional variety which is known as a natural aphrodisiac and it also has medicinal properties in helping regulate bowel movements, control the toxic effects of snake bites. Porridge made of this rice is highly recommended for those infected with hepatitis.



MADATHAWALU

Another traditional red rice that is highly recommended and used by Ayurvedic doctors and practitioners in order to strengthen the immune system



WHITE SAMBA (RAW)

Consists of a long white grain that is appetizing but does not elongate when cooked. It is the raw product that is mainly consumed. This rice is the most preferred variety for the preparation of Sri Lanka's traditional *"Milk Rice"* due to its taste and appearance.



PURPLE MIX

This product is a blend of black, purple and white rice which is generally used for decorative purposes. Both the black and purple colours are natural. Black rice is believed to be nutritious and high in antioxidant properties. While the purple rice is a very rare variant. This rice comes in raw form and when cooked is soft and palatable though not aromatic



SUDURU SAMBA

This traditional variety is the most palatable and smallest grain size Samba available at present. It is also the most expensive local variety of rice, due to its high demand but low paddy production. It is believed to be an aphrodisiac.



PEARL RICE

A slightly larger grain than the normal samba rice. When milled it takes on a glassy, attractive appearance and is highly palatable. Muthu Samba has greater export potential in comparison to other varieties of Samba.



WHITE BASMATHI

A long slender white grain that is appetizing, aromatic and slightly glutinous when cooked. This variety does not elongate very much.



MILK RICE (RAW & BOILED)

In comparison to other types of samba, this grain is relatively smaller. Though this is consumed in raw and boiled forms, when cooked the raw product is more palatable than the boiled. The protein level in this variant is comparatively higher than other varieties of white rice. It is interesting to note that the flavour of this rice is enhanced when the paddy of this product is matured in storage (*Old Rice*).



SUWANDEL

It is a delectable white rice which has an exquisite aroma when cooked. This rice is believed to promote fair and glowing skin, improve the function of the digestive system, improve vocal clarity, help control diabetes and increase the male libido.