# ABOUT OATHGROW

Apart from being wide selection of the source of a premium tea, you can call us tea people or tea crafters or a friendly advisor who can serve you with the best information on the tea recipes, benefits and what not

ebelieve, you are never old to rebuild a taste - reset your body and renew your life. Having said that, we aspire to change the way people see tea, after all, it is more than just a transparent drink. So, allow us to redefine tea, to help clarify fact from myth, and to outline the importance of tea not only in world history, but in our own lives. Let's rethink tea, and be aware that the taste and magic is not found in tea leaves, in the liquor it creates, or in our relationships to these things, but in its ability to help us feel connected to our shared humanity

www.nityaarnafarms.com

# THE ANATOMY OF OF OUR TEA



Soil that did the babysitting







Thin air of mountains that nurtured it



plucked leaf of Camellia Sinesis

Whithering, Bruising, Oxidising, Fixing, Drying



Yearly timetable of scheduled pruning pest-control and fertilisation



Distinctive, trademark flavour

# THE TWO ETERNAL TRUTHS

### Rethink Tea Rethink Gifts

Is tea just a transparent drink? No Way! Tea is the new juice. Naturally rich in antioxidants and low in sugar, tea is the most compelling health brew right now. If a quick look around is any indication, it is experiencing a major fashion and wellness renaissance. From facialists to herbalists to body cleansing diehards committed to their well-being, tea is increasingly top of the mind

We believe, Mother
Earth is gracious and
precious. There is a lot
in her green depths,
and a lot of it is still
unexplored. From seed
to plant to cup, while tea
devotes its whole life
to the humankind, let
us devote a part of
ourselves to this
unparalleled gift of god
and bring moments of
natural wellbeing to our
loved ones

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## OUR OFFEINGS



**Wellness Teas** 



**CTC Milk Tea** 



**Gourmet Teas** 



Anti-illness Teas



**Eco Herbal Teas** 



**Herbal Tisane** 



**Ayurvedic Herbal Blend** 



**Garden Teas** 



**Private Labeling** 

#### WELLNESS TEA

SN	TYPE	INGREDIENTS
1	Refreshing Tea	GreenTea blended with Lemongrass and Mint
2	Immunity Tea	Green Tea blended with Lemon Tulsi, Cinnamon and Ginger.
3	Immune-CV Tea	Green Tea, Amla, Tulsi, Giloy, Cinnamon, Ginger, Mint, Fennel, Black Pepper, Turmeric, Ashwagandha
4	Slim Sure	Green Tea blended with Garcinia Cambogia, Lemongrass, Cinnamon, Ginger and Coleus
5	Detox N Energy Tea	Oolong tea, Green Tea blended with Mint, Rooibos, Ashwgandha, Jasmine, Gymnema Sylvestor, Moringa etc
6	SlimTox Relax Tea	Green Tea blended with Garcinia Cambogia, Hibiscus, Star Anise, Valerian, Arjun Bark, Nettle etc
7	Digestion Tea	Green Tea blended with Triphala, Mint, Licorice, Bay Leaf, Cinnamon, Senna Leaves, Ajwain, Rose Petals and Lemongrass
8	Constipation Tea	Senna Leaves, Green Tea, Pepper Mint, Licorice, Triphala, Chamomile, Hibiscus etc
9	Relaxing Tea	Green Tea blended with Chamomile and Lemongrass
10	Skin and Hair	White Tea/Green Tea blended with Orange Peels, Rose, Kudzu Root etc
11	Nutritional Tea	Green Tea blended with Moringa, Hibiscus and Lemongrass
12	Calming Effect-Ananda	Green Tea, Lemongrass, Rose Petals, Basil, Lavender, Turmeric, Black Pepper, Ashwgandha



## ANTI-ILLNESS TEAS

SN	TYPE	INGREDIENTS
13	Acidity	Green Tea blended with 15 Herbs and Spices including Ajwain, Cumin Seed, Bay Leaf, Fenugreek etc
14	Blood Purification	Green Tea blended with Manjistha, Gorakhmundi, Shahtara, Daruhaldi etc
15	Diabetes Tea	Green Tea blended with Gymnema Sylvester, Methi, Jamun, Cumin Seed etc
16	Heart/Cardio Tea	Green Tea blended with Arjun Bark, Rooibos, Garcinia Cambogia, Turmeric etc
17	High BP	Green Tea blended with Arjun Bark, Triphala, Tulsi, Flexseed etc
18	Joint Pain Tea	Green Tea blended with Tulsi, Nettle, Rhododendron etc
19	For Him	Green Tea with Shilajit, Ashwgandha, White Musli, Gokhru, Hibiscus, Shatavari, Shankhpushpi etc
20	Metabolism	Green Tea with Peppermint, Amla, Kudzu Root, Shatavari etc



### AYURVEDIC HERBAL BLEND

SN	TYPE	INGREDIENTS
21	Kwath	Tulsi, Cinnamon, Ginger, Black Pepper
22	Kwath++	Tulsi, Cinnamon, Ginger, Black Pepper, Amla, Giloy, Turmeric, Ashwagandha
23	Multi-purpose Herbal Delight	A blend of 19 herbs and spices that is tasty and cures multiple health issues. There are no tea leaves, and is therefore caffeine free. Herbs and spices include Tulsi + Brahmi + Ashwgandha + Arjun Chhaa l+ Licorice + Black Pepper + Clove + Ginger + Cinnamon + Pipli + Star Anise + Javitri + Nutmeg + Rose + Bay Leaf + Green Cardamom + Amla
24	Sleep	Chamomile, Lemongrass
25	Relax Classic-Sleep	Chamomile, Hibiscus, Lavender, Rooibos, Jasmine, Valerian Roo, Lemon Balmt etc
26	Cough n Cold	Oregano, Thyme, Tulsi, Mint, Bay Leaf
27	Thyroid	Green Tea blended with Nettle, Lemon Balm, Echinacea, Ashwgandha, Flexseed, Tulsi etc
28	Mother's Tea	A blend of chamomile, Nettle, Fenugreek, Moringa, Shatavari etc suitable for mothers with new born babies
29	Women PCOD	A blend of chamomile, Nettle, Moringa,Amla, Shatavari, Shankhpushpi, Punarnava, Manjishtha etc suitable for women



## MILK TEA (CTC), AND MASALA OPTIONS

SN	TYPE	INGREDIENTS	
30	Chai-20	A blend of traditional CTC (milk tea) and 20 herbs and spices that makes routine milk chai very tasty, and reduces acidity/gas issues typically assocaited with milk tea. Assam whole leaf tea is also added for aroma and taste. Herbs and spices include Cardamom, Black Pepper, Licorice, Ginger, Cinnamon, Bay Leaf, Clove, Fennel, Ajwain, Pipli, Star Anise, Jiavtri, Cumin, Fenugreek, Tulsi, Nutmeg, Turmeric, Flaxseed, Brahmi and Ashwgandha	
31	Chai-Summer	A blend of traditional CTC (milk tea) and 15 herbs and spices that makes routine milk chai very tasty, and reduces acidity/gas issues typically assocaited with milk tea. It is suitable for summer as none of the hot spices like Black Pepper, Ginger, Clove, Cinnamon, Bay Leaf etc are added. Only 'cold' and 'warm' herbs and spices are added which include Mint, Cardamom, Rose, Licorice, Tulsi, Fennel, Manjishtha, Cumin, Ajwain, Fenugreek, Javitri, Nutmeg, Star Anise, Flaxseed and Brahmi	
32	Cardamom CTC CTC tea blended with Green Cardamom, Black Pepper, Cinnamon, and Javi		
33	Ginger CTC	CTC tea blended with Ginger, Black Pepper and Clove	
34	Bombay Cutting Chai	Premium CTC tea blend	

#### **AYURVEDIC HERBAL MILK TEA**

SN	TYPE	INGREDIENTS	
35	Gas/Acidity	Same as Chai-20	
36	Digestion	CTC beldned with Ajwain, Bay Leaf, Cinnamon, Licorice, Mint, Rose, Senna, Triphala. The blend helps in digestion	
37	Destress/Relax	CTC blended with Ashwgandha, Lavender, Licorice, Rooibos, Valerian. The blend helps in relaxation	
38	Cold/Flu	CTC blended with Ajwain, Anise Seed, Ashwgandha, Black Pepper, Cinnamon, Clove, Cumin, Curcumin/Turmeric, Ginger, Licorice, Mint. The blend provides resistance against cold/flu.	
39	Pollution	CTC blended with Cardamom, Cinnamon, Curcumin/Turmeric, Fennel, Ginger, Senna Leaves, Triphla, Tulsi. The blend helps aginst ill effects of pollution	



### **GOURMET TEAS**

SN	TYPE	INGREDIENTS
40	English B/Fast Tea	Darjeelig and Assam Black Teas, Whole Leaf, Use 2 times, Second Flush, Only bud and two leaves
41	Black Delight Tea	Darjeeling Black Tea, Almond, Cinnamon, Cardamom, Rose Petal
42	Nature Care Black Tea	Assam Black Tea, Cardamom, Black Pepper, Licorice, Ginger, Cinnamon, Bay Leaf, Clove, Fennel, Ajwain, Pipli, Star Anise, Javitri, Cumin, Fenugreek, Tulsi, Nutmeg, Turmeric
43	Kashmiri Kahwa	Assam Green Tea, Almond, Cinnamon, Ginger, Clove, Cardamom
44	Royal Kashmiri Kahwa	Assam Green Tea, Almonds, Cardamom, Cinnamon, Clove, Rose Petals, Saffron
45	Orange & Mint Black Tea	Assam Black Tea, Mint, Orange 100% Natural Flavor
46	Indian Summer Green Tea	Darjeeling Green tea, Natural Apple Bits, Hibiscus, Lemon Peels, Melon Seeds, Marigold petals, Strawberry Flavour
47	Autumn Black Tea.	Black Assam Tea, Apple Bits, Cinnamon, Almonds, Marigold Petals. Vanilla flavor
48	Arabian Mint Green Tea	Assam Green tea, Spear Mint, Ginger bits, Lemon Peels, Pepper Mint
49	English Orchard Green Tea	Green Darjeeling tea, Orange peel, Lemon peel, Apple pieces, Hibiscus, Marigold, Rose petals, Black currant flavor
50	Exotic Rose Green Tea	Assam Green Tea, Rose Petals, Marigold



# ECO HERBAL TEAS

SN	TYPE	INGREDIENTS
51	Tulsi Green Tea	Green Tea, Tulsi
52	Lemon Ginger Green Tea	Green Tea, Lemon Peel, Ginger
53	Mint Lemongrass Green Tea	Green Tea, Mint, Lemongrass
54	Moringa Ginger Green Tea	Green Tea, Moringa, Ginger
55	Nettle Lemongrass Green Te	Green Tea, Nettle, Lemongrass
56	Mulethi Green Tea	Green Tea, Tulsi, Sweet Mulethi



### **HERBAL TISANE**

SN	TYPE	INGREDIENTS
57	Hibiscus Herbal Tisane	Cranberry, Blue Berry, Orange Peel, Apple, Lemongrass, Hibiscus, Licorice
58	Strawberry Rush Tisane	Pineapple, Strawberry, Orange Peel, Cranberry
59	Detox Energy Tisanes	Mint, Tulsi, Cinnamon, Licorice, Rooibos, Ginger, Turmeric, Ashwgandha, Jasmine, Moringa, Gymnema Sylvester, Fennel, Lemongrass, Pipli, Cardamom
60	Relax Classic	Lavender, Hibiscus, Rooibos, chamomile, Lemongrass, Licorice, Valerian Root, Jasmine, Lemon Balm, Rose

### TURMERICTHEME

61	Moringa Nutri Tisane	Assam Black Tea, Mint, Orange 100% Natural Flavor
62	Indian Summer Green Tea	Moringa, Hibiscus, Ginger, Lemongrass
63	Moringa Immunity Tisane	Moringa, Tulsi, Amla, Cinnamon, Ginger, Black Pepper, Ashwagandha, Giloy
64	Moringa Turmeric Tisane	Moringa, Turmeric, Ginger, Lemongrass, Fennel, Rose Petals, Black Pepper
65	Spicy Moringa Tisane	Moringa, Ginger, Rock Salt, Black Pepper, Hibiscus, Cinnamon, Clove, Cardamom
66	Minty Moringa Tisane	Moringa, Tulsi, Mint, Lemongrass, Cinnamon, Cardamom

### **ASHWAGANDHA THEME**

SN	TYPE	INGREDIENTS
67	Ashwagandha Immunity Tisane	Ashwagandha, Tulsi, Amla, Giloy, Cinnamon, Ginger, Black Pepper,, Turmeric, Licor
68	Ashwagandha Relax Tisane	Ashwagandha, Hibiscus, Lavender, Rooibos, Rosemary, Lemongrass, Valerian Root, Rose, Licorice, Jasmine
	TULSITHEME	
69	Tulsi Turmeric Moringa	Tulsi, Turmeric, Moringa, Lemongrass, Rose Petals, Black Pepper
70	Tulsi Nettle Moringa	Tulsi, Nettle, Moringa, Cinnamon, Lemongrass, Rose Petals
71	Tulsi Rhododendron	Tulsi, Rhododendron

### AQUAHERB

Drinking water infused with herbs and spices like Methi, Cumin, Ajwain etc. has long been considered good for health. However, this is rarely practised in today's fast life, despite normal RO water lacking minerals and often causing acidity.

SN	TYPE	INGREDIENTS
72	AquaHerb Digest	Fenugreek, Mint, Triphala, Ajwain, Coriander, Cumin, Fennel, Chia Seed, Moringa, Ginger, Tulsi, Cinnamon
73	AquaHerb Detox	Moringa, Nettle, Turmeric, Chia Seed, Fenugreek, Tulsi, Cinnamon, Ginger, Hibiscus, Ajwain, Fennel, Lemon



### GARDEN-BLACK TEA

SN	TYPE	
74	Darjeeling Black Supreme Tea	Premium whole leaf Black tea of the best grade (SFTGFOPI), grown in organic tea gardens of the Darjeeling region. It is a Second Flush tea produced during May-June time-frame having goldern tips resulting in best aroma.
75	Darjeeling First Flush	First Flush teas grown during March-April in Darjeeling region are famous worldwide for their delicate aroma and taste.  These are First Flush Black teas from an organic tea estate in Darjeeling.
76	China Special Darjeeling Black Tea	A delightful production of the Gopaldhara estate of Darjeeling, this tea delivers a brisk cup with notes of orchid-like flavour. It leaves an everlasting impression on it's drinkers.
77	Classic Chinary Black Tea	An extraordinant flavoured tea, beaming with fine flavours of white flowers, fresh herbs and nuts. Another connoisseurs delight, this tea exudes a lusciousness unlike any high-grown Darjeeling tea.
78	Clonal Light Darjeeling Black Tea	When it comes to flavours and taste, Darjeeling never fails to deliver. This sweet floral tea will definitely impress you and make you want to have more.
79	Darjeeling Arya Rose Black Tea	Give your day a satisfying fresh start with this incredible Darjeeling tea. This cup of tea will surely keep you energized throughout the day.
80	Darjeeling Clonal Muscatel Black Tea	The leaves of this Darjeeling tea are subjected to a short wither and long oxidation which helps extract sweet, fragrant red winelike notes that resemble the Muscat grape, from where it gets its name. This muscatel hails from the Seeyok estate.
81	Darjeeling Queen Autumn Flush Black Tea	This is an incredibly balanced tea with a light yet complex flavour profile. A truly remarkable tea exhibiting the 'Champagne' designation of Darjeeling teas.
82	Gopaldhara Summer Darjeeling Black Tea	A tea enriched with the goodness of Darjeeling's flavour, this tea is a delight for the palate as well as the eyes. These leaves deliver a crisp floral cup with a beautiful golden coloured brew, which will make you come back for more.
83	Gopaldhara Special Darjeeling Black Tea	This is a tea loved for its exceptionally smooth and delicate fragrance of aromatic orchid flowers. With light, floral attributes, the Gopaldhara autumnal tea is well suited for a delightful cup all day long.
84	Himalayan Orthodox Black Tea	Grown at a height of around 6000 ft. this tea has a refreshing flavour due to the cool and humid climate of the region. The tea has a smooth grassy aroma with subtle hints of wet wood and nuts.
85	Namring Upper Darjeeling Black Tea	The tea speaks about the place it comes from. This light cup of black tea is pleasantly sweet and smooth on the palate. The aromatic floral and fruity notes do justice to the beautiful flora of this rich estate which boasts exceptional clonal bushes.
86	Puttabong Darjeeling Black Tea	A house-special blend of the lighter muscatels. Blended together, it produces a cup that's rich in classic Darjeeling flavours, most notably wood and sour fruit, along with a pleasant amount of astringency. It is light yet brisk and therefore refreshing.



### GARDEN-GREEN TEA

SN	TYPE	DESCRIPTION
87	Darjeeling Green Classic Tea	Whole leaf green tea grown in organic tea gardens of the Darjeeling region. It is a Second Flush tea produced during May-June time-frame having golden tips resulting in best aroma.
88	Roasted Green Elixir	These Green teas are slightly roasted to provide a better taste.  These are whole leaf green tea grown in organic tea gardensof the Himalayan region. It is a Second Flush tea produced during May-June time-frame having golden tips resulting in best aroma.
89	Maofeng Green	This Green tea is preapred using one of the world's most sophisticated Chinese methods of preparing Green tea. It has golden/neon green liquor with deep mellow herbal flavor.
90	Sencha Green	This aromatic tea is prepared using a Japanese method of processing Green tea by decoction. The fine tea leaves are handpicked and then steamed for between 30-45 seconds as early as they are harvested to prevent the oxidation of the leaves.
92	Bancha Green	This is a Japanese way of preparing green tea. These are generally made during the last "June to September". Bancha tea is low in caffeine, and has a unique flavour with a strong organic straw aroma.
93	Green Pearls	Best Green tea where each pearl opens in a bud and leaf. Most aromatic having least bitterness that is typically associated with Green tea.
94	Darjeeling Classic Marvel Green Tea	An extremely light and delicate tea with a bright liquor. This extremely delicate brew is reminiscent of fresh summer blossoms which keep you thrilled throughout this beautiful sensory experience.
95	Darjeeling Organic Leaf Green Tea	Treasured for its rich golden liquor and distinctive muscatel flavour, this tea scores high on any connoisseurs list. Bright and aromatic, with a floral muscat grape scent, it has notes of warm spice which makes this an an excellent summer harvest.
96	Darjeeling Summer Classic Green Tea	The exotic tea from Selim Hill produces a flavourful cup with characterictics of classic green tea, at an irresistably good value.
97	Darjeeling Summer Green Tea	Enjoy the finest green tea straight from the estates of Darjeeling. This simple and smooth tea promises to give you good health altogether. Low in caffeine, this tea gives you a chance to rejoice the flavours of Darjeeling with every sip.
98	Green Superfine	Superfine whole leaf grade Green tea from a tea estate in Assam situated at high altitude.
99	Green Lachchha	Lachchha Green tea from a tea estate in Assam situated at high altitude.
100	Green Mazdana	Mazdana grade Green tea from a tea estate in Assam situated at high altitude.
101	Green Mogra	Mogra grade Green tea from a tea estate in Assam situated at high altitude.



### GARDEN-OOLONG TEA

SN	TYPE	DESCRIPTION
102	Darjeeling Oolong Classic Tea	Oolong teas are semi-oxidized teas popular for their fat reduction properties. These are whole leaf Oolong tea grown in organic tea gardens of the Darjeeling region.
103	Giddhapahar Darjeeling Oolong Tea	A tea that needs no added condiments and can be enjoyed on its own, this seasonal black tea from Giddapahar estate embodies the characteristics of Darjeeling autumn flush. This tea is immensely soft and smooth that makes its nuanced fruity flavours extremely palate-friendly.

### GARDEN-WHITE TEA

SN	TYPE	DESCRIPTION
104	Darjeeling Silver Needle White Tea	The White teas are considered to be champagne of tea. These derive their name as the tea leaves are plucked at an early age when they have white hairy growth. These teas are made of only buds from organic tea estates in Darjeeling. These are slightly fruity in taste and are considered as champagne of teas. These teas have higher degree of health benefits in comparison to Green Teas, and are specially good for anti-skin ageing.
105	White Elixir Tea	The White Tea derives their name as the tea leaves are plucked at an early age when they have white hairy growth. These teas are made of bud and top two whole leaves from organic tea estates in Himalayan region. These teas have higher degree of health benefits in comparison to Green Teas, and are specially good for anti-skin ageing.
106	Makibari Darjeeling First Flush Organic Pearl White Tea	The White Tea derives their name as the tea leaves are plucked at an early age when they have white hairy growth. These teas are made of bud and top two whole leaves from organic tea estates in Himalayan region. These teas have higher degree of health benefits in comparison to Green Teas, and are specially good for anti-skin ageing.



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