ಫೆ. 12ರಿಂದ ಕಾಫಿ ಮೇಳ

ಬೆಂಗಳೂರು: ಫೆಬ್ರುವರಿ 12ರಿಂದ 14ರವರೆಗೆ ಅಂತರರಾಷ್ಟ್ರೀಯ ಕಾಫಿ ಉತ್ಸವ (ಇಂಡಿಯಾ ಇಂಟರ್‌ನ್ಯಾಷನಲ್ ಕಾಫಿ ಫೆಸ್ಟಿವಲ್-2026) ನಗರದ ಜಯಮಹಲ್ ಪ್ಯಾಲೆಸ್‌ನಲ್ಲಿ ನಡೆಯಲಿದೆ.



ಸ್ಪೆಷಾಲ್ಟಿ ಕಾಫಿ ಅಸೋಸಿಯೇಷನ್ ಆಫ್ ಇಂಡಿಯಾ (ಎಸ್‌ಸಿಇಐ) ಕಾರ್ಯಕ್ರಮವನ್ನು ಆಯೋಜಿಸಿದೆ. ಭಾರತೀಯ ಕಾಫಿ ಮಂಡಳಿಯು ಕಾರ್ಯಕ್ರಮಕ್ಕೆ ಬೆಂಬಲ ನೀಡಿದೆ ಎಂದು ಕಾಫಿ ಮಂಡಳಿಯ ಪ್ರಕಟಣೆ ತಿಳಿಸಿದೆ.

ಈ ಕಾರ್ಯಕ್ರಮಕ್ಕೆ 20 ಸಾವಿರಕ್ಕೂ ಹೆಚ್ಚು ಜನ ಭೇಟಿ ನೀಡುವ ನಿರೀಕ್ಷೆ ಇದೆ. ಕಾಫಿ ಬೆಳೆಗಾರರು, ರಫ್ತುದಾರರು, ರೋಸ್ಟರ್‌ಗಳು, ಉಪಕರಣ ತಯಾರಕರು, ಕಾಫಿ ಬ್ರ್ಯಾಂಡ್‌ಗಳು, ಬ್ಯಾರಿಸ್ಟಾಗಳು ಹಾಗೂ ಗ್ರಾಹಕರನ್ನು ಇದು ಒಂದೇ ವೇದಿಕೆಗೆ ಕರೆತರಲಿದೆ ಎಂದು ತಿಳಿಸಿದೆ.

'ಭಾರತದ ಕಾಫಿ ತನ್ನ ಗುಣಮಟ್ಟ ಮತ್ತು ವೈವಿಧ್ಯತೆಯಿಂದಾಗಿ ಹೆಚ್ಚಿನ ಮಾನ್ಯತೆ ಪಡೆಯುತ್ತಿದೆ. ಅಂತರರಾಷ್ಟ್ರೀಯ ಕಾಫಿ ಉತ್ಸವದಂತಹ ವೇದಿಕೆಗಳು ಉತ್ಪಾದಕರನ್ನು ಮಾರುಕಟ್ಟೆಗಳೊಂದಿಗೆ ಬೆಸೆಯುವಲ್ಲಿ, ದೇಸಿ ಬಳಕೆ ಮತ್ತು ರಫ್ತಿಗೆ ಬೆಂಬಲ ನೀಡುವಲ್ಲಿ ಪ್ರಮುಖ ಪಾತ್ರ ವಹಿಸುತ್ತವೆ' ಎಂದು ಭಾರತೀಯ ಕಾಫಿ ಮಂಡಳಿಯ ಸಿಇಒ ಮತ್ತು ಕಾರ್ಯದರ್ಶಿ ಕೂರ್ಮಾ ರಾವ್ ಎಂ. ಹೇಳಿದ್ದಾರೆ.

Prajavani Pg.03

BOOST FOR COFFEE!

- Over the last 4 yrs, exports consistently crossed the $1 bn mark
- In FY25, exports stood at $1.8 billion
- In FY24, exports stood at $1.29 billion

India's coffee exports set to cross $2 bn mark in FY26

MAHESH KULKARNI
BENGALURU, DHNS

India's coffee exports are set to cross the $2 billion (little over Rs 18,000 crore) mark in value terms in the fiscal year ending March 31, 2026.

Despite global geopolitical challenges, green bean exports at the beginning of February touched $1.72 billion.

With another month and a half of the fiscal year left, it is expected that the coffee exports will overtake last year's level, a top Coffee Board of India official said.

In the fiscal year ended March 2025, India's coffee exports touched the $1.8 billion mark in value terms, a growth of 40% over the previous year's level of $1.29 billion, said the official.

"Over the past four years, India's coffee exports have consistently exceeded the $1 billion mark," Kurma Rao M, CEO & Secretary, Coffee Board of India, said on Monday.

The coffee industry in India is primarily concentrated in the major coffee-growing states of Karnataka, Kerala, and Tamil Nadu, which collectively account for 96% of the country's total coffee production.

▸ Coffee, Page 4

Sip, sip, hooray!

In 2024-25, India produced **3.63 lakh metric tonnes** of coffee



Karnataka accounts for **72%** of India's coffee output

Top 5 export destinations
Italy, Germany, Belgium, Russia, and UAE

India's coffee exports set to cross a $2 bn mark in FY26

Coffee, from Page 1

Karnataka accounts for 72% of India's production. The state is estimated to produce 2,80,275 metric tonnes (post-blossom estimate for 2025–26).

During the year 2024-25, India produced 3.63 lakh metric tonnes of coffee, of which 70% was exported. The domestic consumption stood at 95,000 metric tonnes in 2023, Rao said.

The top 5 export destinations for Indian coffee are Italy (18.09%), Germany (11.01%), Belgium (7.47%), the Russian Federation (5.28%), and the United Arab Emirates (5.09%).

The recently concluded India–UK Comprehensive Economic and Trade Agreement (CETA) marks a key milestone in bilateral trade relations. The pact offers tariff advantages for Indian value-added coffees, particularly instant coffee.

The United Kingdom, which already accounts for 1.7% of India's coffee exports, will now provide duty-free access for roast & ground and instant coffee, enabling Indian exporters to compete more effectively with suppliers from Germany, Spain, and the Netherlands.

The agreement establishes a robust foundation for increasing exports of value-added coffee products to the UK, according to a note issued by the Press Information Bureau.

India is also one of the major hubs for instant coffee production and exports, with value-added products accounting for nearly 38% of total coffee exports.

Deccan Hearld Pg.01 & 04

Karnataka will bring out an Ocean Farming Policy, says Priyank

The Hindu Bureau
BENGALURU

Priyank Kharge, Minister for Information Technology, Biotechnology and Rural Development, has said that the State will bring out an Ocean Farming Policy in the coming months to unlock opportunities in marine and coastal technologies and the blue economy.

He was speaking at the inauguration of Atria Beyonder Labs (ABL) at Atria University, a platform designed to accelerate the translation of academic research into deployable technologies, industry-ready solutions, and scalable start-ups.

The Minister also highlighted that Karnataka had already taken concrete steps in this direction through the launch of the Centre of Excellence in Aquamarine Innovation in Mangaluru.

He said the centre was envisioned as a collaborative platform for scientists, industry leaders and policymakers to drive economic growth while ensuring the sustainability of Karnataka's marine ecosystems.

According to him, the government was revisiting Karnataka's current data policy with the objective of developing a more sustainable and green data framework.

"We are examining how data infrastructure and the digital ecosystem can become more energy-efficient and more sustainable, and how the entire sector can be accelerated towards responsible, climate-aligned growth," he said.

> We are examining how data infrastructure and the digital ecosystem can become more energy-efficient and more sustainable
>
> **PRIYANK KHARGE,** Minister for Information Technology, Biotechnology and Rural Development

The Hindu Pg.06

Tariff on agri products to be phased out in 10 years

Farm items have been classified into four categories, says Union govt

PUSHPITA DEY @ New Delhi

AMID growing concern over the opening up of the agricultural sector to the US, the government on Monday clarified that market access for agricultural products has been calibrated based on the sensitivity of items, with phased duty elimination of up to 10 years built into the offer to safeguard domestic interests.

The government said agricultural items have been classified into four broad categories, with duties imposed, reduced, or eliminated depending on the sensitivity of each segment.

"In line with India's approach in previous trade agreements, agricultural market access has been structured based on product sensitivity. The offer is categorised into immediate duty elimination, phased elimination (up to 10 years), tariff reduction, margin of preference, and tariff rate quota mechanisms," a government release stated on Monday.

Phased tariff elimination over periods of up to 10 years will be available for select intermediate inputs used by India's food processing industry and sourced from multiple countries. These include albumins; coconut, castor, and cottonseed oils; hoofmeal, lard, stearin, modified starches, peptones and their derivatives, and certain plant-based materials. The extended phase-out period aims to provide adjustment time for domestic producers while ensuring input availability for processors.

"This extended timeline provides adequate adjustment space for domestic stakeholders," the release said.

For highly sensitive segments such as meat, poultry, and dairy products, genetically modified food items, soyameal, maize, cereals, millets such as jowar, bajra, and ragi, and fruits including bananas, India has retained full tariff protection, with no commitments made. For certain sensitive items, India has opted for tariff reductions rather than full elimination to ensure a degree of protection. Products in this category include parts of plants, olives, pyrethrum, and oil cakes. Alcoholic beverages have also been placed under tariff reduction, combined with minimum import price-based mechanisms and quotas, to prevent dumping.



Opted for levy reductions to ensure protection

For certain sensitive items, India has opted for tariff reductions rather than full elimination to ensure a degree of protection. Products in this category include parts of plants, olives, pyrethrum, and oil cakes. Alcoholic beverages have also been placed under tariff reduction, combined with minimum import price-based mechanisms.

Indian Express Pg.13

COFFEE BOARD EYES CROSSING $1.8 BILLION EXPORT TARGET

Domestic consumption shows increase; Production for 2024-25 was 3.63L tonnes

EXPRESS NEWS SERVICE @ Bengaluru

THE Coffee Board is leaving no stone unturned in tapping the domestic and international sector to make profits, and is looking to cross last fiscal's export target and change market trends.

Coffee Board of India CEO and Secretary M Kurma Rao on Monday said coffee exports for the year 2024-25 stood at $1.8billion. Till February 1, 2026, exports for 2025-26 were at $1.72billion. "We are expecting to cross last year's export figure. This will be achieved in the last few days, before end of March 2026," he said.

Board data showed exports from January-December 2025 at $2billion. Coffee production for the year 2024-25 was 3.63 lakh tonnes. Of the total coffee produced, 70 per cent is exported and 30 per cent is for domestic consumption. A slow rise in domestic consumption is being noted. Data also showed Bengaluru gradually becoming the coffee capital of India and Asia.

Rao said all efforts are being made to increase export, production, productivity and coffee quality. Different strategies are being adopted, including water augmentation, special irrigation schemes and replacement and consolidation plantation. He was speaking to the media after announcing the second edition of the three-day India International Coffee Festival (IICF) from February 12 in Bengaluru.

Rao said Indian coffee is gaining recognition for its quality and diversity. The event will provide a platform to showcase the importance of Indian coffee and help build connections with producers, markets and encourage best practices.

"Our USP is two-tier shade grown coffee and crop diversification. We have ecologically sustainable models. Last December, two new Arabica coffee varieties were launched – Suraksha and Shatabdi. They are pest-resilient and high-yielding varieties. This brings the total to 18 Indian coffee varieties. We are also working on creating a unique coffee gene pool by getting species and varieties from across the globe. We are also working with Indian embassies and diaspora to increase our reach," Rao said.



IICF to focus on collaboration

IICF will be held from February 12 to 14, 2026, at Chamara Vajra, Jayamahal Palace, organised by Specialty Coffee Association of India (SCAI) and Coffee Board of India. It will be a convention of growers, processors, exporters, roasters, equipment manufacturers, cafe brands and consumers. The festival will focus on collaboration, knowledge exchange, innovation and market access. Hamsini Appadurai, SCAI president, said the purpose of the event is to draw consumers to Indian coffee, which has made its mark globally. The event also aims to give a platform to small growers, who make up 90% of the total in India, and felicitate them.

Budget brews bitter discontent among state coffee growers



EXPRESS NEWS SERVICE @ Chikkamagaluru

COFFEE planter and social activist Holadagadde Girish said it was condemnable that the Union Budget ignored the coffee industry as it lacked any proposal to rescue growers from problems they face.

In a statement on Monday, he said the industry has been fetching considerable foreign exchange to the nation's coffers, besides playing a key role in environment conservation and providing jobs. "It is alarming to observe that the budget lacks any revival programmes for the beleaguered industry, which is held back by erratic weather patterns, infestations, labour shortages, fluctuating market conditions and threats from wildlife," Girish said.

The planter pointed out that the budget is silent on crucial subsidies on fertilisers, essential plantation equipment and fundamental necessities, as well as on the facilitation of loans. This neglect has further exacerbated the industry's plight, pushing it to the brink of despair, he said.

Promises made by Central ministers including HD Kumaraswamy, the chairman of the Coffee Board and other officials during the Central Coffee Research Institute (CCRI) centenary celebration at Balehonnur have proved to be mere rhetoric, Girish said.

The demands for the establishment of an ESI hospital, branding of coffee, promotion of the domestic coffee market and the creation of a Coffee Tech Park have been relegated to obscurity, Girish said.

> It is alarming that the budget lacks any revival plan for the industry, which is held back by erratic weather, infestations, labour shortages, fluctuating market and threats from wildlife
>
> Holadagadde Girish, planter & activist

Indian Express Pg.08

BIG BREW

B'luru to host India Int'l Coffee Festival from Feb 12-14

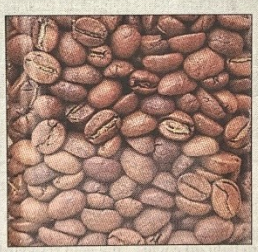
BENGALURU, DHNS

The India International Coffee Festival (IICF) is set to be held in Bengaluru from February 12-14. The event, touted as the largest-ever international coffee festival in the country, is being organised by Specialty Coffee Association (SCAI) with the support from the Coffee Board of India and presented by Nescafe, Nestle India.

It is expected to attract over 20,000 visitors from India, Germany, Japan, and many other countries. They include coffee growers, processors, roasters, exporters, equipment manufacturers, cafe brands, baristas, and consumers, said Kurma Rao, CEO and Secretary, Coffee Board of India.

Talking to reporters, he said, "Indian coffee is gaining recognition for its quality and diversity. Platforms such as IICF play an important role in connecting producers with markets, encouraging best practices, and supporting the long-term growth of both domestic and global markets."

The 2026 edition of IICF will also host the National Coffee Championships, where winners from regional rounds will earn the opportunity to represent India at international competitions, reinforcing India's presence on the global coffee stage, he said.



Hamsini Appadurai, President, SCAI, said India's coffee sector is steadily moving from a commodity-led approach to a quality- and experience-driven market. "This edition of IICF reflects that shift with greater scale, deeper business engagement, and a strong focus on showcasing the diversity and potential of Indian coffee across domestic and global markets," she said.

Structured around a farm-to-cup framework, the festival offers insights into production, processing, roasting, and brewing through curated tastings, workshops, and cupping sessions. These experiences highlight regional coffee profiles, processing techniques, and flavour development, encouraging informed consumption and a deeper appreciation for quality and traceability.

The festival will be held at Chamara Vajra, Jayamahal Palace.

SCAI is a non-profit organisation of like-minded and passionate coffee growers with the sole intention of spreading the specialty coffee culture in India and letting the world know about the specialty coffees available in India.

Deccan Herald Pg.12

ಬಾಗಲಕೋಟೆ: ಒಂದು ಅಂಡಿಗಿ ದರ ₹8,500ಕ್ಕೆ ಏರಿಕೆ

ವೀಳ್ಯದೆಲೆಗೆ ಉತ್ತಮ ಬೆಲೆ; ರೈತರಿಗೆ ಹರ್ಷ

• ಬಸವರಾಜ ಹವಾಲ್ದಾರ

ಬಾಗಲಕೋಟೆ: ವೀಳ್ಯದೆಲೆ ಬೆಲೆ ಏರಿಕೆಯಿಂದ ರೈತರು ಸಂತಸಗೊಂಡಿದ್ದಾರೆ. ಕಳೆದ ವರ್ಷ ಡಿಸೆಂಬರ್‌ನಲ್ಲಿ 12,000 ಎಲೆಗಳಿರುವ ಒಂದು ಡಾಗ್ (ಅಂಡಿಗಿ) ₹2 ಸಾವಿರದಿಂದ ₹3 ಸಾವಿರಕ್ಕೆ ಮಾರಾಟವಾಗುತ್ತಿತ್ತು. ಈಗ ದರ ₹6,000 ದಿಂದ ₹8,500ಕ್ಕೆ ಏರಿಕೆಯಾಗಿದೆ.

ಜಿಲ್ಲೆಯಲ್ಲಿ ಜಗದಾಳ, ನಾವಲಗಿ, ಬಾದಾಮಿ ತಾಲ್ಲೂಕಿನ ಚೊಳಚಗುಡ್ಡ ಸುತ್ತಲಿನ ಪ್ರದೇಶದಲ್ಲಿ ವೀಳ್ಯದೆಲೆ ಬೆಳೆಯಲಿದ್ದು, ಮುಂಬೈ, ಪುಣೆ, ಹೈದರಾಬಾದ್, ಬೆಂಗಳೂರು, ಸತಾರಾ, ಬೆಳಗಾವಿ ಕಡೆ ರವಾನೆಯಾಗುತ್ತದೆ.

'ಒಂದು ಎಕರೆಯಲ್ಲಿ ವೀಳ್ಯದೆಲೆ ಕೃಷಿಗೆ ವರ್ಷಕ್ಕೆ ₹2.5ರಿಂದ ₹3 ಲಕ್ಷ ಖರ್ಚಾಗುತ್ತದೆ. ಈ ಬಾರಿ ಚಳಿ ಹೆಚ್ಚಿದ್ದ ಕಾರಣ ಇಳುವರಿ ತಗ್ಗಿದೆ. ಈಗ ಎಲೆಬಳ್ಳಿ ಕಟ್ಟುವುದರಿಂದ ಫಸಲು ಕಡಿಮೆ ಇರುತ್ತದೆ' ಎಂದು ಜಗದಾಳದ ರೈತ ಸದಾಶಿವ ಬಂಗಿ ತಿಳಿಸಿದರು.



ಬಾಗಲಕೋಟೆ ಜಿಲ್ಲೆಯ ಗಾಣದಾಳದ ರೈತ ನರಸಿಂಹ ದೇಸಾಯಿ ಅವರ ಹೊಲದಲ್ಲಿ ಬೆಳೆದಿರುವ ವೀಳ್ಯದೆಲೆ

ಶುಭ ಕಾರ್ಯಗಳು, ತಾಂಬೂಲ ಹಾಕುವವರಿಗೆ, ಪಾನ್‌ಶಾಪ್‌ಗಳಲ್ಲಿ ವೀಳ್ಯದೆಲೆಗಳು ಬೇಕು. ವೀಳ್ಯದೆಲೆಗಳಿಗೆ ವರ್ಷಪೂರ್ತಿ ಬೇಡಿಕೆ ಇರುತ್ತದೆ. ದರ ಏರಿಕೆಯಿಂದ ತಾಂಬೂಲ ಪ್ರಿಯರಿಗೆ ಬಿಸಿ ತಟ್ಟಿದೆ.

'₹10ಕ್ಕೆ 25-30 ಎಲೆಗಳನ್ನು ನೀಡುತ್ತಿದ್ದರು. ಈಗ ಪ್ರತಿ ಎಲೆಗೆ ₹1 ಇದೆ. ತಾಂಬೂಲದ ಉಳಿದ ವಸ್ತುಗಳ ಬೆಲೆ ಏರಿತ್ತು. ಈಗ ಎಲೆಗಳ ಬೆಲೆಯೂ ಹೆಚ್ಚಿದೆ' ಎನ್ನುತ್ತಾರೆ ಶಂಕರಗೌಡ ಪಾಟೀಲ.

> ಚೊಳಚಗುಡ್ಡ ಭಾಗದಲ್ಲಿ ಅಂಬಾಡಿ ಎಲೆ ಬೆಳೆಯಲಾಗುತ್ತದೆ. 10 ರಿಂದ 12 ದಿನ ಹಾಳಾಗುವುದಿಲ್ಲ. ಆದ್ದರಿಂದ ಇಲ್ಲಿನ ಎಲೆಗಳಿಗೆ ಉತ್ತಮ ಬೇಡಿಕೆ ಇದೆ
> **ಮೌನೇಶ ಮರಡಿ,** ರೈತ, ಚೊಳಚಗುಡ್ಡ

ಮಧ್ಯವರ್ತಿಗಳ ಹಾವಳಿ: 'ಬೇರೆ, ಬೇರೆ ರಾಜ್ಯಗಳಿಗೆ ವೀಳ್ಯದೆಲೆಯನ್ನು ಕಳುಹಿಸಬೇಕು. ಭಾಷಾ ಸಮಸ್ಯೆಯಿಂದ ರೈತರು ಹೋಗುವುದಿಲ್ಲ. ಕೆಲವರೇ ಮಧ್ಯವರ್ತಿಗಳಾಗಿ, ಹೊರ ರಾಜ್ಯಗಳಿಗೆ ಎಲೆಗಳನ್ನು ಕಳುಹಿಸಿಕೊಡುತ್ತಾರೆ. ಸ್ಥಳೀಯವಾಗಿಯೇ ಮಾರುಕಟ್ಟೆಯಾದರೆ ಅನುಕೂಲವಾಗುತ್ತದೆ' ಎಂದು ಅವರು ತಿಳಿಸಿದರು.

Prajavani Pg.10

Vijayakarnataka Pg.10

ಸಿಪ್ಪೆಗಳನ್ನು ಎಸೆಯಬೇಡಿ

ತರಕಾರಿ ಅಥವಾ ಹಣ್ಣುಗಳ ಸಿಪ್ಪೆಗಳಿಂದ ಹಲವಾರು ಪ್ರಯೋಜನಗಳಿವೆ. ಅವುಗಳನ್ನು ಕಸದ ಡಬ್ಬಿಗೆ ಎಸೆಯುವ ಬದಲು ಅದನ್ನು ಮರುಬಳಕೆ ಮಾಡಿ ಅದರ ಆರೋಗ್ಯ ಲಾಭಗಳನ್ನು ಪಡೆಯಿರಿ.

ನಿಂಬೆ ಸಿಪ್ಪೆ: ಹಳದಿ ಬಣ್ಣದ ಈ ಸಿಪ್ಪೆಯಲ್ಲಿ ನಾರು, ವಿಟಮಿನ್ ಸಿ, ಬಿ6, ಕ್ಯಾಲ್ಸಿಯಂ, ಐರನ್ ಮತ್ತು ಮೆಗ್ನೀಷಿಯಂಗಳಿವೆ. ಇವು ರೋಗ ನಿರೋಧಕ ಶಕ್ತಿ ಹೆಚ್ಚಿಸುತ್ತವೆ. ನಿಂಬೆ ಸಿಪ್ಪೆಯ ಒಗರು ನಾಲಿಗೆಯ ರುಚಿ ಮೊಗ್ಗುಗಳನ್ನು ಅರಳಿಸುತ್ತದೆ.

ಬಾಳೆಹಣ್ಣು ಸಿಪ್ಪೆ: ಈ ಸಿಪ್ಪೆಯಲ್ಲಿ ಟ್ರೈಪ್ಟೊಫಾನ್ ಇದ್ದು ಇದು ಸೆರೊಟನಿನ್ ಎಂಬ ಹ್ಯಾಪಿನೆಸ್ ಹಾರ್ಮೋನ್ ಉತ್ಪಾದನೆಯನ್ನು ಹೆಚ್ಚಿಸುತ್ತದೆ. ಇದರ ಸೇವನೆಯಿಂದ ಮನಸ್ಸು ಸಂತೋಷವಾಗಿರುತ್ತದೆ.



ಕಲ್ಲಂಗಡಿ ಸಿಪ್ಪೆ: ಇದರ ಹಸಿರು ಸಿಪ್ಪೆಯಲ್ಲಿರುವ ಸಿಟ್ರಲ್ಲೈನ್ ಎಂಬ ಅಮೈನೊ ಆ್ಯಸಿಡ್ ರಕ್ತದ ಪರಿಚಲನೆ ಮತ್ತು ಹೃದಯದ ಆರೋಗ್ಯ ಹೆಚ್ಚಿಸುತ್ತದೆ. ಸ್ನಾಯುಗಳ ದಣಿವನ್ನು ಕಡಿಮೆಗೊಳಿಸುತ್ತದೆ.

ಲವಲವಿಕ ಕಿಚನ್ TIPS

ಕಲ್ಲಂಗಡಿ ಸಿಪ್ಪೆಯಲ್ಲಿ ವಿಟಮಿನ್ ಸಿ ಮತ್ತು ಬಿ6 ಕೂಡ ಇವೆ.

ಈರುಳ್ಳಿ ಸಿಪ್ಪೆ: ಕೆಂಪು, ಹಳದಿ, ಬಿಳಿ ಈರುಳ್ಳಿಯ ಸಿಪ್ಪೆಯಲ್ಲಿ ಕ್ವೆರ್ಸಿಟಿನ್ ಎಂಬ ಫ್ಲೆವನಾಯ್ಡ್ ಹೆಚ್ಚಿನ ಪ್ರಮಾಣದಲ್ಲಿದ್ದು, ಇದು ಉರಿಯೂತ ಕಡಿಮೆ ಮಾಡಿ ರಕ್ತದೊತ್ತಡ ನಿಯಂತ್ರಿಸುತ್ತದೆ. ಹೃದಯದ ಆರೋಗ್ಯಕ್ಕೂ ಈರುಳ್ಳಿ ಸಿಪ್ಪೆ ಉತ್ತಮ.

ಕಿವಿ ಸಿಪ್ಪೆ: ಕಂದು ಬಣ್ಣದ ಈ ಸಿಪ್ಪೆ ನಿಂಬೆ ಸಿಪ್ಪೆಯಷ್ಟು ಒಳ್ಳೆಯದು. ವಿಟಮಿನ್ ಸಿ ಮತ್ತು ನಾರು ಹೆಚ್ಚಿರುವ ಕಿವಿ ಸಿಪ್ಪೆ ಚರ್ಮದ ಆರೋಗ್ಯಕ್ಕೆ ಉತ್ತಮ. ■

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1.12 ಲಕ್ಷ ಮೆಣಸಿನಕಾಯಿ ಚೀಲ ಆವಕ

ಬ್ಯಾಡಗಿ (ಹಾವೇರಿ): ಪಟ್ಟಣದ ಕೃಷಿ ಉತ್ಪನ್ನ ಮಾರುಕಟ್ಟೆಗೆ ಸೋಮವಾರ 1.12 ಲಕ್ಷ ಮೆಣಸಿನಕಾಯಿ ಚೀಲಗಳು ಆವಕ ಆಗಿದ್ದು, ಈ ವರ್ಷದ ಸೀಸನ್‌ನಲ್ಲಿ ಮೊದಲ ಬಾರಿಗೆ ಆವಕ ಲಕ್ಷದ ಗಡಿ ದಾಟಿದೆ. ಬ್ಯಾಡಗಿ ಮಾರುಕಟ್ಟೆಗೆ ಪ್ರಸಕ್ತ ವರ್ಷ ಸಮರ್ಪಕ ಮೆಣಸಿನಕಾಯಿ ಆವಕವಿಲ್ಲದೆ ಗ್ರಹಣ ಹಿಡಿದಿತ್ತು. ಕಳೆದ ವರ್ಷ ದೀಪಾವಳಿ ನಂತರ ಸೀಸನ್ ಆರಂಭವಾದರೂ ಮೆಣಸಿನಕಾಯಿ ಕೊರತೆಯಿಂದ ಮಾರುಕಟ್ಟೆ ಬಳಲಿತ್ತು.

ತಳಿ	ಕನಿಷ್ಠ	ಗರಿಷ್ಠ	ಸರಾಸರಿ
ಕಡ್ಡಿ	4,899	70,111	47,009
ಡಬ್ಬಿ	5,629	80,319	50,009
ಗುಂಟೂರು	1,989	19,009	15,009

ಕ್ವಿಂಟಾಲ್‌ಗೆ ರೂ.ಗಳಲ್ಲಿ

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