

# Organic Foods to Have in Winter



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With the onset of winter, people find themselves shuffling through ingredients in the kitchen that can be added to special winter meals. Organic products are well-known for their medicinal properties, which have been used in every household for a long time. Some best organic foods you have to use, especially in the winter season are follows.

# Turmeric Powder



Turmeric is an excellent natural antibiotic and contains a strong antioxidant called curcumin. It is best to have a glass of turmeric milk in winter as you can reap multiple benefits.

# Sesame seeds



Sesame seeds are highly nutritious and can generate heat in the body. Sesame seeds are used in several winter sweets mainly for their multiple health benefits.



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# Flax seeds



Winter is the best time to include flax seeds in your diet as they can keep the body warm. Adding flaxseeds to your breakfast bowl will make you feel fuller and provide you with the energy to go through the day.

# Organic Ginger Powder



The therapeutic properties of organic ginger powder are well known, and it is made by crushing fresh ginger slices and drying them in the sun. Ginger has a lot of natural goodness, so it's a great spice to include in your winter routine. Simply add a teaspoon of ginger powder to help you get through the winter and fight infection.





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At Organic Planters ,we provide a wide range of organic and sustainably sourced fruits, vegetables, and grains as well as various spices and beauty products. All of our organic product online customers receive a 10% discount on their first purchase. Except beauty products , all other products are delivered within 10 km at kakkanad

[www.organicplanters.in](http://www.organicplanters.in)

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