



organo
Et
School

**HAVE WE FORGOTTEN
MILLET ?**

website: <https://www.organoetschool.co.in/>

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Little about Millets

Millets are popularly known as "miracle grains, or the poor man's rice". This is one of the oldest foods known to human civilization and possibly the first cereal grain that has been mentioned in some of the oldest texts like Yajurveda and the Holy Bible. Millet has been used in Africa, China and India as a staple food and some parts of Europe as bread, fermented drinks and porridge. Millet continues to be a staple for over 30% of the world's population.



Benefits of Millets

Millets are a powerhouse of nutrients and provide protein, fiber, iron, B vitamin, manganese, phosphorus, potassium, magnesium and are highly alkaline in nature. Millet are coming back to our kitchen in a slow and steady pace, and since they are gluten free grains and hence it can be consumed by everyone. Including millet in our regular diet can have immense health benefits.

- Keeps blood sugar regulated
- Boosts Immunity
- Reduces cardiovascular risks
- Prevents asthma
- Helps your digestion
- Acts as an antioxidant
- Detoxifies the body
- Increases immunity



How Sustainable are Millets?

Due to its high resistance against harsh weather conditions, millets are sustainable to both the environment, and to the farmer growing it. Millets have also played an important role in nurturing soils and improving their fertility and texture, thereby increasing the yield and hence the returns to the farmer.

Millet are also unique due to their short growing season and yields crop within 75-90 days.

Millets are thus environmentally, ecologically, economically friendly sources of food and nutrition.



Types of Millets

There are several varieties of millets available throughout the world. The most commonly found millets are Sorghum(Jowar/Jonna), Barnyard(Sanwa/Kodisama), Finger (Ragi), Foxtail(Kakum/Korra), Pearl(Baajara/Sajja), Buckwheat(Kuttu)and Prose(Chena/Barri).

Slowly introduce any kind of millet in your diet to give the required carbohydrates, protein, essential amino acids, micronutrients such as calcium, Iron, vitamins and minerals



Whip a Power Packed Meal

Ingredients:

1 cup barnyard/foxtail millet, ½ cup cubed vegetables(carrot, french beans, and green peas), few curry leaves, 2 slit green chillies, ½ inch ginger pounded coarsely, ½ tsp mustard seeds, ½ tbsp bengal gram, ½ tbsp skinned black gram, ¼ cup roasted peanuts, 1 tbsp of lemon juice, salt as needed. 1 tbsp oil, 4 cups water.

For garnishing

Chopped coriander leaves and grated coconut

Instructions

Wash and soak millet overnight or for 6-8 hours prior cooking. Heat oil in a clay or steel container. Add mustard and allow it to splutter, add green chillies, bengal gram, black gram, curry leaves and ginger to it. Make sure the flame is low. Add vegetables to it and saute for 2-3 mins before you add salt and let it cook for another 2-3 minutes. Add water to the mixture and let it come to a boil. Once the water has come to a full boil add the millet to it and let it cook in low flame until soft and tender. Add a dash of lemon juice and finish it by garnishing with coriander leaves and grated coconut.

Organo Et School

Organo Et School is the brainchild of team Organo. Organo was founded on the idea of environmentally conscious living and Organo Et School translates that idea into reality by educating and empowering schools, colleges, organizations and communities on the triple bottom line of sustainability. Organo et School aims at engaging individuals of today to stay connected with nature through workshops, live sessions and site visits.



Leading the change

We create an experiential learning environment for people to learn from.

Organo Et School educates people about the challenges of sustainable development and creates opportunities for them to use their creativity and knowledge to pioneer innovative solutions for themselves.

Learners develop a sense of place and belonging to their local community.

**NURTURING A LEARNING ENVIRONMENT FOR ALL STAKEHOLDERS
WHERE INCLUSIVE HOLISTIC ECO-LIVING IS CELEBRATED**

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