



Implemented by Welthungerhilfe and its partners Living Farms, Development Research Communication and Services Centre (DRCSC), Centre for World Solidarity (CWS) and Keystone Foundation, 'Bhoomi Ka-India for Eco Food' movement is guided by a vision that all members of society should have access to local, nutritious, safe and healthy food. The initiative seeks to link stakeholders such as smallholder

The initiative seeks to link stakeholders such as smallholder farmers, retailers and consumers in the food supply chain to ensure food that is responsibly grown and for which the smallholder farmers get a fair price.

As a platform, *Bhoomi Ka* seeks to help smallholder producers grow food ecologically, get an organic certification

called Participatory Guarantee Systems (PGS), take the surplus to retail chains and create a market for them by sensitising consumers on clean, green and fair food. Through fairs, exhibitions, workshops and awareness sessions for consumer groups such as schools, colleges and residential colonies, information is disseminated on issues such as sustainable living, kitchen gardening and cooking locally available nutritious food like millets.

Bhoomi Ka is also a brand that provides stable market access to ecological farmers and guarantees sustainability standards. Fresh vegetables, fruits, grains, pulses, lentils, cereals and seeds are available on regular basis under the mark.











The pictures in the calendar represent smallholder farmers, traditional crops and indigenous recipes from across the project area.





Photo credits: Anshuman Das, Sayantani Mahapatra Mudi, Malini Mukherjee, DRCSC, CWS, Living Farms and Christina Felschen.

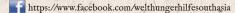
Recipe credits: Sayantani Mahapatra Mudi, Aruna Tirkey, Abhivyakti Foundation and farmers from Jharkhand, Odisha and West Bengal

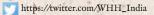
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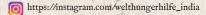
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Roselle = leaf Chutney the

Ingredients.

- 1 kg Roselle leaves
 - 100 g garlic
- 100 g green chillies
- 2 teaspoon mustard oil
 - Sugar to taste
 - · Salt to taste
- Wash and clean the Roselle leaves by cutting the main vein.
- Mix green chillies and garlic with the leaves and make a paste.
- Heat a pan and pour in the mustard oil.
- Add the paste when the oil is hot.
- Cook slowly and continue stirring until it reduces to one-third.





Roselle is such an important plant for us. We make jam from flower petals, oil from seeds, chutney from leaves and fibre from the stem.

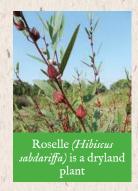
- Sarama Mandal Purulia, West Bengal

Add sugar and salt to taste, stir over low heat for 10 minutes until the sugar is dissolved.

The sweet-tangy dish is ready.



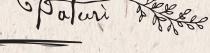




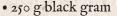


SUN	MON	TUE	WED	THU	FRI	SAT
	New Year	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31		Republic Day	





Ingredients.



- 10 taro (Alti) leaves
- 50 ml mustard oil
- 10 g turmeric powder
- 10 g cumin powder
- 20 g mustard seeds
- 100 g finely chopped onions

- 10 g ginger paste
 - 10 g garlic paste
 - · 4 green chillies
 - 2 teaspoons
 - tamarind pulp
- · Salt to taste

Soak 250 g of black gram in water overnight and grind it into a paste next day. Add turmeric, cumin powder & salt. Mix well.

Wash and pat dry taro leaves. Cut each leaf into 2 halves. Spread the mix over the back side of a leaf half & cover with the other half.

Apply the paste again on the back side and place another half over it, making a layer. Fold the sides & roll it tightly. Make other rolls in the same way. Cut them into one-inch pieces.

- Take a frying pan, heat some mustard oil. Fry the rolled pieces until light brown. Set aside.
- Heat some oil in the pan, add chopped onions, garlic & ginger pastes, tamarind pulp and green chillies.



I cook this recipe when there is a special occasion or festival or when we have a guest, as it takes a long time to cook it. I learnt this preparation from my grandmother.

- Dipali Goswami, Purulia, West Bengal

Stir it briefly. Add some water and the fried taro leaf roll pieces into it. Boil for 2 minutes.



The dish is ready to eat!

















SUN	MON	TUE	WED	THU	FRI	SAT
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E - 1				1		
4	5	6	7	8	9	10
11	12		14 Maha Shivratri	15	16	17
18	19	20	21	22	23	24
25	26	27	28			





Ingredientsi

- 250 g Gondli (little millets)
 - 1 litre milk
 - 150 g sugar
 - 2 tablespoons ghee
- Dry fruits for garnishing
 - 2 cups water
- Soak Gondli in water for 10 minutes.
- (2) Heat a pan. Add ghee and soaked gondli.
- Stir for 5-7 minutes. Add water and cover the pan and cook for 5 minutes on a low heat.
- Add milk and cook for 20 minutes on a medium heat.
- Add sugar and cook slowly for another 10 minutes.





जोंद्रती मरुआ सस्ता भेला गए जयो, इको आजी दू आजी चौ आजी स स्ता भेला गए जयो Little millet and finger millet have become cheap, mother. Money has become cheap, mother.

- A song sung during post settlement in Munda region. Aruna Tirkey, *BhoomiKa* chef, presents a recipe

Garnish with dry fruits and serve after cooling it.



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	SUN	MON	TUE	WED	THU	FRI	SAT
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1	8	19	20	21	22	23	24
Ram N		26	27	28	29 Mahavir Jayanti	30 Good Friday	31



Sanai ke ;=
phool ka Bharta



Ingredients:

- 100 g fresh/dry Sanai flowers
 - 5 cloves of garlic
 - 2 green chillies
 - I tomato
 - · Salt to taste
- Wash the Sanai flowers and boil it for 10 minutes. Make sure the water quantity should be just enough to cook the flowers.
- Roast the tomato on a gas or charcoal (or firewood) grill.
- Remove the skin and smash it up in the boiled Sanai.
- Add chopped garlic, green chillies, salt to taste and a few drops of mustard oil.



often.))

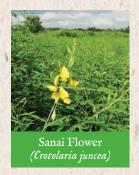
- Anil Kujur, Ranchi, Jharkhand

*5

Mix well and serve it with rice and dal (lentils).









SUN	MON	TUE	WED	THU	FRI	SAT
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 Budh Purnima					



Ingredients.

/ • 2 onions

• 250 g minced bounsa

(bamboo shoot)

• 4 dry red chillies

• 1 tablespoon fenugreek seeds

• 30 ml vegetable oil · A few sprigs of

• 1 tablespoon cumin seeds - coriander leaves

• 1 tablespoon mustard seeds • Salt to taste

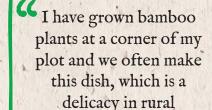
Scale off the hard exterior of the bamboo shoot. Wash the shoot and cut it into small pieces.

Boil the pieces of the shoot in water and drain.

Heat oil in a pan and add cumin, fenugreek and mustard seeds.

Put red chillies and chopped onions and sauté till brown.

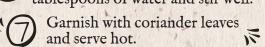
Now, put the bamboo shoot into the pan & cook it on medium heat. Add salt to taste.



Tharkhand.

- Rohidas Kasi from Muniguda, Odisha

When the bamboo shoot dries up, add 2 tablespoons of water and stir well.









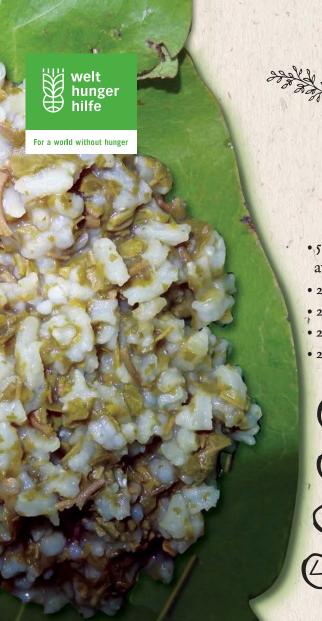








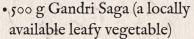
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	27	28	29	30	31		



Saga Ihada

Ingredients.

onions



- 250 g Khuda/broken rice
- 2 teaspoons cumin seeds
- 2 teaspoons fenugreek seeds
- 2 teaspoons mustard seeds
 - Heat oil in a pan and add cumin, fenugreek, mustard seeds and dry red chillies.
 - Add chopped onions to the pan and fry them until light brown. Keep aside.
- In another pot, heat water and add Khuda/broken rice and boil it.
- After the rice is half-boiled, add Gandri Saga. Then add previously prepared fried onions into the pot.





Indigenous rice that we grow is tastier than the rice we get from the ration shops. In forests we get so many wild leafy vegetables. They make a great combination.

> - Timuli Kurunjelika, Rayagada, Odisha



Add salt to taste and cook till the moisture evaporates.



Serve hot, garnished with coriander leaves.









S	UN	MON	TUE	WED	THU	FRI	SAT
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15	7	18	19	20	21	22	23
24	+	25	26	27	28	29	30

*Holiday depends on moon's position



Chorchori Charles

Tragredients

Bhoomi Ka

• 250 g small and mixed varieties of Mach/fishes (cleaned and washed)

- 3 onions
- 20 g mustard paste
- 1-2 green chillies
 - I tomato
- Coriander leaves for garnishing
- 10 tablespoon mustard oil
- A pinch of turmeric powder
 - · Salt to taste

For years we have survived on small indigenous fishes.

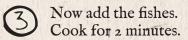
But these fishes are vanishing fast due to rampant use of pesticides. I wonder what we will eat if these fishes become extinct.

- Padmabati Mandi, Bankura, West Bengal

Fry fishes in the oil and set aside.

Fry onions until light brown, add chillies and tomato.

Add the mustard paste and salt to taste. Cook for 5 mins.





Garnish with coriander leaves and serve with rice.







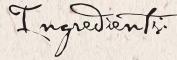




SUN	MON	TUE	WED	THU	FRI	SAT
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Bhara = Churk



- Churka (Tubers like Ali, Berali, Maakdi, Napa, Singla - various varieties from Dioscorea and Colocasia families)
 - · Salt to taste
- Mustard oil few drops

This is the simplest recipe. Take locally available tubers and clean them.

- Now boil them and peel off the skin.
- You can chop it and eat or mash them roughly and mix salt and a few drops of oil.

To enhance the taste, you can fry cumin seeds in oil with chopped onions and mix it with mashed tubers.





We know tubers very well. We know where to find them in the forests and when. The tubers are an important part of our diet.

> -Jomi Paharin and Vaidi Paharin, Pakur, Jharkhand







There are 7-8 types of edible wild roots and tubers available in the forests of Jharkhand.

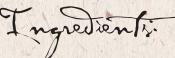


SUN	MON	TUE	WED	THU	FRI	SAT
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12	13	14	15 Independence Day	16	17	18
19	20	21	· 3 •	23	24	25
26	27	28	29	30	31	



Hakromonda F

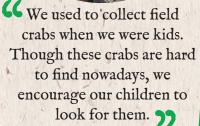




- 100 g Kakro (field crabs)
 - Salt to taste
- Few drops of mustard oil
 - 3 cloves of garlic
 - 1 tender sal leaf

- Clean the crabs and break them into small pieces.
 Smash the garlic.
- Mix garlic, mustard oil, crabs and salt.

Wrap this in a tender sal leaf.



Bamna Paharia and Soni Paharin from Pakur, Jharkhand

Roast it on fire wood till the leaf starts burning.

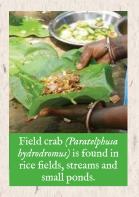


Your authentic *desi* dish is ready!







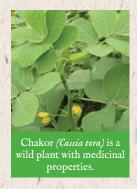




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			Maria Na			All and the second
SUN	MON	TUE	WED	THU	FRI	SAT
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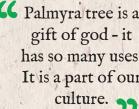


• 10 teaspoon pulp of

palmyra palm

- 1 cup refined flour
- ½ cup rice flour
- 1/2 cup khoa (dried thickened milk)
- 100 gms of grated coconut
- Sugar to taste
- Few spoons of ghee/oil to fry
- Heat a pan and add dried milk, coconut and sugar.
- Mix it well and set aside the stuffing.
- Mix pulp of palm, flour, rice flour and little sugar. Mix water to make a semi-solid batter.
- Keep this for half an hour. Heat a frying pan and add a little ghee.

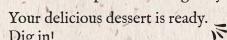
Spread a ladle full of batter in the pan, cook it on medium heat like a crêpe or pancake until light brown from each side.

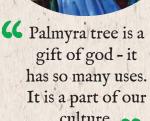


- Community members, Bankura, West Bengal

Take the tablespoon of the stuffing and put it in the crêpe and roll it gently.

Dig in!









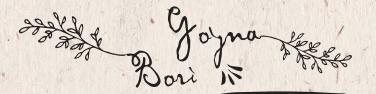






SUN	MON	TUE	WED	THU	FRI	SAT
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11	12	13	14	15	16	17
18	19	20	21	22	23 Guru Nanak's Birthday	24
25	26	27	28	29	30	





Ingredients

- I cup of skinned black gram lentils/urad
 - 1/2 teaspoon salt
 - 1/3 cup poppy seeds
- A few drops of oil to grease the plates
- Wash and soak the lentils overnight. Drain and grind them to make a fine paste without any water.
- Take the paste in a big bowl. Add salt and start beating until it becomes fluffy. It should become so light that if a spoonful is put in a bowl of water, it should float.
- Now pour the mixture into a cone or piping bag. Grease 2-3 steel plates and sprinkle poppy seeds to cover the surface completely.

Make patterns (of your choice) by pressing the cone or a piping bag. You can also decorate the patterns by putting some black onion seeds (nigella) and red lentils on the top.

Once done, dry them in the sun for a day or two. Store them in an airtight container.





Goyna Bori is a traditional recipe of Sunderbans - I can't make it so well- but my grandmother and mother were an expert.

- Rita Kamila, Sunderbans, West Bengal

To fry, just heat some oil in a pan and deep fry them till lightly browned on each side.



The crunchy dish can be eaten with a meal or relished as a snack.









SUN	MON	TUE	WED	THU	FRI	SAT
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