



For a world without hunger



What's Cooking?

ONE FARMER • ONE CROP • ONE RECIPE

FROM INDIGENOUS KITCHENS



For a world without hunger

Bhoomi Ka India for Eco Food



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 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.



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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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Roselle leaf Chutney

Ingredients

- 1 kg Roselle leaves
 - 100 g garlic
 - 100 g green chillies
- 2 teaspoon mustard oil
 - Sugar to taste
 - Salt to taste

- ① Wash and clean the Roselle leaves by cutting the main vein.
- ② Mix green chillies and garlic with the leaves and make a paste.
- ③ Heat a pan and pour in the mustard oil.
- ④ Add the paste when the oil is hot.
- ⑤ Cook slowly and continue stirring until it reduces to one-third.
- ⑥ Add sugar and salt to taste, stir over low heat for 10 minutes until the sugar is dissolved.
- ⑦ The sweet-tangy dish is ready.



“ 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

JAN

2018



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Roselle (*Hibiscus
sabdariffa*) is a dryland
plant



Bhoomi Ka
CLEAN | GREEN | FAIR

SUN	MON	TUE	WED	THU	FRI	SAT
	1 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 Republic Day	27
28	29	30	31			

Alti Patari Patari

Ingredients:

- 250 g black gram
- 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



- 1 Soak 250 g of black gram in water overnight and grind it into a paste next day. Add turmeric, cumin powder & salt. Mix well.
- 2 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.
- 3 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.

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

- 6 Stir it briefly. Add some water and the fried taro leaf roll pieces into it. Boil for 2 minutes.
- 7 The dish is ready to eat!



“ 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

FEB

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Taro (*Colocasia esculenta*)
is locally known as *Alti*.



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Maha Shivratri	15	16	17
18	19	20	21	22	23	24
25	26	27	28			



Gondli Kheer

Ingredients

- 250g Gondli (little millets)
- 1 litre milk
- 150 g sugar
- 2 tablespoons ghee
- Dry fruits for garnishing
- 2 cups water

- ① Soak Gondli in water for 10 minutes.
- ② Heat a pan. Add ghee and soaked gondli.
- ③ Stir for 5-7 minutes. Add water and cover the pan and cook for 5 minutes on a low heat.
- ④ Add milk and cook for 20 minutes on a medium heat.
- ⑤ Add sugar and cook slowly for another 10 minutes.
- ⑥ Garnish with dry fruits and serve after cooling it.



“ गोंदली मरुआ सस्ता भेला गए नयो, इको आनी दू आनी चौ आनी सस्ता भेला गए नयो
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

MAR

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Little millet (*Gandli*)
poor man's rice
as referred in Jharkhand



Bhoomi Ka
CLEAN | GREEN | FAIR

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 Holi	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Ram Navami	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
- 1 tomato
- Salt to taste

- ① Wash the Sanai flowers and boil it for 10 minutes. Make sure the water quantity should be just enough to cook the flowers.
- ② Roast the tomato on a gas or charcoal (or firewood) grill.
- ③ Remove the skin and smash it up in the boiled Sanai.
- ④ Add chopped garlic, green chillies, salt to taste and a few drops of mustard oil.
- ⑤ Mix well and serve it with rice and dal (lentils).



“ This exquisite Sanai flower recipe is from rural Jharkhand. I have grown a hedgerow of this plant on my farm and I make this dish pretty often. ”

- Anil Kujur, Ranchi, Jharkhand

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Sanai Flower
(*Crotalaria juncea*)



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SUN	MON	TUE	WED	THU	FRI	SAT
1	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					

Budh Purnima



Bounsa Bhaja

Ingredients:

- 250 g minced bounsa (bamboo shoot)
- 1 tablespoon fenugreek seeds
- 1 tablespoon cumin seeds
- 1 tablespoon mustard seeds
- 2 onions
- 4 dry red chillies
- 30 ml vegetable oil
- A few sprigs of coriander leaves
- Salt to taste

- ① Scale off the hard exterior of the bamboo shoot. Wash the shoot and cut it into small pieces.
- ② Boil the pieces of the shoot in water and drain.
- ③ Heat oil in a pan and add cumin, fenugreek and mustard seeds.
- ④ Put red chillies and chopped onions and sauté till brown.
- ⑤ Now, put the bamboo shoot into the pan & cook it on medium heat. Add salt to taste.
- ⑥ When the bamboo shoot dries up, add 2 tablespoons of water and stir well.
- ⑦ Garnish with coriander leaves and serve hot.



“ I have grown bamboo plants at a corner of my plot and we often make this dish, which is a delicacy in rural Jharkhand. ”

- Rohidas Kasi
from Muniguda, Odisha

MAY

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Bamboo (*Bambusoideae*)
shoots are young tender
stems of bamboo plant.



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SUN	MON	TUE	WED	THU	FRI	SAT
		1	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		



Gandri Saga & Khuda

Ingredients

- 500 g Gandri Saga (a locally available leafy vegetable)
- 250 g Khuda/broken rice
- 2 teaspoons cumin seeds
- 2 teaspoons fenugreek seeds
- 2 teaspoons mustard seeds
- 50 ml edible oil
- Salt to taste
- 4 dry red chillies
- 3 medium sized onions

- ① Heat oil in a pan and add cumin, fenugreek, mustard seeds and dry red chillies.
- ② Add chopped onions to the pan and fry them until light brown. Keep aside.
- ③ In another pot, heat water and add Khuda/broken rice and boil it.
- ④ After the rice is half-boiled, add Gandri Saga. Then add previously prepared fried onions into the pot.

- ⑤ Add salt to taste and cook till the moisture evaporates.
- ⑥ Serve hot, garnished with coriander leaves.



“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

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Rice (*Oryza sativa*) is one of the major staples in India



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16 Eid-ul-Fitar*
17	18	19	20	21	22	23
24	25	26	27	28	29	30

*Holiday depends on moon's position



Phtoto Machh-er Phorchori

Ingredients:

- 250 g small and mixed varieties of Mach/fishes (cleaned and washed)
- 3 onions
- 20 g mustard paste
- 1-2 green chillies
- 1 tomato
- Coriander leaves for garnishing
- 10 tablespoon mustard oil
- A pinch of turmeric powder
- Salt to taste

- ① Fry fishes in the oil and set aside.
- ② Fry onions until light brown, add chillies and tomato.
- ③ Now add the fishes. Cook for 2 minutes.
- ④ Add the mustard paste and salt to taste. Cook for 5 mins.
- ⑤ Garnish with coriander leaves and serve with rice.



“ 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

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Small fishes, crabs, shrimps collected from rivers, streams, ponds and ricefields have been a major source of nutrition in rural Bengal.



SUN	MON	TUE	WED	THU	FRI	SAT
1	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				



Bhapa Churka

Ingredients:

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

- 1 This is the simplest recipe. Take locally available tubers and clean them.
- 2 Now boil them and peel off the skin.
- 3 You can chop it and eat or mash them roughly and mix salt and a few drops of oil.
- 4 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

AUG 2018



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



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SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15 Independence Day	16	17	18
19	20	21	22 Eid-ul-Zuha*	23	24	25
26	27	28	29	30	31	

*Holiday depends on moon's position



Kakromonda

Ingredients:

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

- 1 Clean the crabs and break them into small pieces. Smash the garlic.
- 2 Mix garlic, mustard oil, crabs and salt.
- 3 Wrap this in a tender sal leaf.
- 4 Roast it on fire wood till the leaf starts burning.
- 5 Your authentic *desi* dish is ready!



“ We used to collect field crabs when we were kids. Though these crabs are hard to find nowadays, we encourage our children to look for them. ”

Bamna Paharia and
Soni Paharin from Pakur,
Jharkhand

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Field crab (*Paratelphusa hydrodromus*) is found in rice fields, streams and small ponds.



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21 Muharram	22
23	24	25	26	27	28	29
30						



Chakor Shol

Ingredients:

- 2 table spoon dry Chakor leaves (Cassia Tora)
- 2 tomatoes
- 1 table spoon mustard oil
- 4 cups of starch (drained off water of cooked brown rice)
- 2 cups of water
 - 1 onion
 - 2 red chillies
 - 5 garlic cloves
 - Salt to taste

- ① Heat a pan and add 1 tablespoon of mustard oil.
- ② Add chopped garlic and red chillies and fry briefly.
- ③ Add the chopped onion and fry until brown.
- ④ Add chopped tomatoes and cook for 5 minutes. Add starch and water and wait till it comes to a boil.
- ⑤ Now add dry leaves and salt and simmer it for 10 minutes.
- ⑥ Remove it from the stove and eat this tangy soup with brown rice.



“ Hand pounded rice is very filling and it gives you extra strength - even the soup is very nutritious. ”

- Churua Bedia,
Ranchi, Jharkhand

OCT

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Chakor (*Cassia tora*) is a wild plant with medicinal properties.



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SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Gandhi Jayanti	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19 Dussehra	20
21	22	23	24	25	26	27
28	29	30	31			

Palmyra

Ingredients:

- 10 teaspoon pulp of palmyra palm
- 1 cup refined flour
- ½ cup rice flour
- ½ cup khoa (dried thickened milk)
- 100 gms of grated coconut
- Sugar to taste
- Few spoons of ghee/oil to fry

- ① Heat a pan and add dried milk, coconut and sugar.
- ② Mix it well and set aside the stuffing.
- ③ Mix pulp of palm, flour, rice flour and little sugar. Mix water to make a semi-solid batter.
- ④ Keep this for half an hour. Heat a frying pan and add a little ghee.
- ⑤ 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.

- ⑥ Take the tablespoon of the stuffing and put it in the crêpe and roll it gently.
- ⑦ Your delicious dessert is ready. Dig in!



“ Palmyra tree is a gift of god - it has so many uses. It is a part of our culture. ”

- Community members,
Bankura, West Bengal

NOV

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Palmyra palm (*Borassus flabellifer*) is a multipurpose dryland plant.



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SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7 — Diwali —	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23 Guru Nanak's Birthday	24
25	26	27	28	29	30	

Goyna Bori

Ingredients:

- 1 cup of skinned black gram lentils/urad
 - ½ teaspoon salt
 - 1/3 cup poppy seeds
- A few drops of oil to grease the plates

① Wash and soak the lentils overnight. Drain and grind them to make a fine paste without any water.

② 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.

③ Now pour the mixture into a cone or piping bag. Grease 2-3 steel plates and sprinkle poppy seeds to cover the surface completely.

④ 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.

⑤ Once done, dry them in the sun for a day or two. Store them in an airtight container.

⑥ To fry, just heat some oil in a pan and deep fry them till lightly browned on each side.

⑦ The crunchy dish can be eaten with a meal or relished as a snack.



“ 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



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Black gram (*Vigna mungo*) is easy to grow, even on dykes between two rice fields.



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 Christmas	26	27	28	29
30	31					

CALENDAR 2019

January							February							March							April							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
		1	2	3	4	5						1	2			1	2	3	4	5	6		1	2	3	4	5	6
6	7	8	9	10	11	12	3	4	5	6	7	8	9	3	4	5	6	7	8	9	7	8	9	10	11	12	13	
13	14	15	16	17	18	19	10	11	12	13	14	15	16	10	11	12	13	14	15	16	14	15	16	17	18	19	20	
20	21	22	23	24	25	26	17	18	19	20	21	22	23	17	18	19	20	21	22	23	21	22	23	24	25	26	27	
27	28	29	30	31			24	25	26	27	28			24	25	26	27	28	29	30	28	29	30					
														31														
May							June							July							August							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
			1	2	3	4							1		1	2	3	4	5	6					1	2	3	
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	31	
							30																					
September							October							November							December							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
1	2	3	4	5	6	7			1	2	3	4	5						1	2	1	2	3	4	5	6	7	
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14	
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21	
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28	
29	30						27	28	29	30	31			24	25	26	27	28	29	30	29	30	31					