

CALENDAR 2020



For a world without bunger

Let's talk Millets

Eat Smart, Eat Right



Welthungerhilfe 2020 Calendar brings to its readers 12 scrumptious millet recipes specially selected by Welthungerhilfe's Bhoomi Ka network partners and ecopreneurs Aruna Tirkey (Ajam Emba), Centre for World Solidarity and Millets for Health. We are also thankful to the Indian Institute of Millets Research (IIMR) for their valuable contribution towards this calendar.

These easy-to-cook recipes laden with vitamins, nutrients and antioxidants will give its readers a taste of the best food from the length and breadth of India. Bhoomi Ka is a network of smallholder farmers, ecopreneurs, producer organisations, certification bodies and consumers promoting local food systems.

Bring back millets onto your plates with these simple recipes.

www.bhoomikg.com



Our contributors -











Let's talk millets



For a world without hunger

The tiny grains which enriched the ancient South Asian kitchen for ages disappeared in the last few decades. The nutrient-rich millet was replaced by wheat, rice and refined flour. What was once a part of the staple diet become a thing of the past. And now, at a time when South Asia is trying to break free from the claws of malnutrition and also deal with impacts of climate change, reviving 'the forgotten millet' might just be the answer.

Millets are not only tiny power-packed nutrient foods but are also famous for being climate-resilient. They are gluten-free, work as an important catalyst in addressing malnutrition and prevent several lifestyle diseases. Millets also play an important role in reducing greenhouse gas emissions and help in conserving the biodiversity of the region.

Due to its multifaceted goodness, millets hold a vital place in Welthungerhilfe's strategy of promoting food and nutrition security for all. We consciously promote the production and consumption of every millet that is soaked in the goodness of nutrition and health. And to help the smallholder farmers switch to production of these nutrition powerhouses, we promote responsible consumption in both urban and rural areas. Together, we can truly create a nutrition-smart world.

This calendar is published under Welthungerhilfe's Regional Programme on Nutrition Smart Villages supported by the German Federal Ministry for Economic Cooperation and Development (BMZ).

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and Shilpiness

WHH_India
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 welthungerhilfe_india





Pearl Millet

Hindi: Bajra | Bengali: Bajra |

Gujarati: Bajri | Kannada: Sajje |

Paniyaram

Marathi: Bajri | Oriya: Bajra |

Punjabi: Bajra | Tamil: Kambu |

Telugu: Sajja

Ingredients:

3 cups of bajra

· 1 cup of urad dal

· 1 Lbsp methi seeds

· 1 thsp of salt

 Finely chopped vegetables like onions, carrots, green chillies, coriander leaves

Preparation:

- Wash and soak bajra, dal and methi seeds, except salt, separately for 5-6 hours.
- Drain the water and grind the urad daal and methi together into a coarse paste. Do not make it too watery.
- Grind the bajra into a smooth paste consistency. Take care not to make it too watery.
- Mix these together, add some salt and ferment for 5-6 hours. In the symmer months the fermentation time is less.
 Winter fermentation might need 12 hours or more.
- · Once fermented, mix the batter properly.
- Grease a paniyaram pan/chatti and heat it.
 Traditional cast iron ones are best recommended for this.
- Once hot, pour batter upto 3/4 in each mold and cover with a lid.
- When the base is golden fried, flip them with a fork.
- · You may poke a paniyaram with a fork or skewer to check if it is cooked from inside.

Recipe Courtesy: Millets for Health

MILLET OF the Month

- · oldest cultivated grain of India.
- · packed with the goodness of iron, protein, fibre & minerals.
- · to be relished in winter.



January



Pearl Millet

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- 1 New year 26 Republic Day



Barnyard Millet

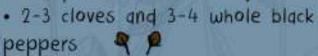
Hindi: sanwa | Bengali: Shyama | Kannada: Oodalu | Oriya: Khira | Punjabi: Swank | Tamil: Kuthiraivolly

Telugu: Udalu

Ingredients:

· 1 cup barnyard millet

• 1 tsp cumin seeds

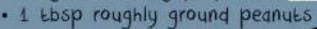


· Ginger (finely chopped)

• Green chillies (finely chopped) as per taste

· 2 medium diced onions (can omit if

making for fasting purposes)



· 1 thsp oil or ghee

· 2.5 cups of water

1 tbsp chopped coriander

(* Regular salt or rock salt, if fasting (as per taste)

Preparation:

- Wash the millet and drain it in a fine sieve.
- Dry roast the peanuts and grind them coarsely.
- · Heat oil or ghee in a pressure cooker.
- Add the cumin, cloves and black pepper to the oil/ghee and wait for it to crackle.
 - Add the finely chopped ginger and green chilies to this and soute.
 - · Add the chopped onions and sauté.
 - Once the onions turn translucent, add the roasted and ground peanuts.
 - · Add the millet and add salt as per taste.
 - Finally add 2 cups of water and close the lid of the pressure cooker and cook for 4-5 whistles.
 - · Garnish with chopped coriander and serve.

Recipe Courtesy: Millets for Health

MILLET OF THE MONTH

February Barnyard Millet



For a world without hunge

 significant amount of dietary fibre

- · high level of calcium
- · low glycemic index helps to fight diabetes.

let's make tasty

barnyard pulao

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21 - Maha Shivratri



Foxtail Millet

Hindi: Kakum | Bengali: Kaon |

Gujarati: Kang | Kannada: Navane |

Marathi: Kang | Oriya: Kanghu |

Punjabi: Kangni | Tamil: Tenai |

Telugu: Korra

Ingredients:

· 1 cup Foxtail millet

· 3 cups water DDB

1 small onion (diced)

• 7-8 cherry tomatoes (halved)

· Red/Yellow bell pepper (diced)

• 8-10 baby spinach leaves

· 5-6 lettuce leaves

Handful of roasted peanuts

For the dressing:

- · 2 Ebsps lemon juice
- · 2 tbsps olive oil
- ½ Łbsp honey (Or more processor)
- 2 tsps oregano flakes
- · 2 Lsps fresh black pepper (ground)
- · Salt as per taste

Preparation:

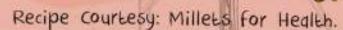
 Wash the foxtail millet and drain it using a fine sieve.

Put the water to boil in a vessel. Reduce heat once the water is boiled. Add the washed millet to the water, cover with a lid till it is cooked.

- · Once it is cooked, let it cool down.
- Mix all the salad ingredients, except the peanuts, along with the foxtail rice.
- In a small bowl, put the lemon juice and the olive oil together and mix well. Add honey and other dressing ingredients to this and mix. Do not add the salt right now.
- · Gently mix the dressing in the salad.
- Add the peanuts and salt just before serving the salad, to avoid wilking of the greens and keep the crunchiness of the peanuts.

. The cool summer salad is ready.





MILLET OF THE MONTH

March

Foxtail Millet



For a world without hunger

· yellowish millet is a high-caliber millet.

- · scores highest in minerals, phosphor & carbohydrates
- o can regulate & lower sugar levels in the body

so many benefits in one!



31

30

29

10 - Holi





Hindi: Ragi | Bengali: Marwa | Gujarati: Nagli | Kannada: Ragi | Marathi: Nagli | Oriya: Mandia |

Punjabi: Mandhuka | Tamil: Keppai, Ragi |

Telugu: Ragi, Chod

Ingredients:

· 1509 Ragi flour and 2509 rice flour

· 4 - 5 beans (chopped)

· 1/4 bottle gourd (chopped)

· 1 potato (chopped)

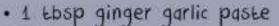
1 carrot (chopped)

• 2 green chillies, 1 onion J

· 1 tbsp cumin powder

· 1 Lbsp coriander powder

· 1 Lbsp Lurmeric powder



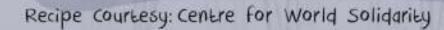
· 3-4 Sal leaves

Mustard oil

Water and salt as per taste

Preparation:

- Heat 2-3 thosp of mustard oil in an earthen pot.
- · Add chilies, onion and let it cook.
- Add all the finely chopped vegetables.
- · Add salt, stir well and cover the lid.
- After 5 to 7 mins, add turmeric, cumin and coriander powder, stir and cover.
- · Add water and let it cook for 10 minutes.
- Once the vegetables are cooked, remove the pot from fire.
- Add rice flour in the cooked vegetables and mix well.
- Pour this mixture on a Sal leaf and spread well. Cover it with another leaf and secure it with small twigs. Heat a vessel and put the leaves in it.
- Cook for 5-10 mins or till the leave gets burnt from both sides.
- Serve hot and crisp 'Sakam Pitha' with coriander chutney.



MILLET OF THE MONTH

April



For a world without hunger

highest amount of calcium in potassium

malnutrition, premature aging & degenerative diseases are kept at bay

• has 30 times more calcium than rice.

have you tried sakam pitha yet?

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2 - Ram Navami 6 - Mahavir Jayanti 10 - Good Friday

Jowar Namak Pare



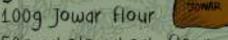


Hindi: Jowari | Bengali: Jowar | Gujarati: Jowari | Kannada: Jola | Marathi: Jwari | Oriya: Juara | Punjabi: Jowar | Tamil: Cholam |

Telugu: Jonna

Ingredients:

· 1009 Jowar Flour



· 509 whole wheat flour

· 1 tosp Ajwain



· 1 Ebsp oil

· Water to knead the dough

· Oil for frying / Air fryer

Salt as per taste

Preparation:

- · Sieve the Jowar and wheat flour together.
- · Add Ajwain and salk to this mix.
- · Add oil and slowly add water, then knead the dough into a firm consistency.
- · Cover the dough with a soft cloth and let it sit for 10-15 minutes.
- · Roll the dough on a flat surface. It should not be too thick or too thin.
- · Cut the namak pare from the dough in diamond shapes.
- · Fry them in oil and put on a paper napkin to remove excess oil
- · for a healthier version, you may prefer to use an air fryer. For this, preheat the air fryer for 5 minutes on 180 degrees.
- · Gently put all the cut pieces of the namak pare in the air fryer and cook for 20 minutes till browned. Shake the bowl once midway to ensure even cooking.
- · The delicious and healthy Jowar Namak pare is now ready!

Recipe Courtesy: Millets For Health



May Sorghum Millet



or a world without hunger

· one of the	
best flours	for
people with	
diabetes.	

- · loaded with vitamins, anti-
- fibre, essential exidants, minerals jowar namak

pare for snacks

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- 7 Buddha Purnima 25 - Eid - Ul - Fitar (holiday depends on moon's position)

Kholgo Pitha



. Hindi: Kutki | Bengali: Sama | Gujaraki: Gajro | Kannada: Save | Marathi: Sava | Oriya: Suan | Punjabi: Swank | Tamil: Samai |

Telugu: Samalu

Ingredients:

- · 2509 Gondli
- · 1 tsp ginger paste
- · 1 tsp green chilli paste
- · 1 thsp jaggery
- · Fresh Sal leaves as per requirement
- Salt as per taste



Preparing the batter:

- · Clean the Gondli thoroughly and soak overnight.
- Strain it well and prepare a thick batter.
- · Add ginger, green chili paste, jaggery and salt to the batter. Mix the batter well & keep aside for at least two hours.

Preparing the Pitha:

- · Make small cones of Sal leaf by stitching them with bamboo sticks.
- · Put 2 thsp of batter inside the cone and seal it securely using strings.
- · Steam for 20 minutes.
- · Savour the hot pitha with the wrap on accompanied with chutney.



MILLET OF HE MONTH · smallest of the millets but is nevertheless powerful · excellent antioxidant · contains a lot of fibre & is rich in minerals like iron & copper · 6.3x move iron 1.8x more fibre than wheat.

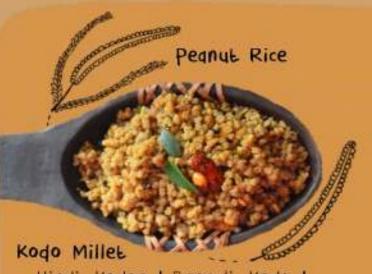
antioxidants ball the Dway!

Little Millet T W T



For a world without hunger

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Hindi: Kodon | Bengali: Kodo | Gujarati: Kodra | Kannada: Harka | Marathi: Kodra | Oriya: Kodua | Punjabi: Kodra | Tamil: Varagu |

Telugu: Arikelu

Ingredients:

- · 1 cup Kodo millet
- · 3 cups water
- · 3/4 cup roasted and ground peanuts
- ¼ cup coconut (grated)

Recipe Courtesy: Millets for Health

- · 1/2 ESP Eurmeric
- · 1 tbsp oil
- 1 tsp mustard seeds
- · Curry Leaves
- · 1 tsp whole urad

- · 1 Lsp roasted Chana dad
- · 2-3 dry red chillies
- Salt as per taste

Preparation:

- · Wash the Kodo millet and drain the water.
- Boil 3 cups water. Add the Kodo millet in the hot water, reduce flame and cover.
- Cook until the rice absorbs all the water and then let it cool down.
- · In a separate wok, add 1 tbsp oil.
- Add the mustard seeds and wait for them to crackle. Then add the dads, curry leaves, red chillies and turmeric.
- Add the peanut powder and coconut powder to this and salt as per taste.
- Cook for 5 minutes, mixing everything together.
- Once done, add this delicious mix to the cooked and cooled Kodo Rice and mix it evenly.
- Pack this delicious rice for an easy and yummy lunch box option or serve as a light dinner along with papad and raita.



MILLET OF the Month

- · hero in preventing diabetes
- · supports women in their post menopausal phase
- when their body shows high levels of cholestrol & high blood pressure
- · this millet is also planted to keep soil erosion away

so many benefits-

da Millet





or a world without hunger

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25 20 28 30

Chicken Ragi Momos



Finger Millet

Hindi: Ragi | Bengali: Marwa |

Gujaraki: Nagli | Kannada: Ragi |

Marakhi: Nagli | Oriya: Mandia |

Punjabi: Mandhuka | Tamil: Keppai, Ragi |

Telugu: Ragi, Chod

Ingredients:

For the dough:

· 2009 Ragi Flour

• 1 cup water 🕞

· Salt as per taste

For the stuffing:

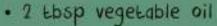
· 2009 of chicken (minced)

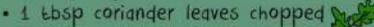
· 1 thsp ginger (finely grated)

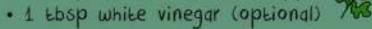
• 2 large onions (chopped)

· 5-6 green chillies (chopped)

Recipe Courtesy: Aruna Tirkey









Preparing the dough:

 Boil water in a pan. Gradually put the Ragi flour in the boiling water and stir it for 3-4 minutes as it binds up.

 While the mixture is not knead it to a firm dough. Keep it covered.

Preparing the stuffing:

 Heat oil in a frying pan. Add onions and saute until light brown. Add salt to taste.

Add white vinegar (optional).

· Add minced medt and stir for 3 min.

· Add ginger and stir for another 2 min.

 As the mixture turns thick, add chopped green chilies and coriander leaves.

Preparing the momos:

 Divide the dough into small balls and roll each ball into a thin circle.

 Place 1 Lsp of the stuffing at the centre and gently spread. Lift one side of the edge of the circle and start pleating.

 Grease a steamer pot with oil and steam the momos for 10 mins.

 Juicy, healthy momos are ready to be served!



August



has 30 times more calcium than

·lowers blood pressure & strengthens bones

· power house of amino acids, carbohydrates,

protein, iron & vitamin D

2) please !

10

16

24 31

1 - Eid-ul-Zuha (holiday depends 12 - Janmashtmi

finger millet

25

29

22

15 - Independence 30 - Muharram



Little Millet

Hindi: Kukki | Bengali: Sama |

Gujaraki: Gajro | Kannada: Save |

Marathi: Sava | Oriya: Suan |

Punjabi: Swank | Tamil: Samai

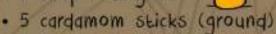
Telugu: Samalu

Ingredients:

· 2009 Gondli

100g sugar/jaggery

· 3 tosp cow ghee



· 4 cups water

• Dry fruits (optional)





Preparation:

- · Wash Gondli thoroughly and keep aside.
- · Heat ghee in a frying pan.
- Add the cardamom powder followed by Gondli.
- Stir on high flame for 5 mins until the mix becomes sticky.
- Add jaggery or sugar and dry fruits and stir for a min.
- Add lukewarm water and allow the mix to simmer for 10 mins until it attains a thicker consistency.
- · The halwa is ready and can be relished

Recipe Courtesy: Aruna Tirkey

MILLET OF tHE MONTH • excellent anti-oxidant · helps reduce

- · helps reduce cholestrol * improves digestion
- · helps prevent cardiovascular disease

September



For a world without hunger

Little Millet

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e way to a healthier heart

27

Bhoomi Ka



Proso Millet

Hindi: Chena | Bengali: Cheena |

Gujaraki: Cheno | Kannada: Baragu |

Marathi: vari | Oriya: China |

Punjabi: Cheena | Tamil: Pani Varagu |

Telugu: Variga

Ingredients:

· 1 cup Proso millet rice (60 qms)

3 cups water (220 ml) Tb

Assorted vegetable of choice such as beans and carrots

· Coriander leaves (chopped)

· Green Chillies (as per taste)

Salt (as per taste)

Preparation:

 Wash the Proso millet rice thoroughly and drain the water.

For 1 cup of the millet rice use 3 cups of water.

Boil the vegetables of choice until just cooked.

 Mash the cooked Proso millet and boiled vegetables together in a mixing bowl. One can also choose to chop the boiled vegetables and add them to the rice.

 Add chopped coriander leaves, green chillies, salt and any other spices as per the taste preference.

 Divide the mixture into small or medium shaped patties or tikkis.

 Pan fry the tikkis in very little oil on a flat skillet. When one side of becomes golden and crisp, turn over and fry the other side of tikki.

 Gently flip for a couple of times until its ready.

 Serve it with fresh green mint chutney or sweet chutney.

Recipe Courtesy: Millets for Health

MILLET OF te Month

October



For a world without hunger

- · important minor millet of India
- · significant amount of carbohydrates, fatty acids, essential vitamins & calcium
- · beneficial for the nervous system



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11 15 16 millet 20 18 healthy brain 25 26 30

2-Gandhi Jayanti 25-Dussehra

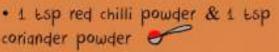


vegetable Biryani / Chicken Biryani

Hindi: Kakum | Bengali: Kaon |
 Gujarati: Kang | Kannada: Navane |
 Marathi: Kang | Oriya: Kanghu |
 Punjabi: Kangni | Tamil: Tenai |
 Telugu: Korra

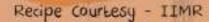
Ingredients

- · 1 1/2 cup FoxEdil Millet
- 2 onions (sliced)
- 2 carrols (chopped into 1/2 inch pieces)
- 15 French beans (chopped into 1/2 inch pieces)
- 1 cup green peas shelled of
- · 8 green cardamons, 1 black cardamom
- · 15 cloves, 1/2 inch cinnamon stick
- 1bay leaf, ½ tsp caraway seeds
- 1 ½ tsp ginger-garlic paste
- 1 tsp turmeric powder
- · 1 tsp red chilli powder



- · 1 cup tomatoes
- 1 tsp garam masala powder & 1 tsp lemon juice
- 2 tsp coriander leaves & 2 tsp mint leaves (chopped)
- Salt (as per taste)
 Preparation:
- Boil Foxedil miller in 4 cups of salted boiling water with cardamom, cloves and cinnamon, until 3/4th done. Drain excess water & set aside.
- · Boil all chopped vegetables & keep aside.
- Add green cardamoms, cloves, black cardamom and cinnamon along with bay leaf and caraway seeds and roast in a thick bottom pan.
- Add tomatoes, ginger-garlic paste, deep fried onions, carrot, French beans, and boiled green peas. Sprinkle salt cover and cook on medium heat for 2 minutes.
- Add turmeric powder, red chilli powder, coriander powder, garam masala powder and mix well.
 Simmer for two minutes.
- Arrange a layer of millet at the top over that arrange half the cooked vegetables.
- Sprinkle fried onions, lemon juice, food colour mixed in milk, garam masala powder, the coriander leaves and the mint leaves.
- Cover with a lid and cook, Let it stand for five minutes Serve hot.

*Substitute vegetables with Chicken



MILLET OF THE MONTH

- · longest history of aultivation among millets in India
- regular intake helps in healthy cardiac functions
- · Presence of Vitamin BI slows the development of alzheimer's disease
- · iron found in the millet helps in brain growth



November



For a world without hunger

	Fo	xtail	Mixa	et			
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13 & 14 - Diwali 30 - Gusu Nanak's Birthday





Mixed Millet Laddu

Ingredients:

- · 1/2 cup Sorghum rawa
- · 1/4 cup pearl millet flour
- · 1/4 cup finger millet flour
- · 34 cup sugar
- Coconut powder, dryfruits, ghee,
 cardamom powder and milk as
 required.

Preparation:

- Heat ghee in a pan and roast sorghum rawa, pearl millet flour and finger millet flour till nice groma comes.
- · Roast chopped dryfruits in ghee.
- Add cardamon powder and sugar powder to the roasted ingredients.
- Add warm milk or ghee and cook till all the mixture gathers.
- Make lemon size ball and laddus are ready to be served.



December hilfe For a world without hanger



Goodness of many millets in one recipe. This is how i make my super healthy 's super tasty

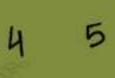
laddus !







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25 - Christmas

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		Oc	Lobe	r				١	love	embe	er				1	ece	mbe	r		
540	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	5at	Sun	Mon	Tue	Wed	Thu	Fri	Sat
						7				3							1	2	3	4
3	4	5	6	7	8	9	7	8	9	1.0	11	12	13	5	6	7	8	9	10	11
10	11	12	13	14	15	16	1.9	15	16	17	18	19	20	12	13	14	15	16	17	18
1.7	18	19	20	21.	72	23	74	22	23	24	25	26	27	19	20	21	22	23	24	75
24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31	
34																				