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USHERING AN ORGANIC WAY OF LIFE

Aditi's Monthly Newsletter



THIS ISSUE'S FEATURES

- *Revised PGS India certification & Marketing of organic produce*
- *Soil analysis, an essential aspect under organic farming*
- *Organic vegetables are tastier, healthier; able to sell faster says PKVY registered farmers*
- *Traditional Bihari Litti Chokha Recipe*

CEO MESSAGE

Narayan Upadhyaya
MD- Aditi Organic Certifications Pvt. Ltd.

Greetings! We hope you and your family are enjoying abundance of good health in today's challenging time. We at Aditi are taking up vaccination of all our staff members on war footing to ensure we make our workplaces safe while ensuring safety of customers we interact with.

We are glad to inform that we are publishing an exclusive newsletter to bring in more focus for Organic farming & certification services as per Participatory Guaranteed System (PGS -India) standards. In this edition we are presenting the details about revised PGS India Certifications & marketing organic produce, Soil analysis, its importance under organic farming, success story of organic farmer and traditional Indian recipe made with produce certified as per PGS India system.

We hope you enjoy reading this issue as much as we have enjoyed putting it together for you!

REVISED PGS INDIA CERTIFICATION & MARKETING OF ORGANIC PRODUCE

Aditi's Focus

PGS-India (Participatory Guarantee System of India) is a quality assurance initiative that is locally relevant, emphasize the participation of stakeholders, including producers and consumers and an alternate to third-party certification.

Principles: PGS India system is based on participatory approach, a shared vision, transparency, and trust. In addition, it gives PGS movement a national recognition and institutional structure.

Operational Structure: The PGS-India shall be operated under the overall guidance, directions and authority of the DAC&FW, GOI. The Secretary, AC & FW shall be the overall controlling authority. PGS India secretariat is more Empowered. Zonal Councils shall play defined role. Although authorized Regional Council (RC) being the extended hand along National Center of Organic Farming (NCOF) are instrumental in driving the certification system under PGS standards, but farmers are owners of the programme and farmers-based decision and certification system

Crop production (Individual farmer, Local Group farmers and Large area certifications) Processor and handler are main activities that are provisioned for certification under PGS India. The other activities like animal husbandry; Livestock, beekeeping, poultry are the ones under pipeline.

"Aditi is approved RC for certifying Individual Farmers, Local Groups and Processors & Handler as per PGS India Standards across all the states and UT"

What's new: The revised system has opened the avenue for individual farmers, processor & Handlers, Large area certification system. The process is become more stringent with the SOP for implementation. The online documentation is robust with transparency and traceability system and supported with scheme like Paramparagat Krishi Vikas Yojana (PKVY)

Certification under PGS – India is issued by authorized RC. Registration, physical verification, peer appraisal and Summary decision are the core activities of RC.

While the activity is driven through adopting the organic farming system, conducting/attending group meeting & training by the farmers.

The trust and authenticity for organic products in ensured approval upon updating the actual yield by RC against the estimated yield provided the PGS India scope certificates along with the transaction certificates (TC).

Benefits: One time registration, certificate provided under conversion period, less documentation & cost, producer certification system where farmers are the owner of the program, being notified under FTDR act/ FSSAI act are the main features of the PGS India system.

Marketing of the certified products are simplified with the integration of PGS -India module with Jaivik Kheti portal (www.jaivikkheti.in/). RCs shall approve the labels for use of PGS-India Logo.



SOIL ANALYSIS, AN ESSENTIAL ASPECT UNDER ORGANIC FARMING

Aditi's Insight

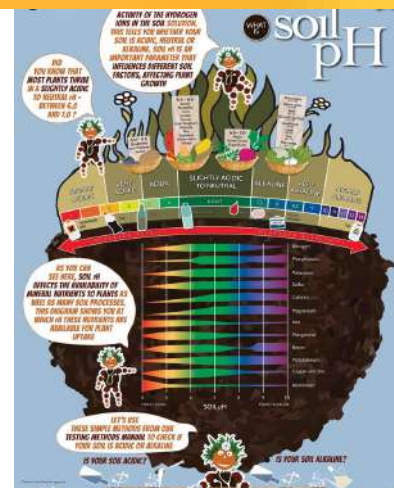
Soil analysis is an important tool in farming as it helps in deciding the inputs required for making the crop production more efficient and economical. A proper soil test will help to ensure the application of adequate nourishment to meet the needs of the crop while taking benefit of the nutrients already present in the soil. This is essential because fertile soils are necessary to grow healthy crops.

Soil tests are helpful in determining nutrient level and pH content in soil. Being equipped with this information the farmers can define the quantity of fertilizer and exact type that is crucial for application to improve the soil health. An organic farmer should advocate and practice to assess the nutrient content and requirements for feeding the soil in order to provide the needs of the living organisms present there and the crop that will be grown.

Soil assessment, especially to organic farmers is vital, to discernment the various aspect in soil for better management. Organic farming mainly depends on good agriculture practices through soil management in turn supporting plant health and agriculture ecosystem. As suggested by Integrated Nutrient Management (INM) i) Grouping soils into various classes based on levels of nutrients, ii) Predicting the probability of getting profitable responses, iii) Evaluating soil productivity; and determining specific soil conditions, like alkali, salinity and acidity which limit the crop yield are the most essential aspect under organic farming.

Healthy soil improves crop growth. Farmers can begin testing their soil before harvest season to get a jump on how they can improve their soil.

"Paramparagat Krishi Vikas Yojana" is an elaborated component of Soil Health Management (SHM) of major project National Mission of Sustainable Agriculture (NMSA). Under PKVY, Organic farming is promoted through by cluster approach and PGS certification. Farmers registered under PKVY scheme is availing the benefit of soil sampling and testing"



Research determines, higher number of earthworm & diversity of earthworm species being present is the best indicator in organic soil than conventional soil. Organic Matter (OM) is the product of stable biological decomposition and an integral source of nutrients for plants. Ideal levels vary by soil type and farming practices, but typically aiming for at least 2-3% is sufficient.

Soil Analysis is a comprehensive analysis including Total Carbon (C), Total Nitrogen (N) & Total Phosphorous (P), soil minerals like Calcium (Ca), Magnesium (Mg), Potassium (K), Sodium (Na), pH, Electric Conductivity (EC), organic carbon (OC), cation exchange capacity, chloride available P & K, Sulphur (S), Boron (B), Copper (Cu), Iron (Fe), Zinc (Zn), Manganese (Mn).

Soil sampling and testing is the first step into soil fertility management. It is important to gain knowledge about soil conditions and provide the required nutrients to the crops for improving the yield and profitability. This will also help to minimize soil nutrients expenditures and Avoid over-fertilization (Organic/Chemical) and avoid soil degradation.



ORGANIC VEGETABLES ARE TASTIER, HEALTHIER; ABLE TO SELL FASTER SAYS PKVY REGISTERED FARMERS

Farmer's success story

Many research and journals suggest that Organic fruits, vegetables, and grains have several measurable nutritional benefits over conventional crops. The chemicals that are widely used in Conventional farming are completely prohibited under organic farming. One of the Journal British Journal of Nutrition British Journal of Nutrition (BJN) show that higher antioxidant levels affect food's organoleptic qualities—taste, aroma, and mouthfeel.

Farmers certified registered under PKVY Scheme are contented about the quantity and quality of the potato crop. The farmers are consistently using organic inputs, have substituted the fertilizers like DAP with Farmyard Manure, Vermicompost. They are also preparing the nutrition tonic like Jeevamruth and Panchagavya. Farmers express their happiness they were able to learn more through field visit to the nearby organic fields.

Farmer and Lead Resource Person (LRP) Shri. Rajendra Prasad of Bucchi – Paramparagat Krishi Vikas Yojana, Group, Gotryan Village, Nardiganj Block, Nawada District expressed that the vegetables like Brinjal, Bottle gourd, Bhendi, Potato cultivated at his 0.6 hectare of farm are sold in the market since they tast good. The shelf-life period of these vegetable which are grown using organic package of practices is high.

"Our vegetable are bought first in market as compared to other vegetables says group of Farmers from Bucchi – Paramparagat Krishi Vikas Yojana, Group, Gotryan Village, Nardiganj Block, Nawada District, Bihar



Farmer Shri. Hanu Bediya from Organic Farming Grower Group (PKVY) Nawagarh Neyatu says that he is using the package of practises taught to him during the training and now they are following organic practices for more than 2 years now. He is able to get a good yield and he is selling the produce without any middlemen in the nearby markets. He adds that buyers are now interested in organic produce irrespective of the size of the Potato. Variable responses in terms of quality and quantity of the harvested produce are obtained. Shri Hanu Bediya is cultivating crops like Wheat and Tomato along with Potato as his chief crop in the area of 1 acre. The C2 PGS Green certificate is issued by Aditi.



TRADITIONAL BIHARI LITTI CHOKHA RECIPE

Vyanjan – An Authentic traditional recipe

Litti is a snack food found in India's Bihar. It consists of wheat and sattu combined along with spiced and stuffed into maida balls and deep fried in ghee or baked in the oven.

It may be eaten with yogurt, baigan bharta, alu bharta, and papad. The litti are traditionally baked over a cow-dung fire, but you can either deep fry the littis or bake it in the oven. Serving along with Aloo Choka and Baingan (Choka) Bharta, Yogurt & Pickled Green Chilies for lunch or dinner makes the Litti Chokha more delicious.

Steps for preparation:

- In a large mixing bowl, sieve flour, salt and baking soda in a large bowl. Add ajwain and ghee and mix everything well until you get coarse crumbs. Add warm water little at a time and knead to make a firm dough and smooth dough.
- Cover the dough in a wet muslin cloth and keep aside for 20 minutes. While the dough is resting, we will prepare the filling (pitti)
- In a large mixing bowl, mix sattu, ajwain, kalonji, fennel seeds, mustard oil, grated ginger, garlic, green chilies, coriander, salt and lemon juice. Stir well to combine all the ingredients. Check the salt and spices and adjust to suit your taste. If you find the mixture too dry, add a little water to make a lumpy mix (which is still dry and not completely wet). **Keep this pitti mixture aside.**
- The final step is to make the Litti. Place the rested dough on a flat counter and knead again for 5 minutes.
- Make small lemon sized balls from the dough and roll it like pooris. Hold the poori between your palm and fill 1 large tablespoon of pitti-sattu filling mixture into the dough.
- Gather the sides of the poori and bring them together on top and seal the ball. Press the ball to flatten it.
- Proceed to make Litti balls the similar way and arrange them on a greased baking sheet. Brush the litti with ghee, so the tops get crisp while baking.
- Preheat the oven to 180 C. Once the oven is preheated, place the litti tray on the middle rack and bake the littis till golden in color. Different ovens have different heating times - it can take anywhere between 20 to 30 minutes to bake and turn golden completely.
- Once baked, remove the Litti from the oven and allow them to cool a bit before serving. Serve the Litti Chokha along with Aloo Choka and Baingan (Choka) Bharta, Yogurt & Pickled Green Chilies for lunch or dinner

Nutrition Facts

Serving Size: 1 piece (105g)

Amount Per Serving

Calories 144

Calories from Fat 30

% Daily Value*

Total Fat 3.4g 5%

Saturated Fat 0.9g 5%

Trans Fat 0g

Cholesterol 2.7mg 1%

Sodium 132mg 6%

Potassium 289mg 8%

Total Carbohydrates 25g 8%

Dietary Fiber 4.2g 17%

Sugars 2.5g

Protein 5.2g

Vitamin A 5%

Vitamin C 11%

Calcium 2%

Iron 8%

* Percent Daily Values are based on a 2000 calorie diet.

Ingredients For Litti

- 3-1/2 cups Whole Wheat Flour
- 3/4 cup Ghee
- 1/8 teaspoon Baking soda
- 2 tablespoons Curd (Dahi / Yogurt)
- 1/2 teaspoon Ajwain (Carom seeds)
- 1 teaspoon Salt, to taste
- Lukewarm Water, to knead the flour

Ingredients for Filling (Pitti)

- 1-1/2 cups Roasted Gram Flour (Sattu Ka Atta)
- 1 inch Ginger, grated
- 2 cloves Garlic, grated
- 2 Green Chillies, finely chopped
- Coriander (Dhania) Leaves, a small bunch finely chopped
- 1/2 teaspoon Ajwain (Carom seeds)
- 1/2 teaspoon Kalonji (Onion Nigella Seeds)
- 1/2 teaspoon Fennel seeds (Saunf), pounded
- 1 tablespoon Mustard oil
- Salt, to taste
- 1 teaspoon Lemon juice



GLIMPSE OF PGS ACTIVITIES AT DIFFERENT DISTRICT, VARIOUS STATES

Program & Place

Soil sampling and crop sampling for Pesticide residue analysis at Nanan Block, Nalanda, Bihar



Happy farmer Shri Manoj Kumar Singh, Sherpur, Saran District, Bihar



Seed distribution to farmers under PKVY scheme at Lailinga Block, Raigarh District, Chhattisgarh



Peer appraisal activity for *kharif* 2021 by ADITI (Regional Council) at Nawagarh Panchayat, Angara Block, Ranchi District, Jharkhand



Farmer's involved in transplantation at Kaptipada Block, Mayurbhanj District, Odisha



Peer appraisal activity for *kharif* 2021 by AFC (Support Agency) at Ponda Block, Goa South, Goa



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