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Ajwain is rich in fiber and minerals, but since the typical serving size is low, you won't likely get a lot of nutrition from eating them.

IMMUNITY BOOSTER - RED BELL PEPPERS

Red Bell Pepper contains more vitamin C than citrus fruits. These are also a rich source of beta-carotene, which boosts your immune system. Bell peppers also keep your skin and eyes healthy.

TRADITIONAL RECIPE - SINGHARE KI KACHRI

Water Chestnut usually make an appearance with the first winter breeze. The mood for this hot and spicy snack is set by the monsoon showers.

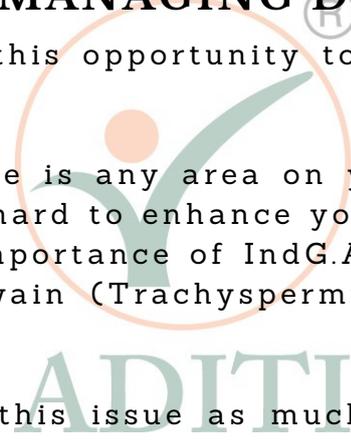
MESSAGE FROM THE MANAGING DIRECTOR

Greetings! We at Aditi take this opportunity to wish you and your employees a Happy Diwali in advance.

We value your hearing if here is any area on your concern to improve and the entire Aditi team is working hard to enhance your working experience with us. In this edition we explore the importance of IndG.A.P. for farmers & the community, medicinal plant in focus Ajwain (Trachyspermum ammi), Mr. Sachin Bakshi of Root Agro among others.

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

-Narayana Upadhyaya





INSIGHT: CLOSING THE TRUST GAP BETWEEN CONSUMERS & FARMERS THROUGH IND GAP

According to recent research by Aditi Organic Certifications, over 92% are aware of organic products mainly in the category of fresh fruits & vegetables. Over 57% stated inability to identify genuine organic products for their decision not to go for organic.

When people talk about “organic,” there is a need to check whether the producers have followed Good Agricultural Practices. To address this concern, the Quality Council of India (QCI) has introduced a voluntary certification program called IndG.A.P



Organic farming with G.A.P can be optimised to meet particular goals. Profitability is usually an important goal, since without profit one can't keep farming. Integrated Ind G.A.P with organic farming can help to prevent certain environment.

Introducing Ind G.A.P. to small and marginal land growers can prevent on-farm contamination of fruits and vegetable. GAPs are a new way of thinking about food safety. They can also be uses to maximise farm produce in different ways.

The Ind G.A.P certification can not prevent the public from illness, but also, it could protect your farm business from the economic consequences of food contamination



Click here to read more>>> <https://www.purecoindia.in/indg-a-p-certification-closing-the-trust-gap-between-consumers-farmers/>

SPOTLIGHT
IN CONVERSATION WITH MR.
SACHIN BAKSHI - ROOT AGRO



<https://www.youtube.com/watch?v=SOgnuJG8fHE>



In conversation with with Mr. Sachin Bakshi as he shares insights on how one can make agriculture into a profitable venture.



MEDICINAL PLANT IN FOCUS: AJWAIN (TRACHYSPERMUM AMMI)

In Sanskrit Ajwain is known as Yavanika. Ajwain also known as carom seed, belongs to family Apiaceae is a native of Egypt and is a popular seed spice crop in India. It is an annual herbaceous plant bearing small egg shaped grayish brown fruits. The most common Indian name is ajowain and there are many other popular regional names. In Tamil it is known as omum and in Telgu as vamu. The major Ajwain producing countries are India, Persia, Iran, Egypt, Afghanistan, Pakistan and North Africa. In India its production is concentrated mainly in Rajasthan, Gujarat, Andhra Pradesh, Madhya Pradesh, Bihar, Uttar Pradesh, Tamil Nadu and West Bengal.

Package of practices:

owing time

The best natural habitat of the species is temperature ranges between 30°C and 45°C and rainfall ranges from 900 mm to 3000 mm per annum. Because of its hardy nature it is grown in variety of soil. The soil must contain good moisture content. It gives best result when grown under moist, deep, sandy loam soil with well drainage system. It can tolerate even shade in early seedling stage.

Land Preparation:

Ajwain is a cold loving crop and is mainly grown during rabi season in India. In some pockets, it is also grown as kharif crop. As a rabi season crop, it is sown in the months of September and October in northern plains, whereas, for kharif season crop, it is sown from July to August.

Sowing method

Ajwain is generally sown by broadcasting method but to facilitate inter culture operations, line sowing is appropriate. The Ajwain seed is small in size thus depth of seed should be kept around 1.0 to 1.5 cm in the soil for getting good germination. It is better to maintain uniform spread of seed through mixing of seed with dry sand before sowing

Manures and plant nutrients

In general, for raising good, irrigated crop of Ajwain, 10 tons of well decomposed FYM or compost may be applied and evenly spread in the field before ploughing. At the time of last ploughing NPK rich compost prepared from organic raw materials may be applied for well establishment of sown seeds. An additional biofertilizer to enrich soil Nitrogen may be given at 45 days after sowing and second before flowering.

Irrigation

Ajwain is cultivated both as rain fed and irrigated crop. In irrigated production system about 4-5 irrigations are required. If initial moisture is less after sowing, a light irrigation is given after 4-5 days to facilitate germination and checking crust formation. Depending on climate and soil type subsequent irrigations are applied at interval of 15-25 days.

Plant nutrient

At the time of land preparation, apply Farmyard Manure or decomposed animal manure @10kg/pit. Mulch the pit with green leaves, especially for Leguminosae family

Weed management

Initial growth of Ajwain crop is very slow; therefore, it is necessary to keep the field free from weeds from the land preparation itself. A total of 2-3 manual weeding's and hoeing's are required, the first weeding should be done after 30 days of sowing accompanied by thinning from rows after maintaining suggested intra row spacing. The subsequent weeding is done at 30 days intervals as per requirement.

Plant protection

Ajwain crop is generally less affected by insect-pests and diseases. However, sporadically crop is harmed by aphids, jassids, seed bug, midge, root rot and powdery mildew. The plant protection measures should include selection of resistant varieties, crop management practices such as time of sowing, balanced nutrition, crop rotation, green manuring etc. for reducing the incidence of diseases and pests and adoption of control measures.

Harvesting and yield

The crop matures in 150-180 days depending upon the variety and season. The harvesting is usually done from February to May. At maturity flowering ceases and seed begin to develop and become brown in umbels. The crop is harvested with sickles or manually and stacked for drying, keeping the bundles upside down and then threshed to separate the fruits by beating with sticks. An average yield of 4 to 6 qt. under rain fed and 12 to 15 q/ha under irrigated conditions could be obtained.

Certification- The National Medicinal Plant Board (NMPB), in collaboration with the Quality Council of India (QCI), India's apex quality facilitation body, has developed a voluntary certification scheme for medicinal plants based on good agricultural and field collection practices. Aditi now offers VCSMPP certification for medicinal plants. Please mail us at aditi@aditicert.net for more information.



TRADITIONAL USE OF AJWAIN

Ajwain is rich in fiber and minerals, but since the typical serving size is low, you won't likely get a lot of nutrition from eating them.

Hydro distillation of ajwain fruits yields an essential oil consisting primarily of thymol, gamma-terpinene, p-cymene, and more than 20 trace compounds which are predominantly terpenoids.

Users:

- A plaster made of Ajwain seeds crushed and used to relieve pain of Colic.
- Ajwain seeds are famous for asthma sufferers, small seeds are smoked in a pipe to relieve shortness of breath.
- Active enzymes in ajwain improve the flow of stomach acids, which can help to relieve indigestion, bloating, and gas.
- Many of the essential oils in ajwain, most notably thymol and carvacrol, can help to fight the growth of bacteria and fungi. They may also help to fight bacteria like salmonella and E. coli, which can lead to food poisoning and other stomach issues.
- Ajwain might act to keep calcium from entering the blood vessels in your heart, helping to lower blood pressure.
- Ajwain can provide relief from coughing as well as clear mucus from your nose, both of which make breathing easier. It may also help to widen the bronchial tubes, which can help those with asthma.
- Due to the anti-inflammatory properties of thymol and other essential oils, ajwain can help to reduce pain associated with toothaches.
- Ajwain can also help to soothe pain and swelling. Crushed fruit can be made into a paste and applied to the skin at the joints to treat arthritis pain

Nutrients per Serving

A single serving (one teaspoon) of ajwain contains:

- Calories: 5
- Protein: less than 1 gram
- Fat: less than 1 gram
- Carbohydrates: 1 gram
- Fiber: 1 gram
- Sugar: 0 grams

It also contains:

- Potassium
- Calcium
- Iron
- Essential fatty acids

RED BELL PEPPERS - IMMUNITY BOOSTER



If you think citrus fruits have the most vitamin C of any fruit or vegetable, think again. Ounce for ounce, red bell peppers contain almost 3 times as much vitamin C (127 mg Trusted Source) as a Florida orange (45 mg Trusted Source).

They're also a rich source of beta carotene. Besides boosting your immune system, vitamin C may help you maintain healthy skin. Beta carotene, which your body converts into vitamin A, helps keep your eyes and skin healthy.



TRADITIONAL RECIPE - SINGHARE KI KACHRI

Ingredients:

- 500 gram Singhare water chestnut
- Salt to taste
- 4 tablespoon butter
- 1 teaspoon asafoetida hing
- 2 teaspoon cumin powder
- ½ teaspoon red chili powder
- 1 green chili finely chopped
- an inch piece of ginger peeled and grated
- Juice of 1 lemon

Instruction for cooking :

- To make Singhare Ki Kachri, wash the water chestnut.
- Pressure cook water chestnut along with salt for one or two whistle over medium heat. Turn off the heat. Let the steam release naturally from the pressure cooker.
- Now it becomes easy to remove the outer peel of water chestnut. Collect the pale white pulp in a separate bowl.
- Add salt, chili powder, cumin powder over the boiled water chestnut. Nicely mash it using the potato masher. The mashed water chestnut will be similar to stuffing for Aloo Paratha.
- Heat butter in a heavy bottom pan over medium heat.
- Now add asafoetida, grated ginger and green chili. Saute for few seconds or till the aroma of ginger is released.
- Add mashed water chestnut and roast over low heat till the mixture turns pale brown in color and starts leaving sides of the pan. Keep stirring the mixture while it is roasting. Slow cooking is the trick behind making the perfect Kachri.
- Once the Kachri is nicely roasted a pleasant aroma is released. The taste and texture of the mixture is also refined. Taste and adjust the seasoning accordingly.
- Before serving drizzle lemon juice, sprinkle chopped coriander and pour a teaspoon of melted butter on top.
- Serve Singhare Ki Kachri warm with coriander chutney.



GLIMPSE OF INSPECTION ACTIVITY

Photographs taken during INSPECTION of Organic Farms / Handler



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