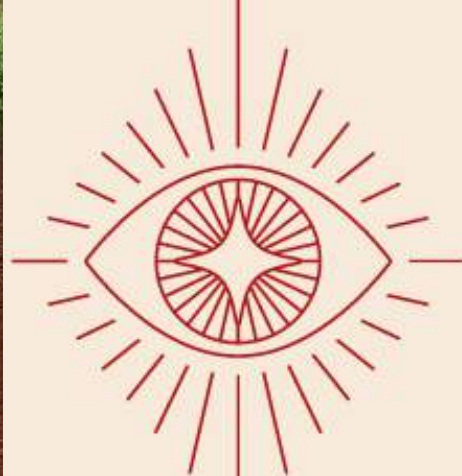


November 2021

Issue 20



Monthly Newsletter

# Darpan

## Insights from Aditi

Inside the Issue



### GLOBAL SCENARIO & EVOLUTION OF ORGANIC MARKET

There are total nineteen countries having organic agriculture regulations and other five is in the course of drafting.

### MEDICINAL PLANT IN FOCUS SARPAGANDHA (RAUVOLFIA SERPENTINA)

Rauwolfia serpentina, the Indian snakeroot, devil pepper, or serpentine wood is one of the very important Ayurvedic herbs.

### IMMUNITY BOOSTER - BROCCOLI

Broccoli is supercharged with vitamins and minerals. Packed with vitamins A, C, and E, as well as fiber and many other antioxidants.

### TRADITIONAL RECIPE - CHANA DAL FARA/ GOJHA/PEETHA – STEAMED LENTIL STUFFED DUMPLINGS

Chana Dal Fara is another popular dish of UP and Bihar.

## MESSAGE FROM THE MANAGING DIRECTOR

Greetings! We trust you, your family and your teams are taking all measures to remain safe and healthy amid the prolonged pandemic situation.

You might have read a recent newspaper article indicating Aditi has been barred from issuing fresh certifications. This is not entirely true. We present to you the facts about this matter.

In this edition we explore Global scenario and evolution of organic market, medicinal plant in focus Sarpagandha (Rauwolfia serpentina), Interview with Mr. Kiran Bhaskaran on indigenous Fruits Plants for a IFF among others. We hope you enjoy reading this issue as much as we have enjoyed putting it together for you!

-Narayana Upadhyaya





## INSIGHT: GLOBAL SCENARIO & EVOLUTION OF ORGANIC MARKET

Organic production fulfils a double role. On the one hand, it provides a specific market for consumer demand for organic products. On the other hand, it supplies the public with goods contributing to the protection of the environment, animal welfare and rural development. But this took years to develop, going through multiple phases of expansion.

Growing trends of introducing advanced and new organic farming techniques and partnerships among key players are estimated to drive the growth of the organic farming market. Increasing inclination towards organic farming and adaptable government initiatives and mass investments in the agricultural research and development sector can lead to major business opportunities in the global organic farming market. Governmental bodies across the globe are participating in raising awareness among consumers and farmers to indulge more in organic foods and organic farming processes. The encouragement of using organic soil inputs and bio-control agents is estimated to propel the growth of the organic farming market.



**[Click here to read more>>> https://aditcert.net/http-aditcert-net-wp-content-uploads-2021-11-global-scenario-and-evolution-of-the-organic-market-211012ss-docx/](https://aditcert.net/http-aditcert-net-wp-content-uploads-2021-11-global-scenario-and-evolution-of-the-organic-market-211012ss-docx/)**

## IN THE MEDIA: NOTICE: CERTIFICATION AGENCY ADITI IS STILL OPERATIONAL- PURE & ECO INDIA

A recent newspaper report says that certification agency ADITI ORGANIC CERTIFICATIONS PVT. LTD., has been barred from issuing fresh certifications. **This is not entirely true.** Although the subcommittee has sanctioned Aditi not to register any new processor or Trader, it can still register Crop Production, Growers' Group, Wild Collection, Livestock and Apiculture operators. Aditi Organic's access to TRACENET remains undisturbed and it is able to grant Transaction Certificates to existing clients. The sanction imposed will not jeopardise the NPOP certification and export outside of India.

No operators holding COS/COR certification are affected by this and they can export COR certified products to Canada and USA without any problems (with the Canada-US equivalency). Further, in October 2021, the National Accreditation Body (NAB) decided to renew the accreditation of Aditi Organic for a period of 3 years under NPOP.

We would also like to bring to your kind attention that there is a news clip floating in the market that has presented only one side of the story. We absolutely condemn such misrepresentation of information and are in touch with the media house as well to present the whole story and not parts of its, says Mr. Upadhyaya

**[Click here to read more>>> NOTICE: Certification Agency Aditi Organic Certifications Is Still Operational | Pure & Eco India \(pureecoindia.in\)](#)**



## MEDICINAL PLANT IN FOCUS: SARPAGANDHA (RAUVOLFIA SERPENTINA)

Rauvolfia serpentina, the Indian snakeroot, devil pepper, or serpentine wood. It is an important flowering shrub that grows widely in the sub-Himalayan moist forests in Sikkim, Assam in India, as well as in tropical parts of Sri Lanka, Malaysia, Indonesia, Bangladesh, Africa, and the Americas. belongs to the family Apocynaceae.

### Package of practices:

#### Climate

Sarpagandha can be grown under a wide range of climatic conditions. Humid, Warm climate and shade loving conditions are best suited. A climate with a temperature range of 10-30 °C seems to be well suited for this plant. It requires an annual rainfall of 300-500 mm. It grows well in frost-free tropical to subtropical situations under irrigation.

#### Soil

The plant requires slightly acidic to neutral soils for good growth with medium to deep well drained fertile soils. The ideal pH for this crop is from 4.6-6.2. Clay Loam to silt-loam soils, rich in organic content are suitable for its commercial cultivation.

#### Land Preparation:

Land should be prepared by giving deep ploughings for better root penetration and development. Remove any clods, weeds, and rock from the field.

#### Transplanting

Seedlings of 40-50 days, which have 4-6 leaves, are ready for transplanting. Well decomposed FYM@ 25 -30 t/ha is added during land preparation. The seedlings are transplanted in the furrows. About 15 cm deep furrows are dug at a distance of 45cm. A spacing of 30 cm between the plants should be maintained.

#### Manures and plant nutrients

Usually, any herbal or medicinal plants are grown without any pesticides and chemical fertilizers. You can use natural organic manures such as well decomposed Farmyard Manure (FYM) like Cow Dung, Vermicompost, Garden manures.

In case of any insect pests attack or diseases bio pesticides should be prepared from neem kernels, Neem seeds and neem leaves. You can apply 25-30 tonnes of well decomposed FYM at the time of land preparation

#### Irrigation

It is suggested that 15 to 16 irrigations, amounts to irrigation at 20 days interval in summer and at 30 days interval in winter.

#### Weed management

The sarpagandha field should be kept relatively weed-free in the initial period of growth. This means giving two to three weedings and two hoeing's in the first year where sole crop is taken or 5-6 weeding where intercrops in sarpagandha are practiced. If it is grown as an intercrop 6 to 7 weedings should be carried out.

#### Plant protection

- Nematode: Root knot appears as galls of various sizes, covering the root system and use biocontrol agents.
- Pyralid caterpillar: It feeds on tender leaves, causing defoliation of the plant. Regular monitoring and physical method of allowing birds to feed on such caterpillars might be tried.

#### Harvesting and yield

The roots are harvested 2-3 years after planting i.e., from 18 months onwards. The roots are dug out in winter (December) when the plants have shed their leaves and are richer in total alkaloid content than the roots harvested in August. Care should be taken to keep the root bark intact as the bark constitutes 40-56% of the whole root and has a higher alkaloid content. After digging, the roots are cleaned, washed, and cut into 12 to 15 cm pieces for convenience in drying and storage. The dry roots possess up to 8-10% of moisture. The dried roots are stored in polythene lined gunny bags in cool dry places to protect it from mould.

#### Yield

A yield of 2200 kg per hectare of air-dried roots has been obtained from 2-year-old plantation and 3300kg per hectare from 3-year-old plantation, under irrigated conditions on sandy, clay loam soil.

**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](mailto:aditi@aditicert.net) for more information.**





## TRADITIONAL USE OF SARPAGANDHA

Sarpagandha being its classical Sanskrit name which literally translates to snake root, since the roots of the plant are twisted and coiled like a snake, this herb is known by many common English names. It is commonly known as 'Serpent wood', 'Indian snakeroot', 'Chandrabhaga' or 'Chhota Chandis'

These consist of Indian snakeroot, Serpentina root, Rauwolfia root, devil pepper and serpentine root. This herbal root is imbued with a plethora of phytonutrients, with the alkaloid reserpine being widely known for its antihypertensive and antipsychotic effects on the human system.

Sarpagandha has the property to balance Vata and pitta Dosha in the Body. This is often used in the treatment of Anxiety, psychosis and epilepsy. It is useful in uterine contraction. Since ages it is being used against dysentery. It is also used in the treatment of intractable skin disorder as in conditions like psoriasis, excessive sweating and itching). This regularizes menstruation when used as a mixture with ginger and black pepper.

Sarpagandha, also known as Rauwolfia serpentina (Rauwolfia serpentina) or black snakeroot is one of the very important Ayurvedic herbs. It is used in treating high BP, lack of sleep (insomnia) *etc.*

Every part of the plant possesses Medicinal Qualities. The roots of sarpagandha have a 400 years history of use in treatment of snake bite, insect stings, nervous disorders and psoriasis. About 30 alkaloids are known to exist in this plant. The most important are rescinamine, deserpidine, reserpine, serpentine, ajmaline, ajmalicine and rauwolfinine. The total alkaloid content varies from 1.7 to 3% of the dried roots. The drugs and the alkaloids obtained from the plant are used in the allopathic system in the treatment of hypertension and as a sedative or tranquilizing agent.

## BROCCOLI - IMMUNITY BOOSTER



Broccoli is supercharged with vitamins and minerals. Packed with vitamins A, C, and E, as well as fiber and many other antioxidants, broccoli is one of the healthiest vegetables you can put on your plate.

The key to keeping its power intact is to cook it as little as possible — or better yet, not at all. Research Trusted Source has shown that steaming is the best way to keep more nutrients in the food

## SPOTLIGHT

IN CONVERSATION WITH MR. KIRAN BHASKARAN OF INDIAN FARM SCHOOL



<https://youtu.be/utRjlc6PNno>



In conversation with with Mr. Kiran shares insights he shares insights on "Understanding How an Indigenous Fruit Forest (IFF) Functions".



# TRADITIONAL RECIPE - CHANA DAL FARA/GOJHA/PEET HA – STEAMED LENTIL STUFFED DUMPLINGS



Ingredients:

For Filling:

- 1 cup chana dal soaked (overnight or 4-5 hours)
- 7 - 8 garlic chopped
- 2 green chillies
- 1/2 cup coriander leaves
- 1/2 tsp cumin seed
- a pinch asafoetida
- to taste salt

For Dough:

- 1 1/2 cups wheat flour
- 1 tsp salt
- water for kneading

For Fried Fara:

- 2 tsps ghee
- 1 tsp mustard seed
- 1/2 tsp red chilli powder
- 5 - 6 curry leaves
- to taste salt

Instruction for cooking :

1. In a mixer jar add dal, coriander leaves, asafoetida, salt, garlic, cumin seeds.
2. Blend everything well together to make a smooth paste using little water. Don't add more water as we require a thick paste.
3. Keep aside and prepare the dough
4. Knead a soft dough by using wheat flour, salt and water.
5. Divide the dough into equal proportion and roll each portion into thin pooris.
6. Place 1 tsp of the filling and fold it to make a semi-circle and seal the edges.
7. Repeat the same process for the rest of the dough and filling.
8. Now there are two methods either steam them or add them to the boiling water.
9. For boiling water method: Boil water in a deep pan and add 1 tsp oil and add the faras to it. Cook them till they become soft and floats on the water surface.
10. To check its cooked or not insert a knife, if it comes out clean it is done. Remove, cool and cut into pieces.
11. For steaming method: Place the faras on a steamer plate or use your idli cooker to cook it.
12. In a pan add ghee, mustard seeds, curry leaves once the mustard seeds start to crackle, add the cut pieces of fara.
13. Sprinkle some red chilli powder and salt. Fry it till the edges become crispy or as per your liking.
14. Serve immediately with green coriander chutney or with hot tea.



## GLIMPSE OF INSPECTION ACTIVITY

Photographs taken during INSPECTION of Organic Farms / Handler



Contact us

Aditi Organic Certifications Pvt. Ltd

Address: No. 38, 1st Floor, 20th Main Road, First Block

Near Rajajinagar Metro Station, Rajaji Nagar, Bengaluru -560 010

Telephone: 080 2332 28134 / 35

Mobile: +91 98450 64286 / 91086 96476

E-mail - [aditi@aditicert.net](mailto:aditi@aditicert.net) / Website - <https://www.aditicert.net/>

<https://www.facebook.com/Aditi-Organic-Certifications-Pvt-Ltd-1869628803306476/>

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