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# Darpan

Insights from Aditi  
*Aditi's Monthly Newsletter*

USHERING AN ORGANIC WAY OF LIFE

## THIS ISSUE'S FEATURES

- *Organic farming helps in restoring our Earth*
- *Kulagar - An integrated farming system for sustainable crop diversity*
- *Aam Panna -An Authentic traditional recipe*
- *The wonders of musk melon*

## CEO MESSAGE



*Narayan Upadhyaya*  
*MD- Aditi Organic Certifications Pvt. Ltd.*

Greetings! This is the month we celebrate Earth day on every 22 April. Organic producers protect human health with every harvest. What it cultivated, how it is produced and consumed has a consequence to the whole world. Lets join hands towards protecting the environment with clean air, water and soil, a society that protected the wondrously biodiverse planet

In this edition we have the insight on how organic farming helps in restoring our earth, Interview with Mr, Mallinath Hemadi, Aditi's Focus on Kulagar.

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

# ORGANIC FARMING HELPS IN RESTORING OUR EARTH

## Aditi's Insight

People around the world celebrate Earth Day every year on April 22 since 1970 marking the start of the moment to encourage environmental protection.

Developing society in harmony with the natural world means sustainability. This helps in preserving bio-diversity and doesn't drain our natural resources. There are many ways to promote sustainability but the most vital is promoting sustainable agriculture.

The easiest way to support sustainable agriculture is to throw your purchasing power behind organic and natural foods. Farmers who make a commitment to organic and natural foods are promoting the principles and practices of sustainability in numerous ways. To begin with, they avoid the use of harmful chemicals such as toxic fertilizers, pesticides and herbicides, and they prohibit the use of genetically modified organisms (GMOs), toxic sludge, irradiation, and other production methods that are harmful for the environment.

Organic methods represented a different path, one that worked in harmony with nature and built up rather than tore down the natural order. Organic producers are the stewards of the earth with every compost pile, cover crop and fertile soil.

Organic means food or other agricultural products that have been produced using cultural, biological, and mechanical practices that support the cycling of on-farm resources, promote ecological balance, and conserve biodiversity.

The operations demonstrate that they are protecting natural resources, conserving biodiversity, and using only approved substances.



Manufacturers also have a strong role to play in promoting sustainability by producing foods that are as close to their natural state as possible.

All these practices are aimed at protecting the environment, minimizing soil degradation, and optimizing biological diversity and productivity while promoting healthy conditions.

Consumers buying from organic stores ought to look for a certification mark by the agencies or the Certified India Organic Seal. However, a reality check showed us that most organic stores have been selling raw organic produce without the labels for certification. The fruits and vegetables to be authenticated as organic, they undergo a certain procedure and this begins with packing it right.

Consumers can rest assured their exposure to toxic inputs has been diminished.

The theme for celebrating Earth day is to protect our health and the environment. And an every organic farmer lives and breathes the same every day.

## SPOTLIGHT

EXPERT SPEAK WITH MR.  
MALLINATH HEMADI- AUTHOR,  
ALTERNATE TO CHEMICAL FARMING



<https://www.youtube.com/watch?v=wY7Fj3Fy3Q0&t=461s>



In conversation with Mr. Mallinath Hemadi on Alternative farm inputs to chemical farming.

Mr. Hemadi shares insights on how farmers can increase income and become self reliant.

# KULAGAR - AN INTEGRATED FARMING SYSTEM FOR SUSTAINABLE CROP DIVERSITY



## Aditi's Focus

Farmers of this Goa and Konkan region of Maharashtra have a conventional, multitier, homestead system of gardening called Kulagar, inherited from their ancestors, to cultivate and conserve the local crop plants near their household. It is a typical multi-tier farm. The highest tier consist of areca nut palms which has been trailed with black pepper vine. The next tier consist of breadfruit jackfruit *etc.* which are of short stature. Spices such as nutmeg, cinnamon *etc.* are also present that effectively utilize the space.

System is such that different tier crops have different length of root zone & light requirement that don't compete with each other for nutrients and growth.

Farm's water requirement is met with natural over head canal but that doesn't stop him for making a concerned effort for water harvesting. He has constructed catchment area and water seeping structures to replenish the ground water resources.

Kulagar system has features of crop diversification, recycling of resources, organic production, water harvesting and soil and water conservation that makes it an exclusive, sustainable system for horticulture crop production.

Cashew cultivation on hilly slope has prevented soil erosion and also reclaimed the barren land.

Enthusiastic farmer of Orgao Ponda is always ready to try different things, Beekeeping & oyster mushroom cultivation is on his to do list

Farmer also possesses livestock mainly buffalos and some cows. The dung and urine obtained is used to prepare jeevamrutha. Also he owns a biogas digester which again provides energy that is utilized for cooking.



**VITHOBA V. DESSAI RESIDENT OF ORGAO PONDA REGION HAS A ORGANIC LAND OF 1.23 HA.**

**HE HAS A KULAGHAR SYSTEM ,THE KONKANI WORD 'KULL' MEANS FAMILY AND 'AAGAR' MEANS STORE HOUSE.**

**APART FROM CULTIVATION FARMER IS INVOLVED IN VALUE ADDITION LIKE EXTRACTION OF KOKUM (GARCINIA)**

# AAM PANNA

*Vyanjan – An Authentic traditional recipe*



## How to make AAM PANNA (Recipe):

- Firstly, in a pressure cooker take 1 raw mango and pour 2 cup water.
- Cover and pressure cook for 5 whistles or until mango are cooked well.
- Cool completely, and peel the skin of mango.
- Also, scrape the pulp of mango making sure the skin has separated.
- Transfer the mango pulp to a blender.
- Also add 3 tbsp mint, ¼ cup sugar.
- Blend to smooth paste without adding any water.
- Now add ½ tsp cardamom powder, ½ tsp cumin powder, ½ tsp pepper powder and ¼ tsp salt.
- Mix well making sure everything is well combined. aam panna concentrate is ready.
- To serve, in a tall glass take a tbsp of aam panna concentrate and add few ice cubes.
- Pour in ice-cold water and mix well.
- Finally, enjoy aam panna garnished with fresh mint leaves..

## Ingredients

### For Pressure cooking

- 1 Raw Mango
- 2 cup water

### Other ingredients

- 3 table spoon mint/pudina
- 1/4 cup sugar
- 1/2 teaspoon cardamom powder
- 1/2 teaspoon pepper powder
- 3/4 teaspoon salt



## IMMUNITY BOOSTER

# THE WONDERS OF MUSKMELON



Muskmelon has high fiber and water content, which makes it a great natural healer for people suffering from indigestion, constipation, and other digestive system issues. The fiber content in this fruit helps in regulating proper bowel movements with a calming and cooling effect on the stomach. Fiber adds bulk to the stool and keeps hunger pangs at bay. Furthermore, the high content of vitamin C mineral in it helps in treating stomach ulcers.

Muskmelon is rich in vitamin C content, which is a powerful antioxidant that can help in boosting your immunity. Apart from having high vitamin C concentration, it also contains phytochemicals, beta-carotene, and vitamin A that help in keeping your gut healthy. Your gut health is directly associated with your immune system.



# GLIMPSE OF INSPECTION & PGS ACTIVITY



# ADITI

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 / 98447 72881**

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

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

**<https://www.instagram.com/aditiorganic/?hl=en>**