

Darpan

Insights from Aditi

Aditi's Monthly Newsletter

USHERING AN ORGANIC WAY OF LIFE

THIS ISSUE'S FEATURES

- *Carbon neutral farming methods*
- *Farmers, Processors & Handlers, Exporters can now be Demeter certified*
- *Chhenna Poda*
- *The wonders of Ginger*

CEO MESSAGE

Narayan Upadhyaya

MD- Aditi Organic Certifications Pvt. Ltd.

Greetings! As an Organic Certification Body, we continue to emphasis on Safe, healthy & Sustainable ecosystem.

In this edition we have insights on challenges & way forward for carbon net neutrality in agriculture by Mr. Surajit Sinha.

To bring in more efficacy in Quality, we have initiated Training at regular intervals which helps in highlighting the area of concerns, improving the existing skills/knowledge about the standards & documents required. We shall keep sharing the training details. Please refer all our circulars regularly.

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

BIOFACH INDIA 14th
 into organic
 Co-located with
NATURAL EXPO INDIA
 September 1-3, 2022
 Hall - 1, 3 & 5, India Expo Centre, IEML
 Greater Noida, DELHI-NCR, India

2022



ADITI

Organic Certifications Pvt. Ltd.

ADITI IS PARTICIPATING IN 14TH BIOFACH INDIA - BIGGEST NATURAL EXPO

PLEASE VISIT OUR STALL AT "F-20" AT HALL-1, GREATER NOIDA, DELHI NCR, INDIA



CARBON NEUTRAL FARMING METHODS

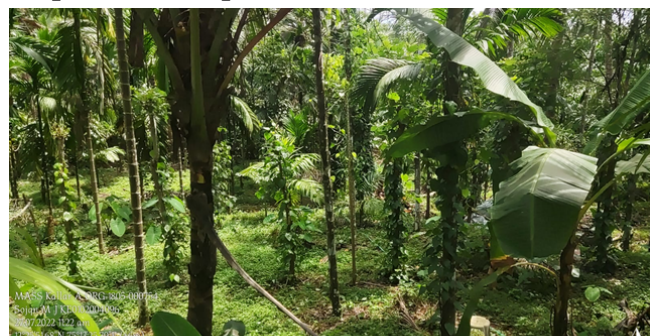
Aditi's Insight

According to the Intergovernmental Panel on Climate Change (IPCC), the annual amount of greenhouse gases emitted by the agricultural sector is estimated at between 5.1 and 6.1 gigatonnes of CO₂ equivalents in 2005. This represents approximately 10–12% of total greenhouse gas emissions. Of these emissions, methane emission is the highest and nitrous oxide comes next, while net emissions of CO₂ are relatively minute. Agriculture is the main emitter of nitrous oxides and methane according to current practice and knowledge. This could be due to our narrow approach to get high production and productivity without giving importance to environmental and social issues.

Carbon-neutral agriculture is now the need of the hour for creating an ecological balance and improved health and safe sustenance of future generations. Carbon neutral agriculture would reduce carbon emissions and help carbon to be stored in the soil.

Organic agriculture is self-sufficient in nitrogen. Mixed organic farms practice highly efficient recycling of manures from livestock and of crop residues by composting. The on-farm use of farmyard manure – a practice increasingly abandoned in conventional production – needs to be reconsidered in the light of climate change. While conventional stockless arable farms use synthetic nitrogen fertilizers, manure and slurry from livestock production or from non-ruminant farms have become an environmental problem. Methane emissions stem to a large extent from enteric fermentation and manure management and in consequence are directly proportional to livestock numbers. A reduction of the Global Warming Potential (GWP) has also been found on organic dairy as compared to conventional.

Management practices like residue and tillage management is the best carbon sequestration practices.



Improving soil health through integrated farming methods, rotation of crops, adoption of fertigation, precision farming methods, changing the ways in which the soil is irrigated and limiting the indiscriminate use of fertilizers were important for preventing soil degradation and thus reducing carbon footprint in agriculture.



Agriculture can help mitigate climate change by either reducing GHG emissions or by sequestering CO₂ from the atmosphere in the soil. The application of improved agricultural techniques (e.g., organic agriculture, conservation tillage, agroforestry with native tree species) reduces or stops soil erosion and converts carbon losses into gains. Consequently, considerable amounts of CO₂ are removed from the atmosphere. Organic agriculture already provides effective methods to reach both of these goals. If agricultural practices remain unchanged, the loss of organic carbon in typical arable soils will continue and eventually reach a new steady state at a low level.

SPOTLIGHT

EXPERT SPEAK WITH MR. SURAJIT SINHA - "CARBON NET NEUTRALITY IN AGRICULTURE"



https://www.youtube.com/watch?v=YQhhN_hR_6A



In conversation with Mr. SURAJIT SINHA.

Mr. Surajit Sinha shares insights on challenges & way forward for carbon net neutrality in agriculture

FARMERS, PROCESSORS & HANDLERS CAN BECOME DEMETER CERTIFIED

Aditi's Focus

Demeter certification is a guarantee for consumers that products come from biodynamic agriculture.

Demeter stands for farmers who are striving for health and resilience on their farms, who nourish the soil, protect the environment, respect the well-being of their animals and produce nutrient dense food. It stands for those who value and respect their ingredients, treating them with care, tradition and time to create nutritious food. Demeter aims for regeneration at all levels to create living contexts and communities in which we can all thrive.

Farmers, producers, processors & handlers, exporters and all players in the agri-food sector already involved in Organic Agriculture.

The Standard is an agreement on the minimum requirements that a biodynamically managed farm must meet in order to receive its Demeter recognition. Demeter farms are inspected annually for compliance with the Standard in addition to the organic inspection. Click below link for details>>>
<https://demeter.net/certification/standard/>

The “International Demeter Biodynamic Standard” is based on our principles and democratically decided by our member organisations.

All products that carry the Demeter and Biodynamic trademarks are produced and processes according to these standards and are inspected and certified by the responsible authority in the respective countries. Fundamental to all Demeter activity and products is the recognition that as humans we rely on the generosity of the natural world and the collaboration of human activity with this to nourish, care and clothe human beings. These standards articulate how that can be done in a way that supports and works collaboratively with the natural world and mankind.

The demeter standard can be referred>>>https://demeter.net/wp-content/uploads/2022/01/20211013_BFDI_Standard_for2022_englVersion_final.pdf



DEMETER CERTIFICATION ENABLES THE ORGANIC AVAILABLE IN MARKET ARE COMPLIANT WITH RESPECT TO BIODYNAMIC PRACTISES ACCORDING TO DEMETER SPECIFICATIONS

**ON-LINE TRAINING ON
LIVESTOCK PRODUCTION
& PROCESSING
ON
08TH AUGUST 2022
AT
10:50 AM TO 1:10 PM**



**Dr. Mahadevappa D. Gouri, Asst. Professor,
Dept. Livestock Production & Management,
Veterinary College, Bengaluru**



**Dr. Harini Venugopal, Asst. Professor, Dept.
of Dairy Technology, Dairy Science College
Bengaluru**

LINK SHALL BE SHARED SHORTLY. YOU ARE MOST WELCOME TO JOIN THE SESSION

CHHENA PODA

Vyanjan – An Authentic traditional recipe



How to make CHHENA PODA (Recipe):

Preparation:

- Firstly line a baking pan with some chopped banana leaves. Grease the banana leaves with some ghee.
- Use butter paper or parchment paper instead of banana leaves. Or just grease the pan with ghee on all sides.
- Also preheat oven at 180 degrees celsius for 15 minutes.

Making Chhena Poda Mixture

- Take the 250 grams fresh paneer or chenna and crumble it very well.
- Add ½ cup sugar or ½ cup jaggery powder instead of sugar. Mix sugar with the chenna.
- Continue to mash and knead the paneer or chenna. paneer mixture has to become loose, light and with a cake batter like consistency. The more light and softer the consistency, the better the chhena poda tastes. Add teaspoon cardamom powder and ½ tablespoon rice flour.
- **Chhena poda can be served as dessert after meals or as a sweet snack.**

Ingredients

- 250 grams paneer or Chhena
- 1/2 cup sugar or 125 grams sugar or 1/2 cup jaggery powder.
- 1/2 teaspoon cardamom powder
- 1/2 tablespoon Rice Flour
- Cashew and raisins (optional)
- 1 to 2 teaspoon Ghee or as need for greasing tray/pan

Baking Chhena Poda

- Pour the chhena poda mixture in the pan. Shake the pan gently so that the chenna poda mixture spreads evenly. Level the top with a spatula.
- Place the pan in the oven and bake chenna poda for 30 to 45 minutes. If using ovg, use the toast mode and keep pan in the center. Bake chenna poda till the top crust gets a dark golden color. Oven times vary, so do keep a check. In some ovens this paneer cake can even take less time. I am giving an average time that will work for most ovens.
- Remove from the oven once done. Then check with a bamboo skewer or toothpick and it should be clean. There should be no sticky batter on the toothpick.
- Let the paneer cake cool completely in the pan. Then remove it.
- You can slice and then serve chenna poda. Leftover can be refrigerated for 2 to 3 days.

Immunity Booster

THE WONDERS OF TURMERIC



Turmeric is among the richest food sources of Iron - 67.8 mg per 100g of turmeric powder. One teaspoon (3g) of turmeric powder provides 2mg of Iron - 10% of the adult daily requirements.

This is one spice definitely present in every Indian household - whether in the integral spice box, or your grandmother's home remedy cabinet.

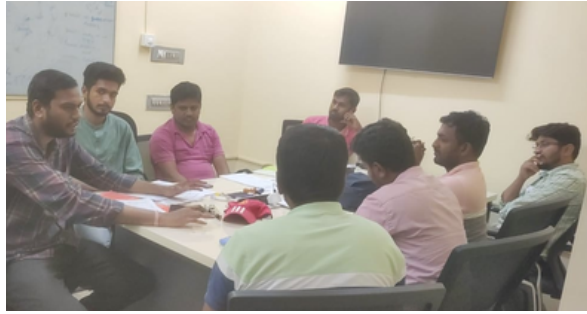
Curcumin is the most abundant and active polyphenol in turmeric and is responsible for the beautiful bright yellow colour. It has antioxidant, anti-inflammatory, antibacterial and wound-healing effects.



Essential oils extracted from turmeric oil exhibits antifungal properties and is active against respiratory tract viruses such as those causing flu.

The oil may help remove sputum, relieve cough and prevent asthma. Topical application of turmeric may prevent proliferation of skin allergies.

GLIMPSE OF INSPECTION & PGS ACTIVITY



ADITI

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