

Climate Resilient Lunch Scheme Honoring Local Foods that Grow in Bio-Region

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By Krishna Mckenzie



An Authentic Example (Solitude Farm Cafe)

Solitude Farm Cafe Auroville, offers daily thalis, based entirely on local foods, primarily grown at the farm.

A huge variety of spinaches, green papaya, plantain, banana stem, banana flower, yams, sweet potatoes, tapioca, gourds, pumpkins, a wide diversity of beans, ladies finger, radish, local herbs like thoothuvalai and mudakathan (balloon vine) etc.

There are over 20 variety of fruit trees, flowers, roots, grains, oil seeds, leaves - so far we have counted over 200 plants we regularly eat throughout the year. These foods are the colours of a cultural nutritional heritage and simply by eating them they represent the reclamation of wellbeing on all levels of our society.

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In India people are still familiar with local foods because the knowledge of how to use them has been passed down from generation to generation.

If we can do this, you can too!

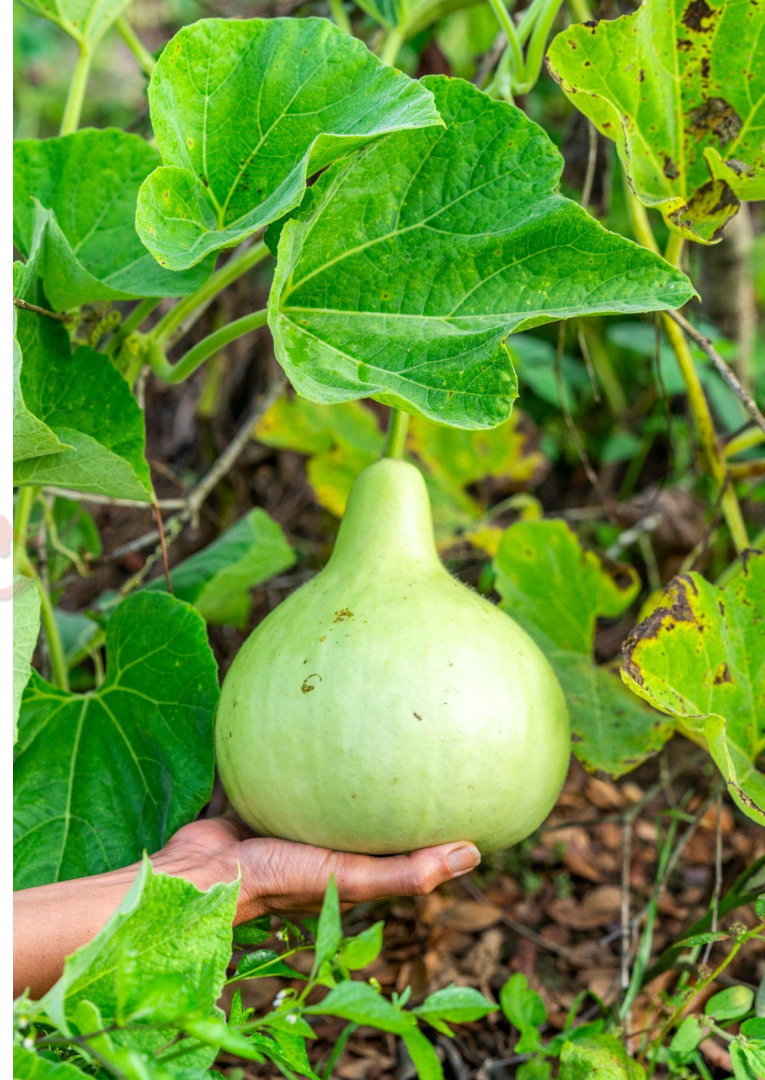


Why Local food is the solution

What foods are we feeding our children? Children are growing up disconnected from where the food they eat comes from. This is reflected on every level of our lives; ecological, climatic, nutritional, medicinal, social, economic and cultural.

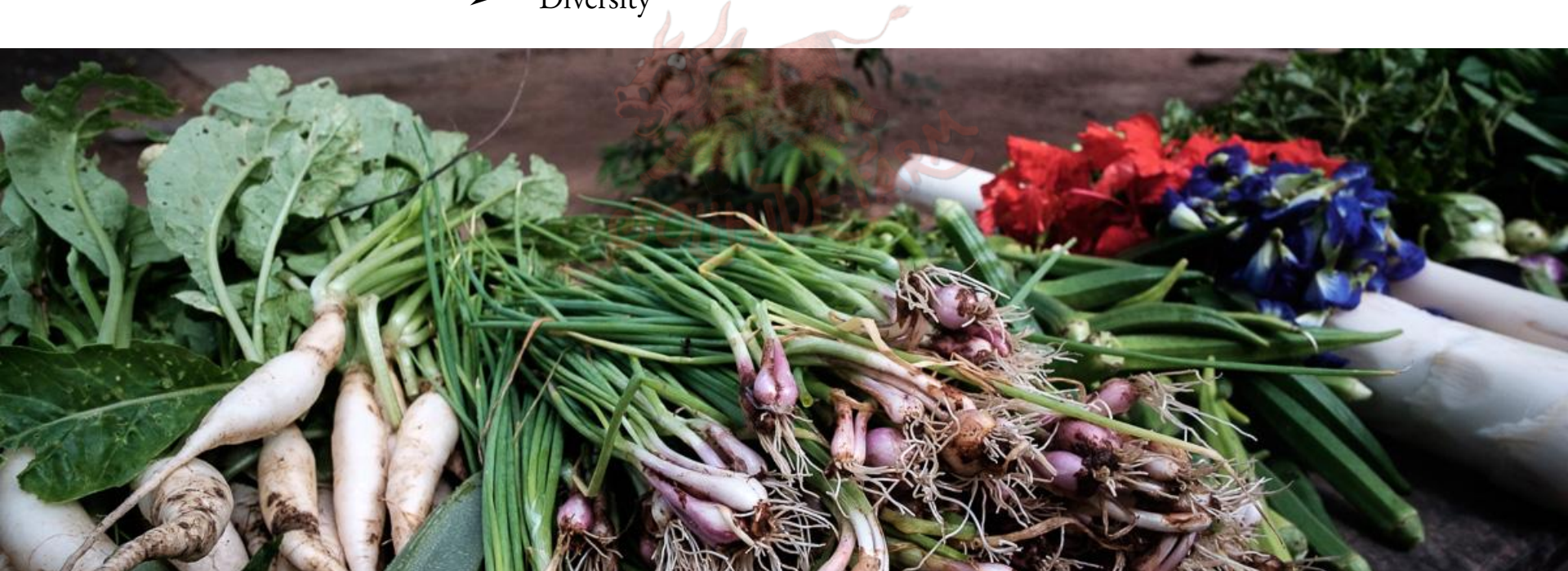
The industrialisation of agriculture is responsible for the erosion of well being and the ecological crisis we face in the world today. We no longer know where the food we eat is grown, who grows it, if chemicals are used to grow it, how it is processed, stored, packed, transported etc. We are disconnected from this most essential aspect of our existence, and the foods we eat reflect this loss of relationship with Mother Nature.

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The Characteristics of Local Food

- Abundance
- No Ecological Cost // Climate resilience
- High Medicinal and Nutritional Values
- Diversity



Stakeholders | Ecological & Community Impact

Small land holding farms/farmers & Women/cooks

Technological solutions to nutrition leads us away from traditional knowledge. The custodians of our cultural heritage are the small land holders, often women who know the value of traditional spinaches and forgotten foods. By valuing local foods we value this intergenerational knowledge allowing local farmers and women workers to reclaim a livelihood that emerges from their culture.















Abundance!
Morning Harvest at
Solitude Farm.

Current mid-day meal scheme and proposed solution

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The current Mid-Day meal revolves around food with extensive use of Palmolein oil, which is the leading cause of global deforestation and potatoes which also don't grow here. There is very little spinach which are rich in nutrition and are found extensively in this culture and there is rice for every meal which again sustains an industrialised agriculture heavily dependant on chemicals and extensive irrigation. So we see this exploration of local food is not only about nutrition and the well being of the children's physical health but also about their ecological future well being.

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The Menu we propose is not much different from the food we are already serving at Solitude cafe.

It is largely based on millets and we have already been offering this food to schools in Auroville.

Here is a two week menu example.

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Menu week 1

Monday:

Varagu Millet, Drumstick Spinach curry, boiled Tapioca, Mango pickle

Tuesday:

Red Rice, Sundakkai sambar, Green Papaya poriyal, Mango pickle

Wednesday:

Ragi & Mongina Spinach Adai, Green chutney made with Rosella and Mudakathan, Tattaippayaru (cow pea) sundal, Plantain poriyal

Thursday:

Tennai Millet, Kara kuzhambu (with Sundakkai, Green Papaya, Tapioca), Cluster Beans with Coconut

Friday:

Spinach Samai Millet sadham, Pumpkin Peanut poriyal, Tapioca chips



Menu Week 2

Monday:

Mudakathan Millet dosa, sambar with seasonal vegetables, Bottle Gourd poriyal, Green Chutney (with Rosella and Mudakathan)

Tuesday:

Varagu, Thoothuvalai rasam, Sundakkai poriyal

Wednesday:

Tamarind Tennai Millet, Tapioca with Kori Keerai

Thursday:

Ragi Kalli with Peanut Chutney, Ladies Finger poriyal

Friday:

Banana Stem kuthu with Varagu Millet, Local Spinach poriyal

All the meals should come with **seasonal fruits** - Papaya, Banana, Custard Apple, Ramphal, Jackfruit, Sapota, Guava, Amla etc



	Nutritional Value (Per serving) 100 GMS	Health Benefits		Nutritional Value (Per serving) 100 GMS	Health Benefits
Varagu Millet	353 kcal Energy, Protein-8.3g, Fat-3.6g, Fiber-9g, Carbohydrates-65g, Minerals: Calcium-35mg , Iron-0.5mg, Phosphorus-188mg	Digestive health, Weight management, Cholesterol health, Brain development, Reduce risk of diabetes, Antioxidant	Tapioca	544 calories	Improves digestion, Treats malnourishment, Bone development, Regulates healthy blood pressure,
Drumstick Spinach	64 kcal Energy, Fat 1.4g, 2 %. Sodium 9mg, 0 %. Total Carbohydrate 8.3g, 3 %. Protein 9.4g Dietary Fiber 2g: 7 %	Boosts immunity, Bone development, Digestive health, Skin health, Prevents/treats anemia,	Ragi Finger Millet	Energy 328 kCal, Protein 7.3 g Fat 1.3 g Carbohydrate 72 g Minerals 2.7 g Calcium 344 mg Fibre 3.6 g	Bone development, Weight management,, Lowers LDL cholesterol, Prevents/treats anemia, Digestive health
Green Papaya	Vitamin C, E & A, folate, 20 mg calcium and 21 mg magnesium, it also contains 182 mg potassium	Skin health, Digestive health, Cardioprotective, Boosts immunity	Sundakkai Turkey Berry	Energy(Ecals) 269	Regulates healthy blood sugar levels, Regulates healthy blood pressure, Anti-inflammatory, Kidney health,

	Nutritional Value (Per serving) 100 GMS	Health Benefits		Nutritional Value (Per serving) 100 GMS	Health Benefits
Rosella	Vitamin C 12mg/17%, Calcium 215mg/17%, Magnesium 51mg/13%,	Aids digestion, Anti-Cancer, Protects Liver, Maintains teeth/gums	Red Rice	Total carbs: 45 grams, 189 calories	Antioxidants, Heart health, Regulates healthy blood sugar levels, Reduces risk of obesity, Digestive health
Mudakathan Balloon Vine	4.7g Protein, 0.6g Fat, 9g Carb, 2.3g Minerals, 9.1kcal, 61mg Calcium	Prevents arthritis, Antioxidant	Cluster Beans	Carbs 7g/3%, Fiber 2.7g/10%	Prevent anemia, Cardioprotective, Bone development
Tattaippayaru (cow pea)	Carbs 60g/22%, Fiber 11g/39%, Protein 24g/48%, Iron 10mg/55%	Improves digestion, Cardioprotective, Prevents anemia	Plantain	Carbs 37g/13%, Fiber 2.2g/8%, Potassium 431mg/9%	Improves digestion, Weight management, Heart health
Tennai Foxtail Millet	Fat 4.2g/5%, Carbs 73g/27%, Fiber 8.5g/30%, Protein 11g/22%, Iron 3mg/17%	Brain development, Bone & muscle development, Lowers cholesterol, Improves immunity, Good for weight loss	Banana Stem	High fiber	Maintains healthy blood pressure, Prevents/treats anemia, Urinary tract health, Kidney health
Tamarind	Carbs 63g/23%, Fiber 5g/18%, Protein 2.8g/6%, Iron 2.8mg/16%, Potassium 628mg/13%	Cardioprotective, Improves digestion, Prevents diabetes, Boosts immunity	Pumpkin	Potassium 340mg/7%, Iron .80mg/4%	Eye health, Antioxidants, Immunity boost, Weight management, Heart Health, Healthy skin

	Nutritional Value (Per serving) 100 GMS	Health Benefits		Nutritional Value (Per serving)	Health Benefits
Local Spinach	Fiber 2.2g/8%, Protein 2.9g/6%, Calcium 99mg/8%, Iron 2.71mg/15%, Potassium 558mg/12%	Heart health, Eye health, Healthy blood pressure, Bone development, Digestive health, Prevents Atherosclerosis, Reduces inflammation, Skin health	Ladies Finger	Fiber 3.2g/11%, Calcium 82mg/6%, Potassium 299mg/6%	Reduces risk of diabetes, Lowers LDL cholesterol, Liver health, Skin health, Improves digestion, Boosts immunity
Bottle Gourd	Potassium 139mg/3%	Digestive health, Cardioprotective, Anti-inflammatory, Bone development, Liver health	Papaya	Fiber 1.7g/6%, Potassium 182mg/4%	Antioxidants, Anticancer, Heart health, Digestive health, Anti-inflammatory, Skin health
Thoothuvalai	Fiber 2.3 g, Calcium 334 Mg, Calories 40, Protein 3.9 g, Mineral Salts 3.8 g, Iron 5.0 Mg, Phosphorus 52 Mg	Digestive health, Skin health, Respiratory health, Reduces risk of diabetes, Memory improvement	Banana	Carbs 23g/8%, Fiber 2.6g/9%, Potassium 358mg/8%	Digestive health, Cardioprotective, Regulates healthy blood pressure, Bone development, Brain health
Kori Keerai (Talinum triangulare)	A rich source of vitamin C, vitamin E, Omega -3 fatty acids, calcium, magnesium, soluble fibres (pectin), potassium, β -carotene, proteins and	Anti-inflammatory, Boosts immunity, Improves digestion,	Custard Apple	Carbs 24g/9%, Fiber 4.4g/16%, Potassium 247mg/5%	Healthy skin, Weight management, Cardioprotective, Digestive health, Reduces LDL cholesterol, Prevents/treats anemia,

	Nutritional Value (Per serving)	Health Benefits		Nutritional Value (Per serving)	Health Benefits
Jackfruit	Carbs 23g/8%, Fiber 1.5g/5%, Potassium 448mg/10%	Regulates healthy blood sugar, Boosts immunity, Skin Health, Cardioprotective	Guava	Fiber 5.4g/19%, Potassium 417mg/9%	Regulates healthy blood glucose levels, Hearth health, Digestive health, Weight management, Anti-cancer, Boosts immunity, Skin health
Sapota	Carbs 32g/12%, Fiber 5.4g/19%, Potassium 454mg/10%	Anti-inflammatory, Anti-cancer, Bone health, Digestive health, Skin health,	Amla	Vitamin C 478mg/800%, Fiber 5g/18%	Boosts immunity, Prevents diabetes, Digestive health, Eye health, Liver health, Anti-cancer, Bone development, Improves appetite

Get in touch with us to make the change!

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Get inspired at solitude.farm

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