



# CELEBRATING FOOD, NUTRITION, HEALTH AND BIODIVERSITY

*Sattvik Festival celebrates traditional nutritious food and associated knowledge systems while providing market-based incentives for conserving and promoting agrobiodiversity. For the first 14 years, it was organised at the IIMA campus, later at AES ground and last year at Bhagwat Vidyapeeth grounds. SRISTI (Society for Research and Initiatives for Sustainable Technologies and Institutions) is a developmental voluntary organization founded in 1993, to recognize, respect and reward grassroots creativity for inclusive growth through a distributed, collaborative, co-operative and compassionate knowledge system. Sattvik is one such initiative which celebrates locally grown food varieties and its producers. GIAN and numerous other volunteers collaborate in this popular activity of the Honey Bee Network.*

The United Nations General Assembly wide its resolution passed on December 21, 2016 A/RES/71/246 designated 18 June as an international Sustainable Gastronomy Day. As the COVID-19 pandemic is still unfolding across the globe, sustainable gastronomy - celebrating seasonal ingredients and producers, preserving agrobiodiversity as well as our healthy culinary traditions - is today more relevant than ever.<sup>1</sup>

The 17<sup>th</sup> traditional food festival- Sattvik, was organized December 21-25, 2019 in Ahmedabad, Gujarat. Like every year, the five-days festival provided an opportunity to buy more than 75 types of organic products directly from the farmers such as *Kachariyu*, groundnuts, varieties of honey, chemical free jaggery, all types of pulses and much more. Games and creative workshops were organised for school students to engage them in making their own foot rugs, brooms, caps, toys, greeting cards, pictures, paper bags, origami, carpentry among other activities. During festival, a dialogue with doctors and health experts was also organised on organic farming, Ayurveda and healthy lifestyles. Earthy melodious folk music, storytelling and performing arts along with tasty food prepared using local traditional varieties were enjoyed by the

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<https://www.un.org/en/observances/sustainable-gastronomy-day>



participating farmers, small entrepreneurs, organizations, villagers as well as by the visitors. The festival was attended by a number of SHG groups, organizations and farmers from different districts of Gujarat besides other states such as Punjab, Himachal Pradesh, Rajasthan, Jammu & Kashmir, West Bengal, Maharashtra, Madhya Pradesh, Odisha, Uttarakhand, Bihar, and Tamil Nadu.

**Khedut Haat** based on the principle of “preserving while producing”, provides a platform for farmers to showcase and sell their locally grown organic produce. The *haat* saw participation of more than 98 farmers, both male and female, and also some organizations. The products on sale included organic groundnuts, vegetables, fruits, amla, *gumutra*, different types of honey, ghee, rice (‘*jeerasar*’, ‘*lal kada*’, black rice, and ‘*kolam*’), acacia beans, *giloy*, *jamun*, ‘*mamejavo*’, drumstick seeds and ‘*pan*’ powder. Different types of syrups, pickles, *khakra*, *papad*, wafers, diet *khakra*, and several types of mouth fresheners were also available for sale.

Additionally, there were 35 other stalls dedicated to agro and foodpreneurs to sell their products, such as organic jaggery, peanut oil, pulses, cereals, vegetables, cow ghee, drumsticks items, sorghum items, medicinal herbs, grapefruit juice, herbal medicines, *chyavanprash*, *makhana*, natural fertilizers, dry fruits, desi khadi sugar, shampoo, processed fruits, soap, herbal green tea, sorghum powder, acacia powder, handicraft and warli paintings.

*Sattvik* laid emphasis on creating awareness and discussion on healthy lifestyles. Medical practitioners and health experts shared their wisdom. Some of them included Dr. Kshama Patel (Naturopathy) and Dr. Jitubhai Patel (Ayurveda), Dr. V. N. Shah (How to live life with diabetes), Dr. Mehul Mashkariya (knee pain or shoulder problem, avoid unnecessary operation) and Dr. Harsh Oza (Conversation for Psychiatric-Stress Free Life).

*Sattvik* 2019 displayed a kitchen garden nursery for visitors to buy seedlings, organic fertilizers and seek expert guidance. Participating farmers also showcased various types of crop samples they had identified to improve productivity.

**Tasty healthy food from traditional produce:** More than 65 food stalls served *ragi laddoo*, pumpkin-rice-cucumber-corn *paniya*, *cheel chutney*, *adivasi* pumpkin sweet, *sherkand*, *suri kand* curry, *aparajita sharbat*, *umbadiyu*, *khus-khus sheera*, quinoa *khichdi*, multi-grain vegetable soup, *chapdi undhiyu*, *ker-kumbatiya* curry, *ragi* soup, *dangi thali*, green *chana* curry, *bajri* soup, seven-water *kutchhi rotla*, raw turmeric curry, *thumro*, coconut *paddu* with *takkia*

*ni tukk*, aloe vera flower curry, *khajur* jaggery, bengali vegetable chops, corn ghens, waterchestnut patties, *ponkh tikki*, *ponkh bhel*, different types of honey and other state recipes. Sattvik 2019 showcased around 200 tasty recipes and an ingredient-wise analysis is tabulated below.

**Recipe contest:** As a run-up to the festival, competition of less common nutritious dishes was organized on

**Table: Ingredient wise recipe analysis**

Sr. No.	Ingredients	Number of Recipes
1	Pearl Millet ( <i>Bajari</i> )	46
2	Wheat ( <i>Ghau</i> )	16
3	Maize ( <i>Makai</i> )	31
4	Finger Millet ( <i>Ragi</i> )	34
5	Barley ( <i>Jav</i> )	10
6	Sorghum ( <i>Jowar</i> )	26
7	Quinoa ( <i>Kinowa</i> )	3
8	Kodo millet	12
9	Amaranth ( <i>Rajgira</i> )	7
10	Barnyard millet ( <i>Varai</i> )	1
11	Horse gram ( <i>Kulthi</i> )	2
12	Black gram ( <i>Udad</i> )	14
13	Soyabean	5
14	Kidney bean ( <i>Rajma</i> )	5
15	Green gram ( <i>Moong</i> )	11
16	Moth Bean (Turkish gram) ( <i>Math</i> )	3
17	Aloe vera	4
18	Purple yam ( <i>Ratalu</i> )	6
19	Water Chestnut ( <i>Shingoda</i> )	5
20	Beetroot (Beet)	4
21	Indian gooseberry ( <i>Amala</i> )	4
22	Turmeric (Fresh turmeric)	8
23	Drumstick ( <i>Sargvo</i> )	7
24	Pumpkin ( <i>Kolu</i> )	4
25	Sweet Potato ( <i>Shakkariya</i> )	3
26	Morad <i>bhaji</i>	1
27	<i>Surikand</i> (Wild yam)	1
28	<i>Serakand</i> (Wild yam)	1
29	<i>Tandulkyachi</i> ( <i>Chil ni bhaji</i> )	5
30	<i>Clitoria ternatea</i> ( <i>Aparajeeta</i> )	1

December 16, 2019. Keeping the current trend and popular eating habits, about 35 contestants used traditional local ingredients to prepare more than 150 recipes. Some of these included sprouted *rajka*, fenugreek salad, *mahuda* soup, sorghum *upma*, ragi *halva* using bitter gourd and amla seeds, bamboo rice *idli-sambar*, ginger *halva*, *jasud* flower syrup, bili's *shikhand*, *bajara* burger and manchurian, *moraiano kansar*, yam *kebab*, *jasud kodri* and *khajur kheer*, *kotha jam*, *javasoni thandai*, *neem pea kheer*, lemon





grass *lassi* and sweet *neem rasgulla*.

Promoting and conserving agro-biodiversity is also one of the important tools for ensuring climate resilience of Indian agricultural sector is while improving the nutritional level in country.



## Names and recipes of the winning contestants

The three winners and their recipes were:

1) Divya Deepak Thakkar

Recipe: Paththarchatti leaf soup, Vitamin bhakri, Parijat-coriander-green turmeric-amla soup, Water chestnut subji, Rajgira-coconut-makhana pudding

2) Rita R. Modi

Recipe: Five futi masala roti, gooseberry, molasses, kinwa kheer, rajko with pani puri salad

3) Vinaben Vinodchandra Butala

Recipe: Ragi, karela seed, amla seed halva, sprouted bean patties