



## Foods for Global Sustainability NEWSLETTER

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*FoGS NETWORK : News of the month*

“Indian cuisines  
and global  
tourism:  
A potential  
unexplored”

## *Indian Culinary Tourism & Resilient Agriculture - Viewpoints*



India – An odyssey of  
Culinary delight

Courtesy: wikime

### CULINARY TOURISM IN INDIA

The Indian tourism market potential is expected to quadruple to cross 400 billion USD by 2022. One of the prime factor - the food tradition and culture from the oldest civilisation, mixed with the historical events. Cultural fusion coming from the Persian and Portuguese invasion to the Mughal and European dynasty has made India a culinary hot spot. However, concerns on food security, hunger and nutrition of the masses needs significant attention and efforts to overcome them.



By Prime Minister's Office, Government of India - PM inaugurates India Food Park in Tumkur, GODL-India, <https://commons.wikimedia.org/w/index.php?curid=35659633>

Indian cuisine is renowned globally, for its sophisticated use of spices resulting in an explosion of taste and flavour. Every region in India has a distinct cuisine and different variations of the same dish can be found every hundreds of kilometres apart. The regional cuisine not only reflects the different cooking techniques, but is also tied closely to the varied regional demographics. In a nutshell, India has a complex and dynamic food system, that evokes a thrill of discovery in the seeker. In this issue, we have looked into the Indian food system and initiated with Kerala, a direct perspective on inter-state outlook on the food systems, to showcase the rich diversity of Indian cuisine in this and forthcoming editions.

*Caroline Paul Kanjookaran*

### *From the CEO's desk*

Though globally, Indian restaurants have the name and fame among the top global best restaurants list, back home, the potential to harness is huge. An enigmatic and nostalgic cocktail, that makes India the perfect culinary tourism destination. But the ground work still needs to be done especially in health and hygiene, security concerns, human resources and tourist service infrastructure. While the task is enormous, it's possible. With proper awareness, societal changes will slowly usher a movement in food sustainability and the way food is seen in future for the societal development and betterment.

The FoGS Network resolves to work with a missionary zeal and one point agenda towards food security, nutrition and health goals of SDG. This month, our focus is on the backdrop of India as a culinary tourism destination, making and paving way towards sustainable agriculture, to make this a reality. We are also monitoring the local culinary events and programs to network, develop and learn from a globally diverse yet connected world by its roots in traditions and cultural heritage. Happy reading.

Best wishes,

*Amit Saha*

## The Indian Food Ambassadors : Views and Perspectives



By Sarath Kuchi from Auburn, USA - The Discussion, CC BY-SA 2.0, <https://commons.wikimedia.org/w/index.php?curid=41679542>

## INDIA: VIEWS AND PERSPECTIVES ON SUSTAINABLE FOOD SYSTEM

### 1. Typical Food system in India

Food system is the process and new techniques through which the population are fed. As India's food system is facing so many challenges due to climate change, declining productivity and environmental degradation due to the excessive use of insecticides and pesticides etc. India's food system is mainly unorganized and highly fragmented. It is having limited procurement system, no proper pricing system as well. Now this system is changing people is mostly focusing value addition of various products thereby reducing the food waste and increasing the self-life.

### 2. Major challenges to food sustainability in India

India is facing various challenges related to food sustainability. Despite of increasing food production, India stood at 33rd with score 66.4 among 67 countries in 2018. As India is compared with global average it does well in preventing food loss and wastage while worst in undertaking nutrition challenges. Major challenges are given below:

- Nutritional food a weak spot in food sustainability. India has a very high prevalence of undernourishment and micronutrient deficiency. About 14.9% of our population is undernourished according to FAO estimates in 'The State of Food Security and Nutrition in the World, 2018' report. On an average, 38.4% of the children under age of five are stunted and 21% are suffering from wasting. As far as women are concerned, 51.4% of these in reproductive age 15 to 49 are anaemic. As far as Obesity is concerned, India is not behind in this. Overweight and obesity are common in the women.
- Food insecurity is also a major problem as according to FAO, more than 190 million of Indian population remains hungry on daily basis.

- **Water scarcity:** NITI aayog report reported that 70% of the water is contaminated in India. India ranks at 120th position among 122 countries in terms of water quality index. According to “Composite Water Management Index” (CWMI) report hundreds of millions of people would suffer from water shortage and will record GDP drop by 6 %. By 2020, groundwater of major 21 cities would have dried up which results affects 100 m people.
- **Resource depletion:** Excessive use of water, chemicals etc making our economy resource poor.
- **Soil Degradation:** Excessive use of the chemicals and fertilizers leads to soil degradation. Soil degradation is highest in the state of Punjab. The consumption of chemical fertilizers i.e. (NPK) increased to 1677 thousand tonnes in 2014-15 from 1220 thousand tonnes in 1990-91. The consumption of insecticides and pesticides has almost doubled from 1980(3200 metric tonne) to 2017(6374 metric tonne). The residues of chemicals are present in the food which is harmful for human health.

### **3. Various innovations created to address this?**

To tackle these problems various methods are used:

**Organic farming:** Consumer of the modern era is mainly concerned with the quality of food rather than quantity. Most of people prefer the organic food now days. According to World of Organic Agriculture 2018 report, India is home of 30 per cent producers in the world which accounts for just 2.59 per cent of the total cultivation area of 57.8 m ha. Bu these farms are struggling because of the poor policies measures. In transition period, farms face various problems like pest attack, low productivity etc. This will reduce the excessive use of chemicals as well as provide quality food to the consumers.

**Use of efficient irrigation system:** Drip irrigation and sprinkler irrigation are the most important methods to tackle the problem of water scarcity. As traditional irrigation system consumes lot water. Properly installed drip irrigation can save up to 80 per cent more water than conventional irrigation and also add to improved crop yields. Watershed Management, Mulch and compost, drought tolerant crops and water recycling in industry and textiles etc. are the ways to handle the problem of water scarcity and pollution.

**Proper nutritional Diet:** Indian Govt. has started various programmes to deal with the problem of nutrition like: Mothers Absolute Affection (MAA), National Food Security Mission (NFSM), Nutri Farms Scheme, Kishori Shakti Yojana, NRHM and Mid-day meal etc.

### **4. case study of worman dairy farmer towards sustainable farming**

Success story of the Women entrepreneur: “A step to preserve Indigenous Dairy Cattle”

Her family always owned 5-6 cows. We used the milk for their calves and our family. Last year her family invested in some agricultural land near Faridabad. She owned cows of pure breeds like Sahiwal, Gir, Tharparkar etc. Naturally the awareness to promote and save these great breeds which are gradually decreasing in number because of the popularity of cross breeds like HF and Jersey, came to us through social media updates. She started his farm in September 2017 with 5 Sahiwal cows. A2 milk produced has proline which does not allow the formation of BCM7. As she already know the importance of the A2 milk, later on she realized that taste of A2 milk is extremely good, better digestibility, good for immune system and helpful in overall development of the brain of the child. Initially there is no market for A2 milk, milk is mainly sold to family friends. Later on demand increased as family friend’s friends requested for milk. Today, the farm has 70 indigenous cows, 42 calves and 2 bulls. Till 10 months back she was scared of the cows and found it difficult to move between them. Later on their love drove her to resign her cushy job as a project manager at German Cultural Centre. A farm is having different

Indian breeds like Sahiwal, Gir, Tharparker, Rathi and Haryana. We started preserving and breeding them on our farm to get progeny of pure breed.

To enhance her business she had taken training for value added products in ICAR-NDRI, Karnal. She has started her own brand “Revnar”. Different products like A2 milk, Desi Ghee, Dahi, khoya etc. Soon she will launched new products like fresh wheat grass juice from organic wheat and fresh aloe vera juice. As of now we have not taken any aid from banks or the government.

In a short period of one year she has managed to have a strong customer base in South Delhi, Noida, Gurgaon and Faridabad. They have steady customers for milk, paneer, butter and ghee. These customers are so satisfied with the quality of milk and milk products from our farm that they are not willing to shift to any other milk provider.

Major challenges that she has faced –

1. Availability of skilled labour – The most difficult part of running a dairy farm has been to find people to work in the milkshed and the fields. Most of the time they use methods which are not advisable. For eg. Milking by pressing the teats with the thumbs and pulling down with pressure. It is an uphill task to make the labour adapt the advised methods.
2. Availability of green fodder -They grow our own green fodder, but without the use of urea, weedicides or pesticides. To make the field hands do proper weeding, harvesting etc. is a challenge.
3. Diseases- In spite of repeated instructions to use post dip solutions and washing their hands with soap before handling the cows the workmen do not practice these safety measures regularly. Loose motions in very young calves also are problematic. Infestation by ticks and lice is also a constant fight for us.
4. Treatment – To find a local veterinarian who would visit the farm and give advise is a task that we haven't been able to tackle. We depend for the treatment on Veterinarians from another village or from a retired Veterinarian in Punjab.
5. Registration in INAPH- Despite constant effort online I haven't been able to get my animals registered on INAPH. When we log on to the website, everything seems easy; my request ticket also gets generated. I get a email regarding that but after that there is no further activity.

### **Short bio of the author**

Name- Arti

Ph.D. Scholar ICAR-NDRI, Karnal, Haryana

With a background in Agriculture, Arti has a masters in Agricultural Economics and presently persuing her PhD in Dairy Value Chain. Arti has practical experience in organic agriculture, horticulture projects and working in nurseries. She also has developed a Decision Support System for Commercial Dairy Farming. Arti is serving FoGS network as food value chain expert with expert assessment and solutions for sustainable food value chain aspects of projects



## 1. What is the typical food system in Kerala?

Paddy is a major food grain crop and lush, green paddy crops are a common sight in Kerala. About 600 varieties of rice are grown in the state and Kuttanad region is known as the 'rice bowl of the state'. Typically, Keralites consume rice daily and it is not uncommon to eat rice more than once a day. There are also several snacks made from the grain. Tapioca, which is cultivated in the drier regions is also a staple food of Keralites. It is eaten as a main dish and also as a side dish. Tapioca is usually cultivated and harvested at home and it is also easily available in the markets. Coconut is also a staple ingredient and coconut oil is generally used for cooking purposes. Ground coconut paste is used to make curries and savorys. It is also common for households in Kerala to grow coconuts, rubber, tea and coffee, pepper and cardamom, cashew, arecanut, nutmeg, ginger, cinnamon and cloves, depending on which region they come from.

## 2. What are some of the major challenges to food sustainability?

Some of the major issues related to food sustainability include topography, declining cultivable land, high population density, and a narrow rural-urban divide. The state was also heavily dependent on neighboring states for most of its supply of vegetables. In 2012, Kerala Agriculture University (a State-owned University) detected dangerous levels of pesticide residues, including banned ones, in commercially available fruit and vegetables. This injected the notion of 'safe-to-eat' food in the public consciousness and new initiatives are being taken up to address these issues.

## 3. What are some of the innovations to address this?

Kerala has taken a step towards food sustainability through agri-food systems. By incorporating traditional gardening into the mainstream food agenda and adopting innovative technologies such as agroecology, people are trying to overcome the adverse impacts of external food dependency. Traditional over-reliance on dominant farming methods is being questioned, and new spaces are being found for growing food, such as in schools, back gardens and on rooftops. Subsidies are given to encourage gardening and vegetable seeds are freely distributed to school children to encourage them to grow food at home. Since 2008, the state has adopted an organic farming policy and this envisions achieving sustainability in farming and food security by an emphasis on mixed cropping systems, biodiversity-based ecological farming, and replacing chemical inputs with microbial and locally available organic substitutes. The traditional harvest festivals of Kerala, such as Onam and Vishu are also utilized to encourage kitchen garden competitions and the like.

### Short bio of the author

Name- *Caroline Paul Kanjookaran*

Journalist and Masters student in Environmental management , CAU, Kiel, Germany



## GLOBAL CUSINES VS LOCAL CUSINES- WHERE IS THE SUSTAINABLE FUTURE?

“Many of the global cuisines are linked to our food heritage and cultural habits”

Foodies and present food habits orient us towards food availability, accessibility, ease of preparation, commercialization, ease of handling and taste as the major criteria for food selection. However, gastronomic tourism is one area which is picking up, to promote local traditional slow food of the region and as a motivator or marketing medium for tourism to flourish. Benchmarking global cuisines on sustainability aspects including culture, tastes, environmental friendliness, social inclusiveness and economical transparency will enable us to make a better decision on what types of food services needs a boost up and how. When I look at a modern burger or pizza restaurant, which is now available at every nook and corner in the world, it makes me wonder has commercialization of food made us to eat what is and not what should be. The local gastronomy, is now taking the shape of culinary tourism and will pave the way for these local food the right place in society.



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### THE GATEWAY TO UNITY IN DIVERSITY

One winter festival which marks the start of new season is called by so many names, and in every culture the food prepared is essentially Khichdi (Lentil & Rice preparation) both Sweet (traditionally with Jaggery) and Spicy varieties. The festival traditionally involved eating sweets made of Sesame-Jaggery in all cultures. No matter what you call by name the festival is celebrated all over with similarity.

Happy Makara Sankranti -(AP , Karnataka, Kerala, Goa, Maharashtra), Happy Pongal -(TN & Pondicherry), Happy Lohri -(Punjab & Haryana), Sakraat & Makraat -(Bihar, UP, Uttarakhand), Happy Uttarayan -(Gujarat, Diu, Daman), Happy Suggi -(Karnataka), Happy Magh Saaji -(HP), Happy Ghughuti -(Kumaon), Happy Makara Chaula -(Odisha), Happy Kicheri -(Poorvanchal East UP), Happy Pousha Sankranti -(Bengal & NE), Happy Magh Bihu -(Assam & NE), Happy Shishur Sankraat -(Kashmir ), Happy Makara Vilakku -(Like), Happy Maaghe Sankrant - Nepal, Happy Tirmoori - Sindh Pakistan, Happy Songkran - Thailand , Happy Pi Ms Lao - Laos, Happy Thingyan -Myanmar, Happy Mohan Songkran - Cambodia, Unity in Diversity





The FoGS Network is following up with local events where food is promoted along with traditional culture and social events. Some of the major events in Kiel in February are enlisted to find our more and mark in your calendar for a visit:

## Food and skill Projects:

**MEAT LOVERS EVENING 2019** – cook the meat on your own

Tue Feb 05 2019

04:30 pm to 08:00 pm Mühlendamm 1 , 24113 Kiel, Germany, Kiel, Germany

**Velostyle Bike Kitchen # 2** – mend your bike and enjoy the beer

Thu Feb 07 2019 at 07:00 pm to 09:00 pm

VENUE Velostyle.KielGrasweg 8, 24118 Kiel, Kiel, Germany

## Food Courses

**Course 1: Beginners brewing course**

Sat. 16 February 2019

10:00 am - 4:00 pm CET

Venue

Wittorfer brewery GbR, Wrangelstraße 12

24539 Neumünster

## Indian delicacies:

Indian ayurvedic food with soothing spices

Di - Fr 11:30 -15:00 Lamb curry 8,90€ Chicken curry with rice 7,90€ Vegetarian 7,50€

Heiligengeiststraße 9, 21335 Lüneburg

## Relaxing food:

**Easy Listening - Your After Work** – Listen to the music you want, dance to latino music with a cocktail

Thu Feb 07 2019 at 09:00 pm to Fri Feb 08 2019 at 12:00 am

VENUE DIE VILLALLegienstraße 40, 24103 Kiel, Kiel, Germany

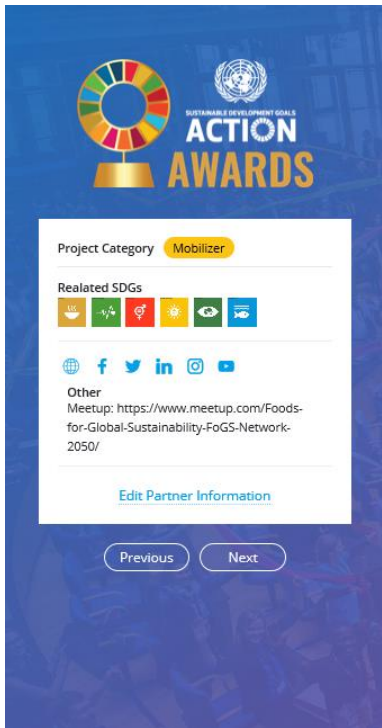
## Traditional food events:

**Biikebrennen in Keitum / Sylt** one of the oldest North Frisian customs, where the fire is burning followed by eat kale with pork chops, pork cheeks and sweet potatoes in the cozy dining rooms. This event is now included in the UNESCO Cultural heritage list.

21 Feb 2019

In Keitum you meet at the old gym in the CP Hansen-Allee. The Biikebrennen takes place at the railway embankment and afterwards kale is eaten in the various localities in the village.





The project is the networking platform for FoGS members who take up the charge of optimizing their national or regional cuisine.

FoGS is a global network to meet the Sustainable Development Goals (SDGs) of the United Nations Millennium Goals 2030 by focusing on the economic, social and environmental issues in food development.

FoGS Network is working in tandem with local and global organisations and stakeholders to develop and disseminate information, data and knowledge to meet the Sustainable Development Goals (SDG's) of the United Nations Millennium Goals 2030. The key working areas are grouped into three parts: 1. Sustainability of food supply chain; 2. Food process and product development; 3. Food information system development. In all the three areas, food stakeholders are involved from farm to consumer in the whole food value chain directly or indirectly.

The project started with peer group discussions on food sustainability issues and SDG goals contribution from us. In 2017, we decided to start with issues and solutions ranked in order of difficulty and risk of achieving them. It was decided that building a global food network with a consumer perspective is the areas that needs a peer group micro focus and thus Foods for Global Sustainability Network (FOGS) was born.

The FOGS team is focussing on analysing the traditional food cuisines by taking the consumer stakeholders views in perspective and by organizing workshops and events around it to benchmark the food consumption variables. Meanwhile, we also participate in workshops, conferences and publish papers covering various perspectives and issues of food development in the supply chain.

We work in tandem with food social agents to optimize the food system globally and thereby creating various scenarios for future food sustainable systems by collaborating with sustainable development stakeholders in the food supply chain using integrated databases and optimizing tools like GAMS. The initiative will transform the understanding of the food consumption pattern and the way stakeholders can optimize it.



## NEWS IN SUSTAINABLE FOODS THAT MAKE A DIFFERENCE

- [Farmers getting 'rough end of the stick': New pricing model targets sustainable food chain](#)

...

FoodNavigator.com

Methodology for calculating a 'true' and 'fair' price across the **food** chain is being developed to help industry transition to a socially inclusive, ..

- [UBC Centre for Sustainable Food Systems is a living lab for climate-smart agriculture](#)

Straight.com

Adapting to these new challenges is a huge concern of the Centre for **Sustainable Food** Systems, a research hub based at the UBC Farm.

- [Chipotle Announces Eight Food Startups Chosen For Mentorship Program](#)

Forbes

"At Chipotle, we feel we have a responsibility and opportunity to forge a path to a more **sustainable food**future," Caitlin Leibert, Chipotle's Director of ...

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### [Northern foods are now on the plate in Canada's new food guide](#)

CBC.ca

Northern foods are finding a place on the menu in Canada's new food guide, ... It also says eating **traditional food** is healthy, even if all you can get is a ...

- 

### [How to Get Started with your Idea for a Food Business](#)

The Central New York Business Journal

How to Get Started with your Idea for a **Food Business** .... The next **workshop** in the **Food Product Bootcamp workshop** series will be held in early ...

- 

### [A taste of food to come](#)

ABS-CBN News

This helps us preserve our food culture and patrimony while increasing .... Jam Melchor of Yes Plate and the **Slow Food** Youth Network Philippines.

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### [7 slow cooker recipes that are insanely delicious](#)

Times of India

**Slow** cooking is a method that involves cooking **food** over a prolonged period of time on **slow** fire. It is said to lock the digestive juices inside the **food** ...

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### [The Ultimate Guide to East African Cuisine in London](#)

Eater London

Gluten free and a ballast to **food** that negates any need for meat, these **regional cuisine** have long been a favourite of adventuring vegans and ...

- 

### [Anthony Macagnone, 79; Mixed food and fitness](#)

The Villager

"He was always a real seeker and a very **spiritual** guy," she said. He began to believe, she said, "that movement in combination with **spiritual** practice ...

- Some of you might be interested by this summer school/pre-conference of the ESEE in Finland in June: <https://esee2019turku.fi/summer-school>

For more info: contact us at:

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facebook: <https://www.facebook.com/groups/657857414558868/>

Linked in: <https://www.linkedin.com/in/fogs-food-3438b5168/>

Meetup: <https://www.meetup.com/Foods-for-Global-Sustainability-FoGS-Network-2050/>

Twitter: [https://twitter.com/fo\\_network](https://twitter.com/fo_network)



# Foods for Global Sustainability Network

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