



# Foods for Global Sustainability NEWSLETTER

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## INSIDE THIS INAUGRAL ISSUE

PG. 2

*Editorial: New Year Message*

PG. 3

*Sadya -Typical sustainable and culturally vibrant cuisine from Kerala, India*

PG. 4

*Smart Home Food - startup*

PG. 5

*The food of the month*

PG. 6

*Events and publications review*

PG. 7

*News of the month*

# Reviving the culinary cultural diversity of India for global sustainability



## THE FOOD – REVIVING THE ETERNAL TIMES

“As you eat, so you are”

Food has very close links to the biodiversity and ecosystem that we have inherited from immortal times. In the era of commercialization, we have chosen a path that is leading us to lose this precious inheritance due to rampant exploitation of natural resources and greed. Time has come to again revive the rich heritage that our ancestors have passed on from generations – the enigmatic, nostalgic and traditional diversity of cuisines from different Indian regions. Hope lies as a ray of light that is inimical to a higher quality of life and the planet, and in favour of a healthy, balanced diet not dictated by any current fad but healthy mind, body and soul.



## Editorial message

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With the global population on the rise, one can only imagine the the pressures facing the global food system. The world population is expected to cross two billion by 2050 and in order to combat global hunger, it is estimated that the food production might increase by 50 per cent globally. However, this is easier said than done, as issues such as water scarcity and its effect on agriculture, deforestation and lang degradation only adds to an already overwhelming problem.

Foods for Global Sustainability (FoGS) is a humble initiative to develop and disseminate information,data and knowledge to meet the Sustainable Development Goals (SDG's ) of the United Nations Millenium Goals 2030. As the year 2018 draws to a close, we would like to thank each and every one of you, who made this network a reality. We are looking forward to an exciting 2019 ahead of us and we hope that together, we can make a difference.

*Caroline Paul Kanjookaran*

*From the founder and CEO's desk*

My best wishes for a happy, prosperous and successful new year 2019. The passing year has seen many promising happenings guiding towards achieving the sustainable development goals 2030 of United Nations. Climate change and food security are two areas which as of priority undoubtedly to most of the signatory nations.

The FoGS Network resolves to work with a missionary zeal and one point agenda towards food security, nutrition and health goals of SDG. We will be focusing this year on benchmarking the traditional cusines on measurable indicators across the globe. To start with, this year newsletter focusses on the Indian cusines and the underlying facts based on science and culture that will make it compelling to wind back to the past and revive the lost values. Think locally, act globally is the paradigm that is very true in today's context. Happy reading and looking forward to work together to make a small change through a humble beginning.



Best wishes,

*Amit Saha*

## SADHYA - THE TYPICAL KERALITE CUISINE



### THE KEY TO KERALA RICH CULTURE AND HERITAGE

Sadhya is a feast consisting of a variety of traditional vegetarian dishes usually served on a banana leaf in Kerala, a state in the south of India. The cuisine is linked to its history, geography, demography and culture. Sadhya means banquet in Malayalam. It is a vegetarian feast prepared by both, men and women, especially when needed in large quantities, for weddings and other special events. Chillies, curry leaves, coconut, mustard seeds, turmeric, tamarind, and asafoetida are all frequently used.

The picture above depicts Sadhya items ready to be served. Clockwise from top: paayasam (in stainless mug), bittergourd thoran, aviyal, kaalan, lime pickle, saambaar, buttermilk, boiled rice in center (courtesy, Wikipedia). These dishes are followed by sweet desserts like Prathamam and Payasams. There is a strict order and placement in which it is served on the banana leaf. There are many variants of Sadhyas developed over the years depending on the region and cultural diversity. Aranmula Valla Sadhya is the most celebrated one with over 64 items served in the traditional way.

It is eaten in certain ritual style and environment preceded and succeeded by vanchippattu (traditional boat race songs). It has to be prepared by approved chefs to be eligible as a valla sadhya, where physical and spiritual purity is important.

The whole process of preparing, serving and order of the dishes in Sadhya has a scientific, cultural and regional dimensions. It needs to be studied the nutrition, medicinal and spiritual significance of the process of sadhya cuisine development for realising its relevance in today's socio-economic and cultural environment.



“Many of the global issues are linked to our food habits and cultural shifts”

Smart Home Food has begun as a project initiative in Kiel to provide a means to getting access to traditional food cuisines with a local home touch. The mission is to bring the local stakeholders by scanning, benchmarking and testing traditional food cuisines for global relevance, market adaptability, information flow, value and accessibility.

Extensive Commercialization of food has made it difficult for the consumers to decide, select and adopt the right food for his / her needs. As there is a saying, „Tell me what you eat, and I will tell what you are.” As quoted by French alchemist -Anthélme Brillat-Savarin, 1826. This is still relevant today and means “what we eat , so we are”.

Key stakeholders in the food industry, especially food ingredients, food cuisines developers, restaurants, fitness companies, food knowledge centres, food ad and media agencies interested in promoting traditional local food with a global touch are working together to take this mission forward.



# Smart Home Food

JUST MEANT FOR YOU





The FoGS Network has been involved in many events through its members and have also made publications in the field of sustainable production and consumption in 2018. Some of the major events and publications are:

### Projects:

Circular economy and sustainable consumption (November 2018) - co-create new circular economy business models within an EU funded H2020 research project CIRC4Life (No 776503)

### Trainings:

Climate Reality Leadership Corps training in Berlin, Germany (June 2018), trained about the climate crisis and solutions from our Founder and Chairman, former US Vice President and Nobel Laureate Al Gore, and a diverse set of expert speakers.

### Workshops:

Fiscal Instruments for Biodiversity in Europe and Beyond (May 2018), organized by Bundesamt für Naturschutz (BfN)

### Presentations:

Sustainable Dairy Development at the AERA conference on SDGs and Agriculture at NDRI, Karnal on 15 November 2018.

Case study on doubling farm income and productivity using DEA meta frontier approach at the National Symposium on Integrated Farming Systems for 3Es, UAS, Bengaluru, India on 23-24 December 2018

### Publications:

Next generation dairy farming : smart locally, competitive globally , a chapter published in the LLIM YearBook 2017 on Smart Farming, Mumbai

Strategies, tools and options in biodiversity to ensure sustainable dairy development in India in a global context, a chapter published in the LLIM Year Book 2018 on Bio-diversity: Management concerns and challenges, Mumbai



## A framework for achieving SDG's through Sustainable Dairy Development in India: Case study of a frontier farm type in Haryana

Amit Saha<sup>1</sup>, Smita Sirohi<sup>2</sup>, Caroline Paul Kanjookaran<sup>3</sup>

AERA Conference 15-16 November 2018, NDRI, Karnal

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Traditional food  
cuisine the Margazhi  
sabha canteens this  
year in Chennai, India

Irrutakadai halwa or  
wheat halwa, a  
popular dessert of  
Tirunelveli, Tamil  
Nadu, a popular dish  
relished by even  
foreigners.

Read more at:

<http://timesofindia.in/diatimes.com/>

## NEWS IN SUSTAINABLE FOODS THAT MAKE A DIFFERENCE

- [Accel-VT announces Ag & Food Tech winners](#)
- [Bengaluru students showcase sustainable solutions at Green Hackathon](#)
- [Farmers demonstrated in front of Leclerc Grézieu-la-Varenne](#)
- [Terra Madre Korea – A Volunteer Initiative Shines on a Successful Day](#)
- [Gizzi Erskine on Slow and her desert island ingredient](#)

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

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# Foods for Global Sustainability Network

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