WINNER
INDIA 5000 WOMEN ACHIEVER AWARDS 2021

Monthly Newsletter
Sept-2022

NUTRI MILLETS
परंपरा का स्वाद, सेहत के साथ

Developed by Food & Nutrition Experts

0% Gluten | Rich in Protein | High Fibers



In the 76th year of Independence, India's millet movement aims to take the world by storm.

The Indian government wants to create a brand out of the nutrient-packed and climate-change resistant **"coarse grains - millets".**

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Vidya Gunturkar - Joshi
Founder NMFPL

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PREFACE

Dear Readers, stakeholders, supporters, team MTHF and well wishers,

Welcome to the fifteenth NMFPL newsletter.

Just now we have celebrated the 75th Year of Independence. This independence day was special in many respects and one such reason was the announcement of Hon'ble Prime Minister of India Shri Narendra Modiji to celebrate next independence day as the year of Millets. Year 2023 is already declared as the international year of millets (IYOM)

Another announcement was made by Finance Minister of India, Ms. Nirmala Sitaraman, to throw a challenge for start ups by Niti Ayog for value addition in millets ecosystem. Both these announcements will be very useful for this "super cereal" crop.

The Centre has prepared a road map to promote millets by increasing the acreage of cultivation and output. As per statistics, the Centre has set a target of producing 46 million tonnes by 2022-23.

Though millets are not new to India, they went off the radar after the Green Revolution in the mid-1960s when rice and wheat started dominating the agricultural sector. These superfoods can reduce the uncertainties which currently dominate the agricultural sector.

Nutritious grains (millets) should once again get a respectable space in our food plate and we will play our role in doing so with the support of you all.

I am optimistic that you will like this newsletter. I thank for your support and seek continuous patronage.

Please do write us to share the feedback on the newsletter on milltes.treats@gmail.com.

Best regards

Vidya Gunturkar - Joshi

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Customized Gift Boxes for Rakshabandhan



Contents

1. Mixed Millet-Jaggery-Dry Fruit Laddu
2. Thalipeeth Mix
3. Jeera Cookies
4. Garlic Sev
5. Mix Farsan Chivda
6. Designer Rakhi

Customised Box Label

It was our first attempt to make the Gift box for Rakshabandhan. The idea was well supported by our customers, friends and well wishers. We sold 50 boxes in 8 days. Thank you all for your support!



Internal Gift Packing



External Packing

Welcome to NMFPL Family

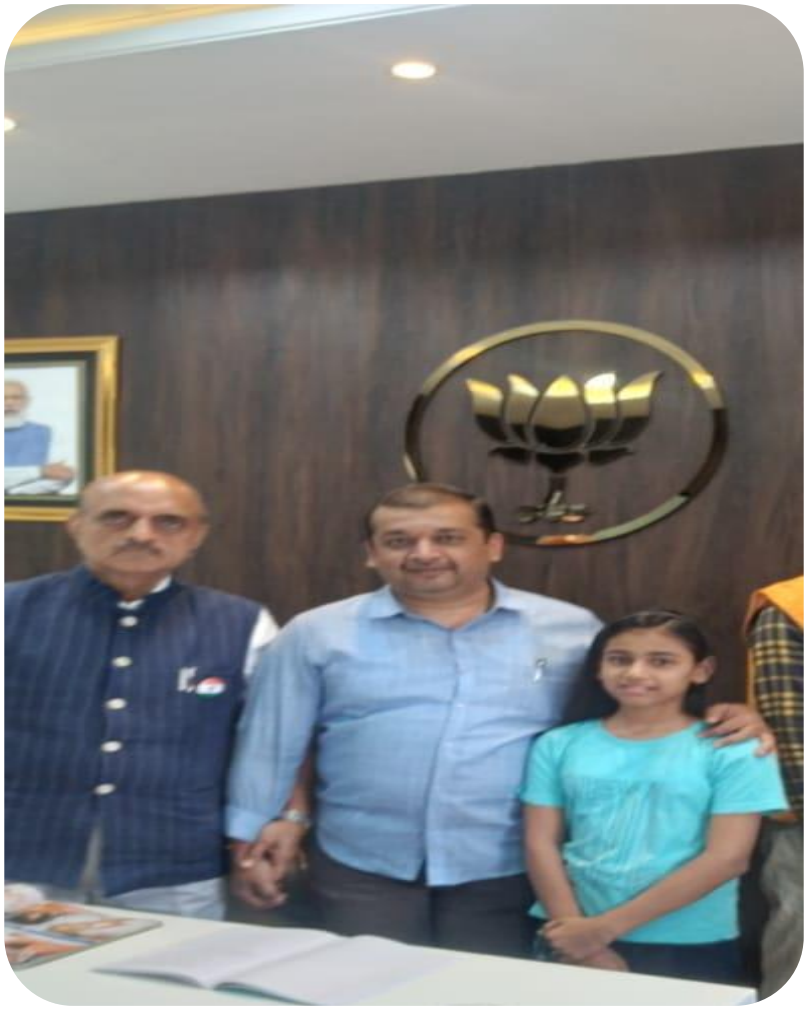
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Mitti Ke Rang
E-Commerce Portal

M/s Maharana Overseas
Distributor - Goa

M/s Nia Foods
Distributor - Pune

Meeting with Dr. Bhagawat Karad,
Hon'ble Minister of States – Ministry of Finance



Happy to meet him and he appreciated our efforts and assured all possible support.
Thank you sir for your time!

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Barnyard Millet Pulao (Bhagar)

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Barnyard millet is known as Bhagar or Variche Tandul in Maharashtra (Sama ke Chawal in Hindi). It is typically made during religious fasts in Maharashtra. This spicy dish is a great gluten free meal option. Bhagar is usually served with peanut curry (Amti) / Dahi (Curd) / green chillies – peanut-curd chutney.

Ingredients -

- Barnyard Millet (Bhagar) – 1 cup;
- Cumin Seeds - 2 Teaspoon
- Potatoes – peeled and chopped 2 (Optional)
- Ghee - 2 table spoon
- Peanuts – 2-3 table spoon –
- 1 Tablespoon course grinded peanut
- Green chillies – ¾
- Dry fruits – 1- 2 table spoon (optional)



Directions -

- Keep a pan on the gas stove and roast the bhagar till it gives nice aroma. Keep the flame on medium.
- Remove from the pan and transfer to a bowl
- In the same pan , add ghee, and cumin seeds
- Once the cumin seeds fully cracked, add chillies, potatoes and course grinded peanuts . Saute well
- Then add water slowly and let it boil.
- Then add roasted bhagar to water with constant stirring. Stir well so that no clumps are formed
- Cook it well till it become soft for around 5-10 min.
- Cover it, keep for 5-10 minutes and serve with Amti / curd or chutney.
- Tasty and healthy Pulao is ready.

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THANK YOU!!

Let's make it together!!

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