

Organo Newsletter



FOREWORD

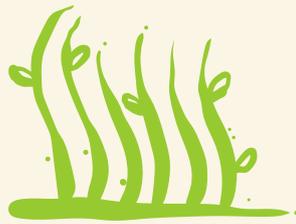
“Organo was started to re-establish a conscientious connection with the way we produce and consume resources as a community. Our goal is to create replicable community development models built on triple bottom line agenda and net-zero impact.”

THE 'SAPTHAPATHA' CONCEPT

The core of Organo Naandi is built on the principles of sustainability - Sapthapatha- Food, Water, Air, Earth, Energy, Shelter, and People. We're devoting the month of December to the important aspect of 'Food.' In this newsletter, we'll trace Organo's path towards achieving community farming and food sustainability.



People



Food



Water



Shelter



Air



Energy



Earth

OUR HABITS

How sure are we of the purity of our food now-a-days? The degree of adulteration, chemicals and high yielding hybrids, have drastically impacted the food quality. Our search for good food usually ends up in supermarkets where we get various options of imported, frozen, seasonal, all year-round and more. But can we monitor or validate their claims of quality standards? The answer is NO.



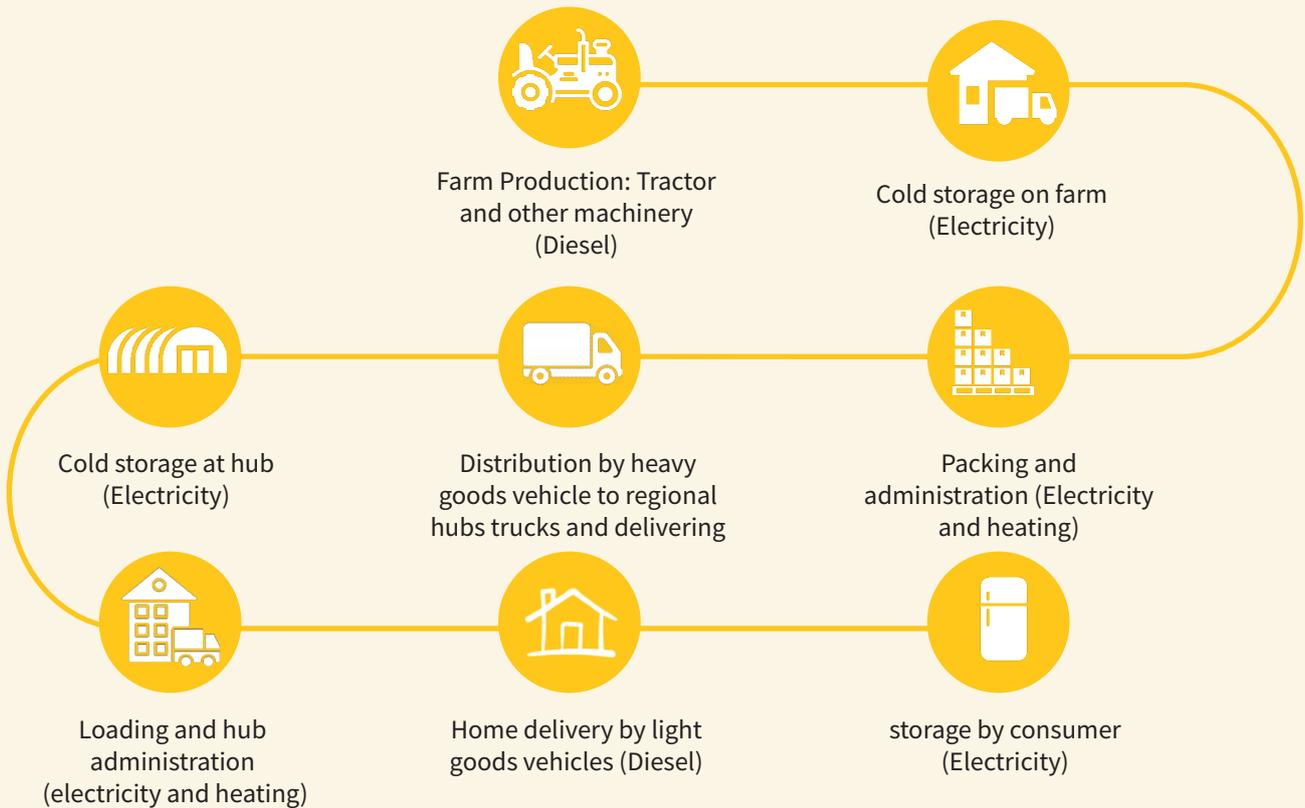
FOOD MILES

We are aware that every action we take, leaves considerable carbon footprints on our planet. Here comes another one, the food miles. The term 'food miles' refers to the total geographic distance food is transported between their cultivation, processing and to the consumer at the point of sale. Put simply, it's a way of measuring how far your food had to travel to get to your plate. The impact of this 'food journey' on the environment is way bigger than we could imagine!

Increased population and consumerism over a period of time have increased demands on food production. The chemical and hybrid ways of cultivation are consequences of coping with this heavy demand. But could there be an alternative which are more sustainable and healthy? We believe there is.

As a responsible community, Organo Naandi introduced and implemented production methods that are sustainable and healthy. The collective farming system inside the community is an endeavour to reduce food miles drastically as the food travels from the backyard to the kitchen. From the farm to your plate.

Food miles for Non-Naandian



Food miles for Naandian



NAANDI IS WATER-FRIENDLY

It is a known fact that freshwater requirements for the agricultural industry is higher. Owing to our ever-expanding population, it is difficult to reduce production and hence the increased water requirement. However, there are still ways in which we can reduce water usage and replenish water sources through rightful interventions. At Organo Naandi:

Did you know? 
In India 80% of total water is used for agricultural purpose.

Drip irrigation systems are used to reduce agriculture water intake



We harvest rainwater and surface runoff to recharge groundwater



Water-conserving cultivation techniques like ridges and furrows, contours, less water-intensive crops are followed

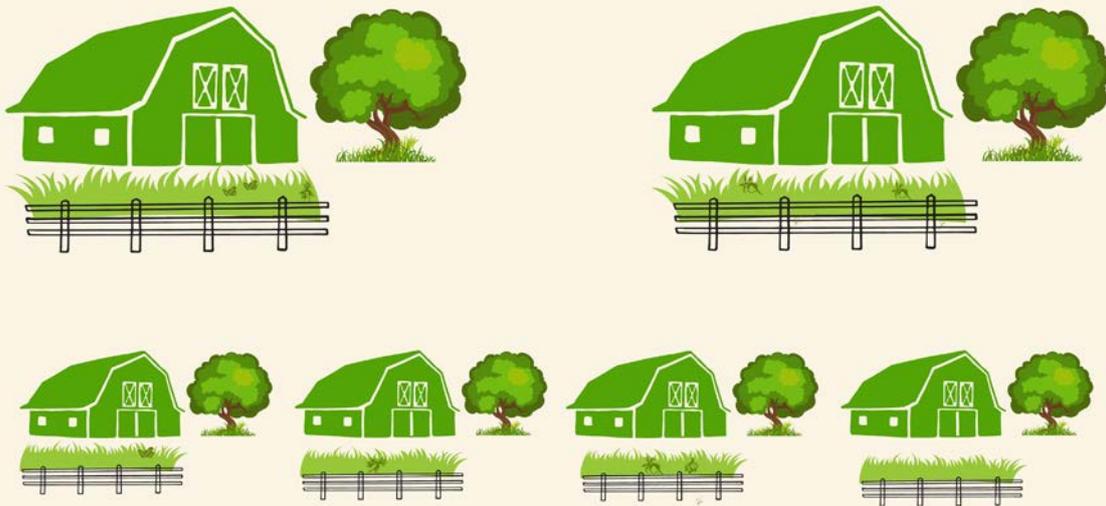


SEASONAL FOODS ARE HEALTHY

Have you ever thought why our older generations opted for seasonal food crops? Since they used to eat freshly plucked vegetables and fruits from the backyards, it was naturally grown seasonal food. Knowingly or unknowingly, it kept them healthy and they continued to do so. Things started changing with the

supermarket culture and foods that are available year-round. Market demand urged more production which started leaving huge carbon footprints behind. Not only zero adverse environmental impact, but seasonal food is also associated with the health and wellbeing of people, soil, and biodiversity at

large. Understanding the needs of our times, Organo Naandi came up with the concept of 'Rurban' living where community farming is practiced in the backyards. Here, local food is being cultivated naturally and is consumed fresh which promotes better health and sustainable ecology.



Collective farming



WHY LOCALLY GROWN FOOD?

Food markets have always provided us with a variety of options for food items, many of which we do not use in our regular local cuisine. But do we actually know where they are growing and under what circumstances? Not really.



The concept of ‘community farming in the vicinity’ is our alternative solution to this problem where you can witness the food you eat. Because we believe that, locally grown food is more nutritious and they are flavorful than the hybrid ones. Since locally grown crops are seasonal, they benefit the soil and biodiversity. Consumers could witness the food being grown while supporting the growth of the local economy.



At Organo Naandi natural farming is practiced to grow fruits, vegetables, spices, herbs, and so on for the community. The cultivation process only involves natural fertilizers, pesticides, fungicides, herbicides, seeds and more to ensure not only the quality of the crops but also to maintain a healthy soil structure. The locally-grown, fresh food can reduce food miles and our carbon footprints for a better and sustainable tomorrow.



CHEMICAL FARMING VS NATURAL FARMING

Did you know? 

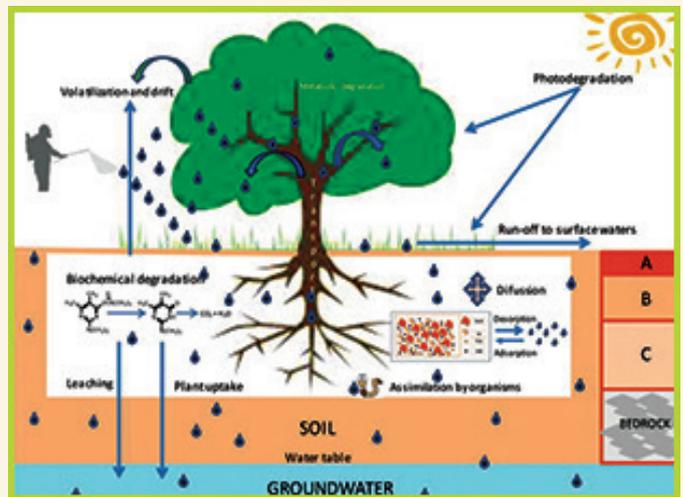
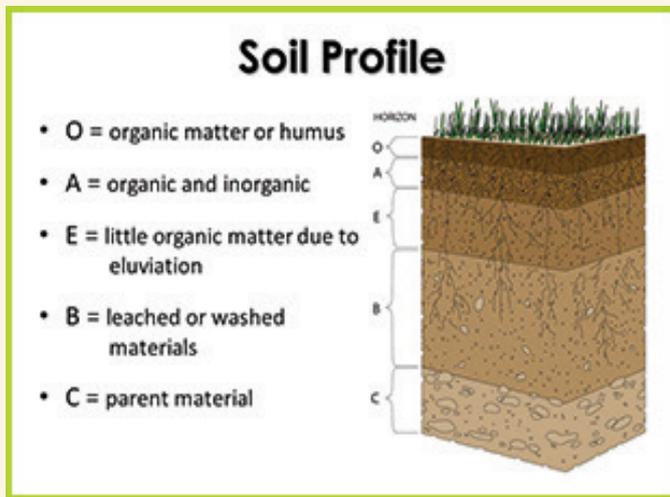
Rice does not have sodium or cholesterol and barely any fat.
Rice is naturally gluten-free.

Chemical Farming:

The constant rise in population and consumer demand post green revolution urged the food industry to produce more to meet the requirements. For an uninterrupted cultivation process and higher yields, chemical fertilizers, pesticides, herbicides, hybrid seeds and more came into place. As expected, production increased and people all over the world started relying more and more on these chemical products for better results.

Increased and non-prescribed usage of these products started affecting the crops and the soil health adversely. The excess usage of chemical products damaged the microorganisms in the soil which maintain soil fertility. It also affected soil components that reduced the crop's ability to absorb nutrients from the soil.

The increased application of chemicals also had harmful effects on crop health. Many pests, diseases, and weeds developed resistance to pesticides and it paved the way for crops having reduced immunity. Chemical products affected the environment and biodiversity at large and contaminated water sources. The hazardous effects of chemicals on human health is known to all. Be it the school midday meal tragedy in Bihar, the mishap of Endosulfan pesticide in Kerala, or pesticide poisoning all over, the disasters caused by chemicals used for cultivation are hugely hazardous.



Natural Farming:

Though chemical products used for cultivation increases crop yield, they cause equivalent harms that are irreversible. Natural farming is the healthy alternative we came up with at Organo Naandi where the community is involved in producing locally grown food using natural cultivation methods.

Our farmers use organic manure, Jeevamrutham, Ghanamrutham, vermicompost and more for cultivation as a replacement of chemical products, which help the soil to enrich its organic matter content and make it fertile. The non-chemical pesticides protect the beneficial organisms that in turn control pests to an extent.

Seeds of the last harvest are being used for cultivation to ensure crop quality. Seasonal and locally grown crop varieties are produced at Naandi to ensure that the soil is not stressed. Crop calendar is followed during each growing station to ensure water efficiency and crop health.



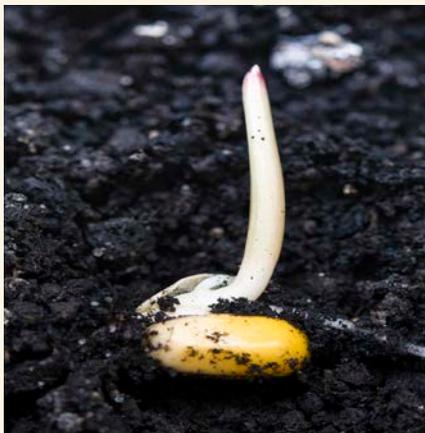
Jeevamrutham



Ghanamrutham



vermicompost



SEASONAL VEGETABLE AND FRUITS GROWN AT NAANDI DURING RABI

Brinjal, bottle gourd, tomato, cluster bean, spinach, cucumber, coriander, fenugreek, spring onion, amaranthus, french beans, guava, custard apple.



Brinjal



Bottle gourd



Tomato



Cluster bean



Spinach



Cucumber



Coriander



Fenugreek



Spring onion



Amaranthus



French beans



Guava



Custard apple.



MILK PRODUCTION

Milk is an integral part of our diet across all age groups. The market demand for more and more milk made the dairy industry to come up with solutions to boost production. The white revolution and modern methods enabled commercial dairy farms to produce a higher quantity of milk. During the course of this time, the quality of milk we drink got contaminated as a result of commercialization.



MILK MILES

Do you know what is the milk miles of the packaged milk that you purchase from a shop or a supermarket? It is quite a long journey and knowing or unknowingly we are all contributing to the carbon footprint as big as the journey. A typical milk journey would look something like this:

Milk miles of a Non-Naandian



On the other hand, the milk mile at Organo Naandi looks

Milk miles of Naandian

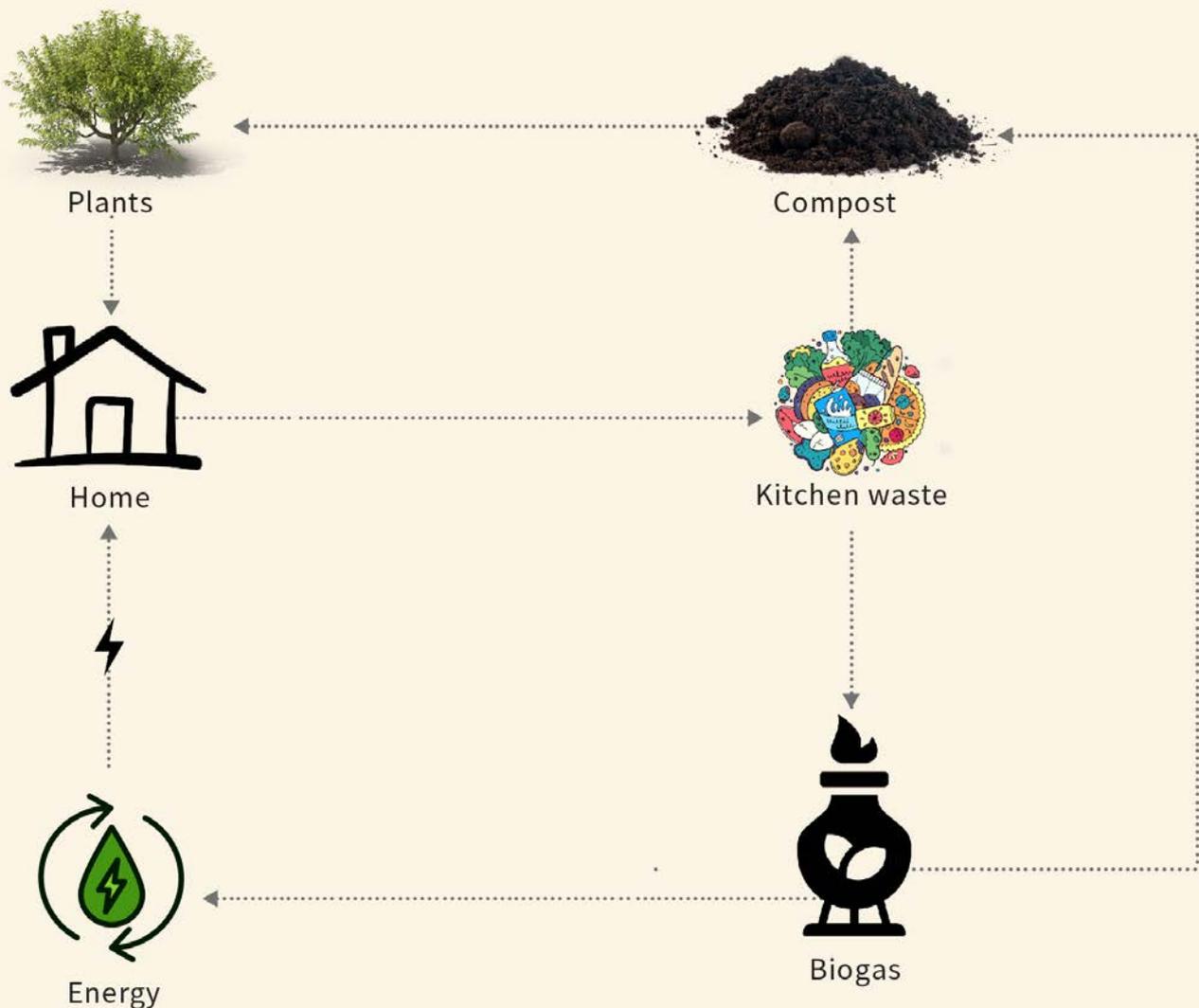


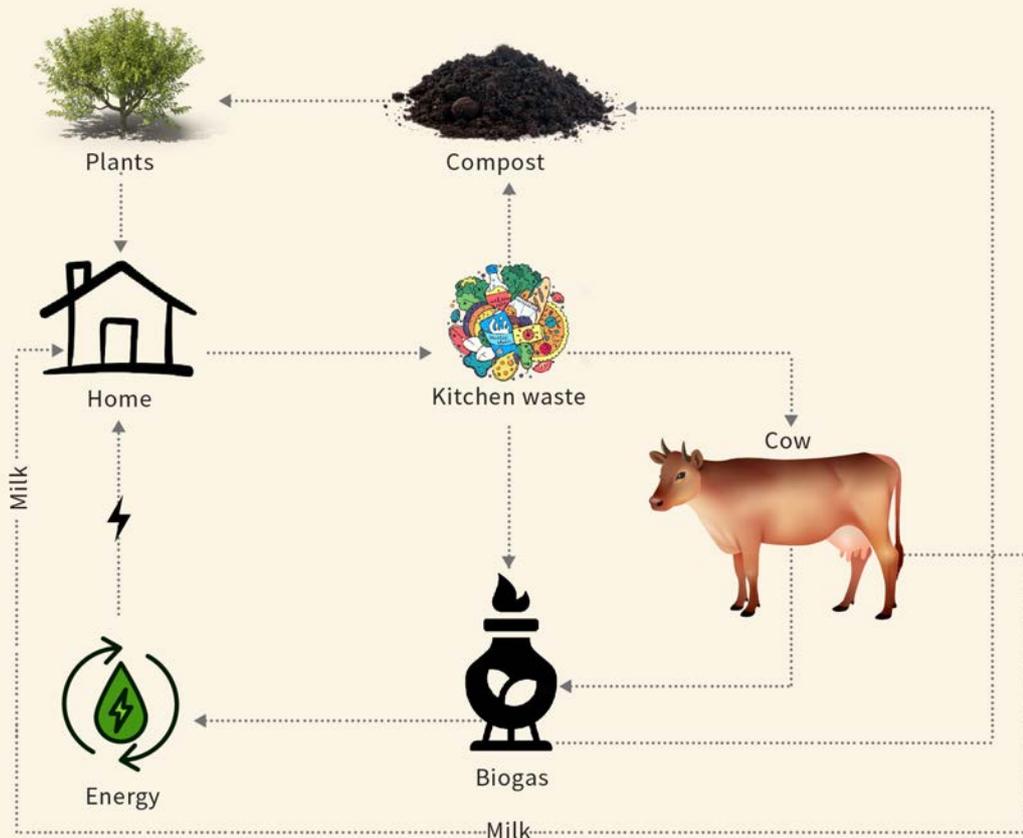
It is as small as you could ever imagine. A unique fact here is that the lesser the milk mile, the better the quality. The hygienically maintained ‘Goshala’ at Naandi provides the opportunity to witness the milk you consume. Natural remedies are used most of the time to cure common diseases of the cows to avoid the use of antibiotics.

Let's collaborate...

Feeding domestic dairy animals with leftover rice, grains, vegetable and fruit wastes, etc. used to be a common practice during the olden days. All these nutrient-rich food products contributed to the animal's better health and nutritious milk. Really thoughtful, isn't it? Naandians are already doing their part to be on the natural cycle of sustainability. **We request you to add another layer to the cycle where you could provide leftover rice, vegetarian curries, vegetables, fruits, grains, eggshells, etc. except non-vegetarian food items for the cows in our Goshala.** This way, we could enrich their dietary requirements, enhance the quality of the milk and reduce the amount of fodder being grown. The cow dung will again go to the biogas plant and join back the cycle in the form of energy. Not only that the manure prepared from cow dung will also have more nutritious elements to boost soil fertility.

Closed-loop system





The health of the cows decide how nutritious their milk is. Domesticated animals are prone to health issues which require attention on time. At Naandi, we have Gir breed cows that produce A2 milk. The Goshala workers ensure hygienic conditions and the right choice of fodder to keep the animal healthy. Even though sometimes they fall sick due to various reasons. Immediate natural remedies are provided to them so that the issue doesn't aggravate. The common health concerns for cows are constipation, diarrhea, worm infestations, etc.

“ For constipation related issues, we provide a liquid medicine combining a powder mixture of Ajwain, Black pepper, and Dill with hot water. A mixture of butter with turmeric is given to the cows for treating diarrhea. Nut tree/varnish tree seeds mixed with jaggery is usually used for treating worm related health issues in cows. ”

- Dr. Shaheen Vetereniarian at Naandi

ORGANO NAANDI'S DHANVANTRI

Organo Naandi is a herbal plant garden that values the importance of growing and nurturing them for the benefit of all. There are en-number of herbal plants which were part of the older generation's routines. At Naandi, we are trying to bring back the old knowledge which can promote better health and a purer environment. Here are some of the prominent herbal plants that are grown at Organo Naandi:

List of herbal plants

Nanabalu
(Asthma plant)

Jilledi Puvvu
(Crown flower)

Navalemu
(Green chirayta)

Tulasi
(Holy basil)

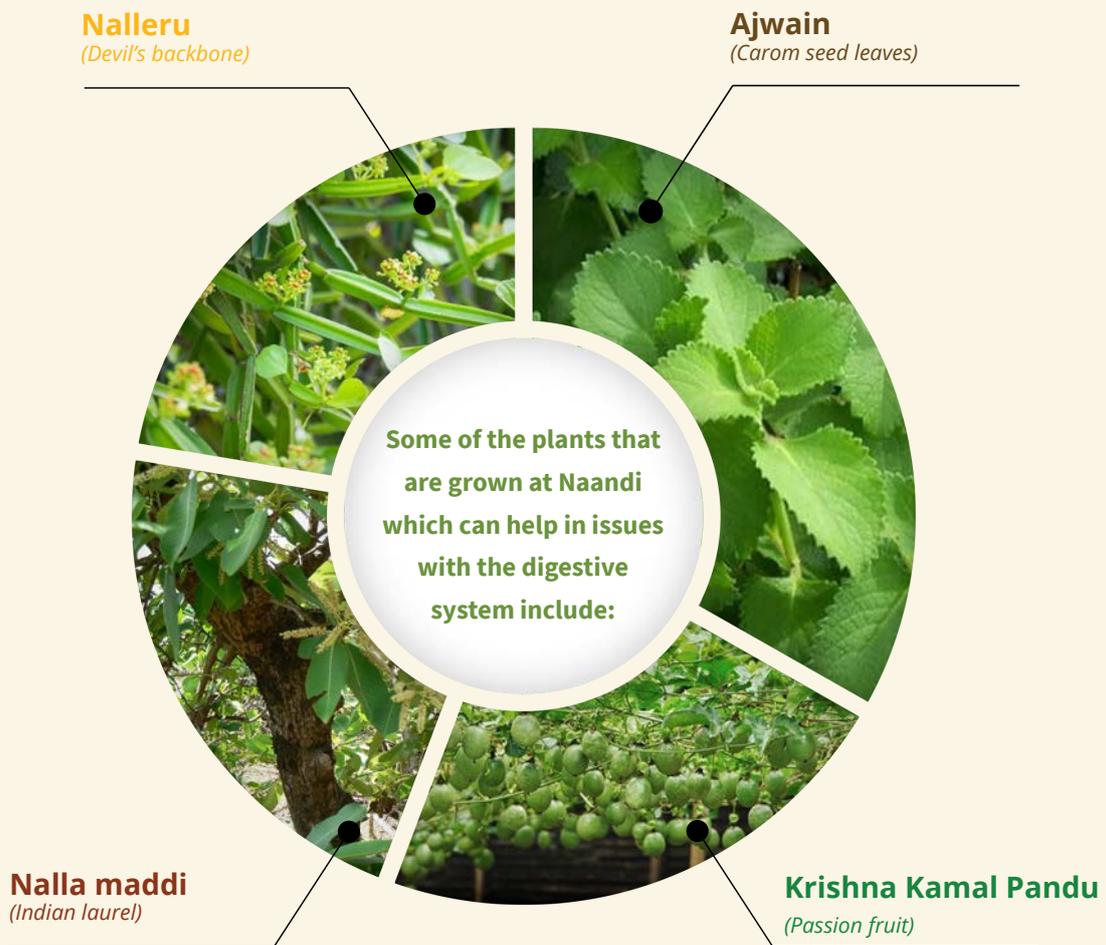
Karpura Tulasi
(Camphor basil)

Tippatige
(Heart-leaved moonseed)

Shatavari
(Asparagus racemosus)

Some of the herbal plants that help during severe cough, fever, dizziness, weakness, etc. grown at Naandi include:

List of herbal plants



List of herbal plants

Ummetha puvvu
(Moonflower)

Agnisikha
(Climbing lily)



Gorintaku
(Henna)

Indian sandalwood
(Indian sandalwood)

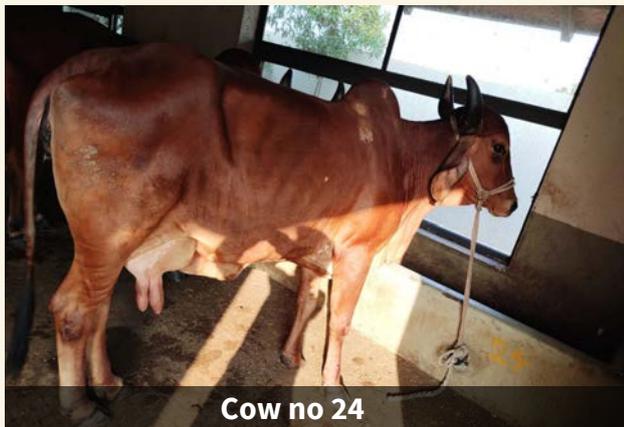
VISITORS AT NAANDI



PHOTO CREDIT:
MADHU REDDY



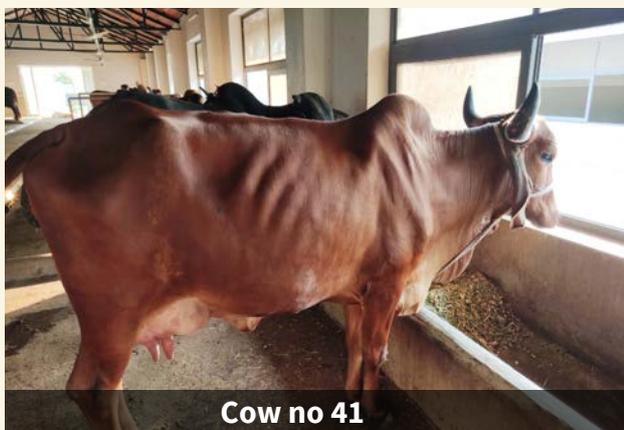
NEW MEMBERS AT ORGANO NAANDI'S GOSHALA



Cow no 24



Calf no 24



Cow no 41



Cow no 46



Bull Nandi



Male calf



Cow no 48

NAANDI UPDATES:

Natural farming is our forte at Organo Naandi. It is quite natural that pests are also part of natural farming. But our farmers at Naandi handles them the natural ways. Here are some of the pests and diseases that were seen on our crops this season and the natural measures we have taken to control them.

Pests:

- Fruit borer in Guava
- Fruit fly in cucumber
- Shoot borer in chilli
- Thrips in chilli

For effective control of these pests, our farmers used agniastra and neem oil mixtures along with better cultivation practices like crop rotation, soil solarization, pest traps, soil management, etc.

Diseases:

- Cercospora leaf spot in Palak
- Powdery mildew in cluster beans
- Yello mosaic virus in ridge gourd
- Root rot in french bean
- Rust in french bean
- Leaf spot in Sapota

Plant diseases of this season were controlled with right intervention of natural methods that involve the use of Brahmastra (natural pesticide) and neem oil mixture. Apart from these, we made sure proper soil management, residue management, crop rotation, and more to prevent the diseases from occurring.



PAAKAM

28th December, Saturday - Save this date for a series of interesting talks, and this time, it is about Food!

Paakam features talks and tales about food from the experiences of farmers, celebrated chefs and avid travelers at Organo Naandi, 10:30 AM onwards.

Hear and understand the journey of food, while indulging yourself in a slow food journey with some of the ingredients plucked, some sourced from eco-responsible farmers, cooked in the Paakashaala of Organo Naandi!



PAAKAM

Talks & Tales about Food

28th Dec, 2019
(saturday)

10:30 AM onwards

At **Organo Naandi**



CONTACT US



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AZIZ NAGAR

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Co-creating eco-habitats that celebrate THE living