



“At The Locavore, we believe that there's a need for us to be more connected to the food we eat, not only in terms of taste and nutritional value, but also a deeper awareness of where it comes from, who grows it, and the impact of our choices on the planet.”





Millet Revival Project
www.thelocavore.in



Millet Revival Project

- Bring more millets onto people's plates in **delicious and balanced ways**, and help consumers understand what this means for their bodies, the farmers who grow it, and the environment around them.
- Study and document the **diversity of millets across different regions** in India, and the impact that growing and consuming it has on our **planet**.
- Create a **digital repository** that makes it easy for people to find those working in the millet space: information regarding consumer brands, farmers, restaurants, and experts.



Purpose



Challenges

Declining consumption

Poor perception of the
taste of the ingredient


Lack of confidence among
producers due to decreasing
market demand

Solutions

Strengthening millet production

Increasing millet consumption
through innovative recipes





"Our ancestors did sow millets but we do not know in what way or form, the planting of millet was lost... it was only recently in 2022 through Farm Project that millet seeds were distributed. Farming millets is easy and profitable, we do not need medicines or manure.

- Phirinda Lyngdoh & Aiwanbok Marbaniang from Sohiong

"The problem we are facing with millets is that we still use stone mortar and pestle, people get tired since it takes time to pound it. But other than that farming millet is easy as it can withstand our rains"

- Bianglin Nongbet & Manida Khasaiñ from Nongwah

A group of women are working in a kitchen or food preparation area. They are wearing hairnets and aprons. One woman in the center is wearing a grey hairnet and a grey apron with a yellow and green design. She is looking down at a large white pot. To her left, a woman in a yellow sweater and grey hairnet is looking towards her. To her right, a woman in a brown sweater and grey hairnet is also looking towards the pot. In the background, another woman in a blue denim jacket and grey hairnet is working. The setting appears to be an outdoor or semi-outdoor kitchen with a tiled floor and various kitchen items visible.

People

Community Members

Antilest Suting
Hibi Suting
Saphina Suting
Wos Dohling
Manida khasiin
Bianglin Nongbet
Savitri Lymbu
Bimon Jalong
Phirinda Lyngdoh
Aiwanbok Marbaniang
Hansom Suting
Ende Suting





Chefs & Collaborators

Naphisamanbha Mawroh
Jemyleen Greta Diengdoh
Benny Paia Dondor Wankhar
Ahmedaki Laloo
Artet Kharsati
Nida Hynniewta
Takshama Pandit
Ashish Sharma



Method

Knowledge Exchange



Techniques, Flavours, Pairings



A group of women are gathered in a kitchen, wearing hairnets and aprons, smiling and preparing food. The word "Outcome" is overlaid in white text in the center of the image. The women are focused on their tasks, with some holding small pieces of food. The background shows a busy kitchen environment with various items on the counter and shelves.

Outcome



The Way Forward



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Next Steps

Increasing cultivated land
for millets

Improving processing facilities

Strengthening the position
of krai and improving the
diversity of millets

Making tasty recipes for millets
accessibles within communities

Encouraging millet consumption in
schools, homes, and food
businesses

