While millets are filled with nutrition, choose the one that suits you

**SHREYAS GADDAM KUTTY**

Our serious engagement with millets began three years back when we started growing them. We were already into traditional varieties of rice and millets, but the expensive market millets baffle us with their variety.

Turmeric millet, ragi, red millet, foxtail, and kodo — these varieties ousted the other grains from our storehouse that my father, collected over decades, had inherited from his father.

The storehouse, made with wood, wool, and grass, carrying tonnes of millets, was built near the house and modestly guarded. It was a revelation that whole millets can be stored for years.

The humble bao has stood the test of time. For all seasons, the humble bao is our low ecological footprint and ally friendly life.

Millet has been cultivated for almost every meal. We don’t mind the cost, and would rather buy a kilogram for a few rupees, as they are rich in calcium, mag-

The eight common millets of South India are: Little millet (varagu), proso millet (pokki), kodo millet (karambevu), foxtail millet (varagu), proso millet (pokki), kodo millet (karambevu), foxtail millet (varagu), and also suitable for making sweets such as ladoos, kheer, barfi, sambar, pongal, and also suitable for making sweets such as ladoos, kheer, barfi, sambar, pongal, and also suitable for making sweets such as ladoos, kheer, barfi, sambar, pongal, and also suitable for making sweets such as ladoos, kheer, barfi, sambar, pongal, and also suitable for making sweets such as ladoos, kheer, barfi, sambar, pongal, and also suitable for making sweets such as ladoos, kheer, barfi, sambar, pongal, and also suitable for making sweets such as ladoos, kheer, barfi, sambar, pongal, and also suitable for making sweets such as ladoos, kheer, barfi, sambar, pongal, and also suitable for making sweets such as ladoos, kheer, barfi, sambar, pongal. The writer is the co-founder of Bio Sonata, a social venture retailing organic food, and a consultant to the Save Our Rice Campaign.

— A. P. Balaji

By the time a team of bird watchers spotted and took a lot of photos of the rare Long-legged Buzzard, the bird had taken off, the eye witnesses were left wondering, “What will we do now?”

The Long-legged Buzzard was spotted near Palladam (37 kms off Coimbatore). He was determined to spot the rare bird again. "I missed the bird roosting on an oak tree. I’m going to make sure that we spot the rare bird this time," he said.

The buzzard has never been reported in the city. When Kishore Kumaran, Ramachandran and Vridhi, a team included Chetan Kumar, Meswaran, Gajamohanraj, Balaji P.B made over 50 visits to the village, they were unable to spot the rare bird. Balaji says the first team that spotted the bird was from the Tamil Nadu Natural History Society.

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