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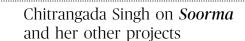
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m Bengaluru duo on a bike world tour



The grill that gives the car its look



Bharat Beej Swaraj Manch (BBSM)

The BBSM, which began in Delhi in 2014, strongly asserts "the rights of farmers to freely plant, use, reproduce, select, improve, adapt, save, share, exchange or sell our heritage seeds, without restriction or hindrance, as we have done for past millennia." This is the cornerstone of seed

BBSM, which is now spread over 20 states, is led by Krishna Prasad. "Seeds belong to the farmers and seed sovereignty is an integral part of food

sovereignty," he says, adding that each individual needs to take responsibility for saving seeds. "We

should not cede control of seeds to corporations but

should be able to freely grow exchange and multiply

Tribal health

Initiative (THI)

The founders of THI, which is

in Sittilingi Valley are Dr Regi

an urban milieu, stopping

packaged food and shifting to

traditional foods like millets

will provide a balanced diet as

well as prevent ingestion of

harmful additives." Dr George

conservation.

The festival is not restrict-

ed to food. Poison-free or

pollution-free clothing will

also be showcased.

Tula

Seeds of change

What you can see and hear at the forthcoming Covai Seed Festival 2018

:: SREEDEVI LAKSHMIKUTTY

Most people have the lost the taste for traditional varieties of food. We want the uniform, easy-to-cook, modern varieties of rice. Many South Indians are not aware that there are different kinds of wheat. When it comes to vegetables, we do not look for the local and seasonal varieties. But there are people who are working to conserve our seed heritage and keep it alive for future generations. And the Covai Seed Festival 2018, at Ksirs School, Saravanampatti, will offer a bird's eye view of the richness of traditional foods and seeds. Here's a look at the people and networks who will be present.



Save Our Rice Campaign (SOR)

Begun in 2006, this is among the oldest campaign across the three southern rice-growing states. Today it has helped conserve more than 800 varieties of paddy seeds. Many local networks and farmer groups have taken up paddy seed conservation and increased the num-

that are not only being conserved in-situ but also being introduced into the food chain. SOR runs a Nel Thiruvizha in Tamil Nadu in May every year and in November, the famous rice diversity block maintained in Wayanad has become a destina-

tion for rice and seed lovers.

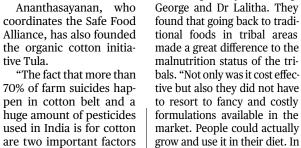
ber of traditional varieties



Alliance for Sustainable and Holistic Agriculture (ASHA)

Kavitha Kuruganti, one of the founders and the current convener of ASHA, recalls the birth of the movement. "We set off on a Kisan Swaraj Yatra on Gandhi Jayanti 2010, starting from Sabarmati Ashram to reach out to farmers in the country. We travelled 20,000 km through 20 states before we reached Rajghat on December 10. We wanted to let farmers know that adopting the path of sovereign ecological agriculture was a solution to multiple problems they were dealing with and we believe that it addresses several root causes of the agrarian distress today. From this yatra was born ASHA.'

ASHA focuses on four aspects related to our food and farming – income security for all farm households; environmental sustainability in agriculture; resource rights over land, seed, water, forests and other commons to be vested in farming communities; and safe, nutritious and diverse foods for all citizens.



clothing In addition, the high pollution especially in dyeing combined with the loss of livelihoods of hand spinners and handloom weavers led us to create these

for us to look at organic

cotton and pollution-free

believes that the magic wand to solve the country's nutrition problems and water usage is to fabrics.' grow and eat millets. "Unfortunately our nutrition and agriculture 'experts' do not want to see it. It is too simple a solution, they say. But often the

> most simplest." The festival will have stalls on food without cooking, traditional toys and games, books on food, farming and nature, vegetable seeds for kitchen gardens, mentors to help you restart your kitchen gardens and organic retailers. Join the network and become a seed saver.

most profound truths are the

Sreedevi Lakshmi Kutty is a Consultant to the Save Our Rice Campaign and the Co-Founder of Bio Basics, a social venture retailing organic food

■ PV SIVAKUMAR, N BASKARAN,

WHEN: July 21 & 22; 10.00 am to 7.00 pm

Ksirs School,

Covai Seed Festival 2018

GETTY IMAGES/ISTOCK PHOTOS

CALL: 9994447252

9698373592

WHAT:

Open to all. No entry fee. Bring your own cloth bags and water bottles. No PET bottles allowed. Water will be available in cans and taps for refills. Plastic carry bags will not be available.

LISTEN TO THEM

Karthikeya Sivasenapathy, of the Senapathy Kangayam Cattle Research Foundation, will talk about indigenous cattle breeds

Kavitha Kuruganti and Sridhar Radhakrishnan will touch upon traditional seeds and politics of seeds

Arachalur Selvam will offer a perspective on the journey of being local and global



PET PALS

Come home to Woody

that Woody arrived at the shelter; emaciated and struggling to move around on his front legs... he was a sad sight. We could only guess that he was the victim of a hit and run and that the accident had taken place some weeks or even months before he was rescued. This had caused irreparable damage to his spine.

Now, almost two years later and after a lot of love and treatment, Woody has gone from strength to

We all remember the day strength and captivates the hearts of all who meet him. He zips around at breakneck speed and, if he gets so much as a whiff of a treat, he'll appear at your feet within seconds to gaze imploringly with his beautiful brown eyes!

Calm and friendly by nature, Woody gets along with his four-legged companions just as well as he does with humans. He is living proof that handicapped dogs can still enjoy life and often don't need any more care than



old calm Indian female pup who is friendly with both humans and canines. Her vaccinations are current.

Striker: Friendly, and affectionate, this fivemonth-old Indian male pup will be a lovely companion. All his vaccinations are current.

Puzzle: Very friendly,



other able-bodied dogs.

Woody appears on the official Humane Animal Society calendar for the month of February, wearing his trademark goofy smile.

(A shelter story from Humane Animal Society, Coimbatore)





and alert, this six-monthold Indian male pup enjoys playing. He has been vaccinated and neutered. Cassidy: A one-yearold spayed female Rott-



weiler with all her vaccinations current, she is friendly, active and alert.

All pets adopted from Humane Animal Society (HAS) get free life-time veterinary care, free vaccinations and free spay/ neuter surgery at the appropriate age from HAS. Contact Humane Animal Society @ 9366127215 from 9.00 am to 5.00 pm.

'Cos now I'm living on green power

It's guava season now and here's something new to try with this amazing fruit

:: SHANTHINI RAJKUMAR

At a recent wedding, there was a surprise element on our vazha yellais. A chutney made with green guava by a local caterer. An appetising green in colour, it was smooth, creamy and delicious. It had the sour flavour that one associates with

It is now a sought-after item at wedding feasts and the credit goes to Madhampatty Rangaraj for not just developing the recipe but for getting me to think about using the green guava as a veggie option.

The guava may have originated in Central America but after hundreds of years in the Indian subcontinent, it is considered local.

When it comes to nutrition, the guava is to Asia what the apple is to the west. Yet it is not a fruit that is found as often as some others at our

This may have something to do with the fact that it isn't used much in cakes, pies or even salads. While I have heard of guava jellies, squash-

Know Germany better

Goethe-Zentrum hosts a session on

the topic, Entering the German Job

Market. Participants will get an op-

portunity to clear their doubts on

the subject at the event. Entry is

@ Goethe-Zentrum, 734, President

Ø 0422221643 or 9952411371 for



to find here. The country variety ranges from a small one with dark green flesh to bigger ones that with a paler green exterior. I wasn't too fond of the

Coimbatore Book Club Theatre

Group in association with Eat Alley

presents two short English comedy

plays: Villa for Sale and Mother's

Day. Registration fee of ₹600 in-

@ Eat Alley, Trichy Road, Near Sun-

Ø 9367706779 or 9790425168 to

gam Junction, Ramanathapuram

Laugh out loud

cludes dinner

register

JULY 28; 6.00 PM

er than the green, which are easier

guava especially because of the seeds that wouldn't break, no matter how hard they were bitten.

With guavas in season now and available everywhere here, the first dish I experimented with was, of course, the chutney. I didn't want to ask the caterer for his secret recipe but going by the taste, I used onion, green chillies, tamarind, turmeric powder, rock salt and a few coriander leaves. In went the chopped

World of watercolours

Orita Sinclair School of Design and

Music hosts a watercolour painting

workshop for those above 12 years.

Registration fee is ₹2000 per ses-

sion and includes art kit and

@ Orita Sinclair School of Design

and Music, Above Audi Showroom,

Ø 9790356194 or 9790552444

refreshment.

JULY 21 & 22

Avinashi Road

guava, seeds and all, because discarding the latter meant losing so much flesh. Once it was all blended together, we had to strain the chutney. The smooth purée was tempered with dried red chillies, curry leaves and mustard seeds. One taste and I was supremely happy.

With the rainy weather we're having, a warm green guava soup is next on the agenda. And a koyakkai rasam maybe?

Stage craft

Coimbatore Art and Theatrical Society presents Love Sex and the Taxman, an English play for those above 18. Registration fee is ₹1600 for couples; ₹850 for individuals; and ₹750 for CATCARD members includes lunch.

JULY 22; 12.00 NOON @ The Residency Towers, Avanashi

Ø 9629645004, 9894288422 for details

JULY 19; 4.00 PM

details

Hall, Avinashi Road