

April 2019

FARMER DIARIES

Vol 1 Issue 1

Monthly Newsletter

Inside the Issue



WISHED YOUR FARMER COULD BLOG?

We have a blog now! Here's presenting to you our happy corner - the TBOF Blog - where we shall create small but direct avenues to let you into our lives at the farm. Have you read our first two posts yet?

READ NOW

AN ORGANIC FOOD FOREST AT ONE OF INDIA'S BEST SCHOOLS

Yes, we are growing an Organic Food Forest at one of India's best mainstream schools, the Bishop's School Pune. Bishop's School Organic Farming Club is 75 student-volunteers strong already, and its just the start!

REAL HEROES RECYCLE AND REUSE

Our customers happily volunteered to recycle glass containers at farmers markets - featuring our champions who are doing their bit to counter wastage and blatant consumption of resources.

IN OTHER NEWS...

We were awarded the Shradheya Moropant Pingale Goseva Award, for the category Go-Sanvardhan (Holistic Development of the Cow) for 2018 by the Go-Vidnyaan Sanshodhan Sanstha, Pune and Dadrananagar Haveli Mukti Sangram Samiti, Pune's GO-SEVA Puraskar 2018.

Presiding the event were Dr Vallabhai Kathiria, Chairman Govt of India Kamadhenu Ayog, and Suhasrao Hiremath RSS member central committee.





THE ORGANIC FARMING CLUB AT BISHOP'S SCHOOL, PUNE

Reckoned among the best schools in the country, with a legacy that is 150 years old - the Bishop's School with its 7000 students across all its branches, will be the early pioneers of fostering well-rounded, meaningful learning environments with facilitating the Ancient Wisdom of 'Natural' Farming for its students.

And this means such an overwhelming sense of gratitude for us, that we at TBOF have joined hands with our Alma Mater - to be able to co-create an Organic Farm for the school and together welcome what is going to be a hallmark chapter in the history of Conventional Mainstream Education in our country.

We have conducted 3 sessions with the students so far. Over 75 students across age groups volunteered enthusiastically to be a part of the Farming Club. In the land that has been allotted for this, the school will grow its own wholesome food sustainably. The club will propose sustainable alternatives to wastage that might be happening.

The students will be involved in hands-on farming, they will learn to cook with the food they produce, attend farmer markets and host farmers' parties where parents and friends will be invited! . As we lead them out of their conventional moulds of education, into the natural environment where they will touch, feel and understand the soil, in the company of animals, insects and plants - it will mean a paradigm shift in our approach to native wisdom and life skills. We at TBOF look forward to more of such partnerships to work with the education sector and instill a conscious approach to living in our children - One that is based on simple living, conscious consumption and ever in sync with nature.

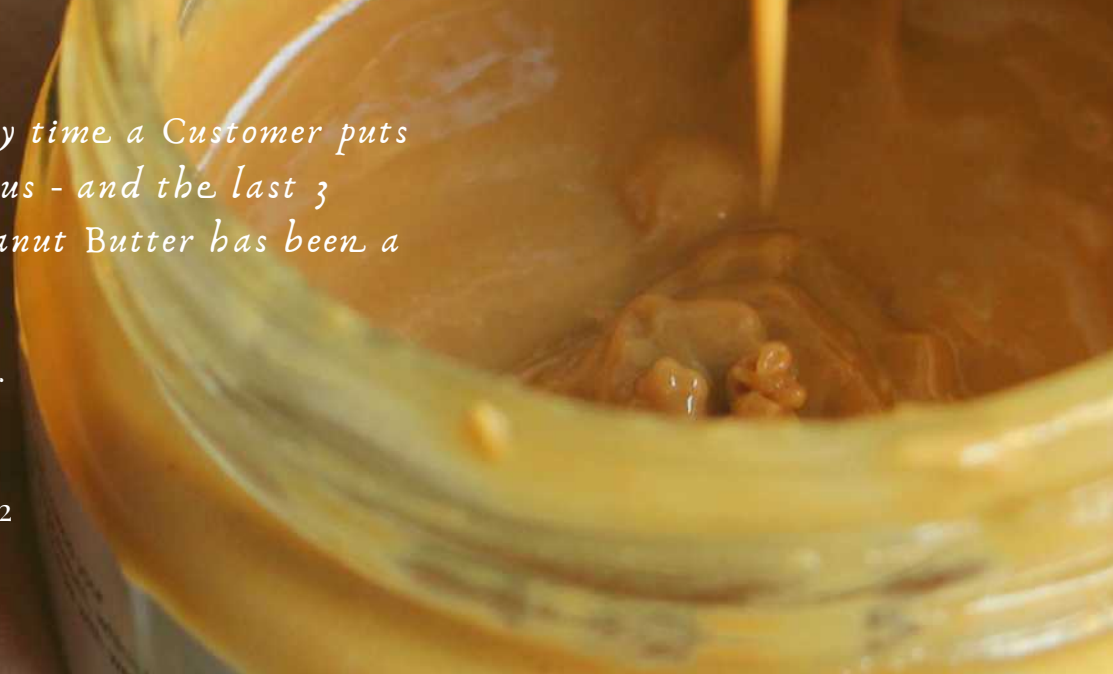
REAL HEROES RECYCLE AND REUSE

Featured - Our customers at Farmers Markets in Mumbai



We are thrilled every time a Customer puts out a happy note for us - and the last 3 weeks our Jaggery Peanut Butter has been a real showstopper!

Here are a few of our favourite picks from testimonials posted on Instagram over the last 2 weeks!



Food is not just Fuel. Food is about Family, food is about community, food is about identity. And we nourish all those things when we eat well." Michael Pollan

FEATURED



Organic Sand-roasted Crunchy Peanuts patiently, slowly ground with farm grown Sugarcane jaggery

SHOP NOW

www.twobrothersindiashop.com



KEEP YOUR HEART YOUNG AND KICKING!

Phytosterol in peanuts fight cholesterol in the body. They are rich in antioxidants, magnesium and potassium that lower blood pressure. Arginine and phenolic compounds protect the inner walls of our arteries.



PEANUTS OVER WINE!

Red wine has enjoyed a lot of attention for the resveratrol it contains - studies now show that all of its goodness might be getting washed down with the huge amounts of alcohol that also gets consumed with wine. Resveratrol is abundantly found in peanuts. Peanuts have more arginine than almost all other foods. Arginine, used to make nitric oxide, is a vasodilator that helps keep blood vessels open and elastic.



CONFIDENCE BOOSTER

Legumes like peanuts are rich in serotonin and regular consumption can keep you happy and boost confidence.



NITROGEN FIXERS IN THE SOIL

Legumes like Peanuts do not use up too much of the ground water and naturally fix Nitrogen into the soil. So growing peanuts means fortifying the soil simultaneously - Its like 'Good food Insurance'!

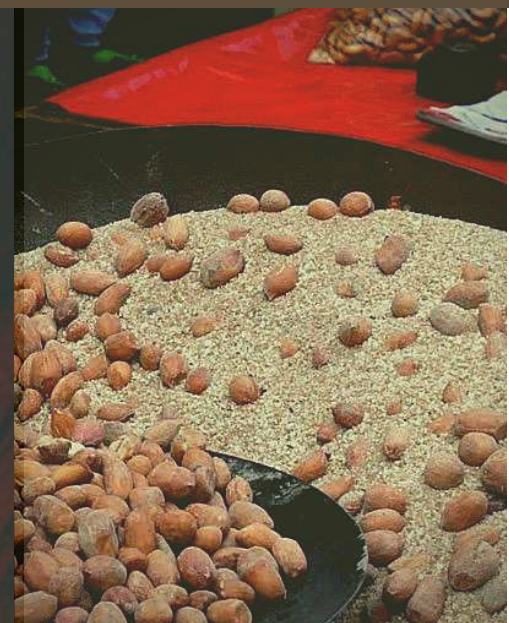


FIGHT BLOATING, INFLAMMATION

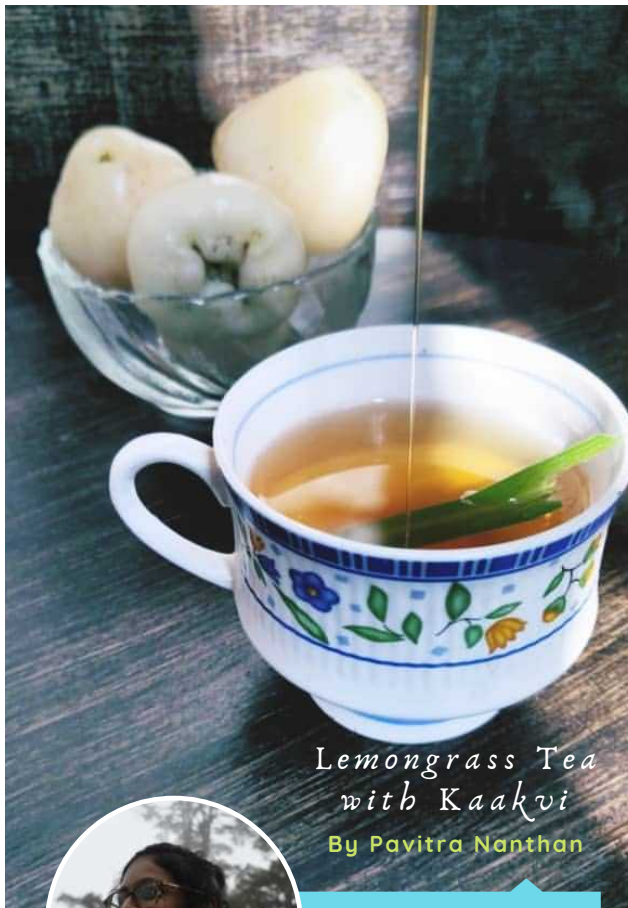
Linoleic acid, an omega-6 fatty acid found in peanuts reduces inflammation. Inflammation is proven to be one of the main factors causing all chronic diseases like IBS, arthritis, cardiac diseases

WHY SAND-ROAST PEANUTS?

When roasted on heated sand, the peanuts are wholly and uniformly toasted. Sand-roasting on a low fire for longer roasting times, do not harm the healthy fats and nutrients which could be the case if directly heated on a pan at high temperatures. Sand-roasting eliminates moisture content and makes them crunchy and ensure they don't spoil quickly. Any form of fungi or bacteria from the moisture also get killed.



FEATURED RECIPES



*Lemongrass Tea
with Kaakvi*
By Pavitra Nanthan



**CHECK FULL
RECIPE**



*Vegan Mango Summer
Shake with Kaakvi
and Lemon Squash*

By Nisa Homey



**CHECK FULL
RECIPE**

BHODANI FOR YOU

TBOF is tucked away in a beautiful small village called Bhodani, a few 100 kms away from Pune in the Indapur district; Life in our village is nothing like what we are used to in the cities. Bhodani is home to just about 2500 people, of which 47% are women. Its a happy place.

We'll let you into our lives at the farm - in this segment - Bhodani For You; where we'll feature exclusive pictures that you would have not seen anywhere online. Sure perks for signing up for our newsletter!

>> Its nearing sunset and the baby calves are ready to feed on their mother's milk; meanwhile womenfolk at the farm keep dishing out labelled glass bottles of freshly made cheese and butter - readying them for our weekend farmers markets



Thank you for reading!

love and joy

FROM TEAM TBOF