

LOCALICIOUS

PEOPLE'S MOVEMENT FOR LOCAL FOOD

DECEMBER 2016

ISSUE 01

Muddy your hands! Get involved...



Buddha Garden
Mondays 10am till lunchtime
Priya: priya@auroville.org.in
Pierre: pierre_serre2004@yahoo.co.in



Visitors' Centre (back entrance)
Tuesdays 4:30 - 5:30pm
Spiros: 85319 13924



Auro Orchard (book beforehand)
Wednesdays 10:45am
Flore: 80981 60340



Town Hall permaculture project
Wednesdays 3:30pm
Krishna: 98433 19260



Evergreen permaculture project
Thursdays
Amir: 97512 57709



Buddha Garden
Thursdays 10:30am to lunch
Sivakala: 95859 75292



introductory tour



work shift/shop



cooking and eating



volunteer opportunity



Pebble Garden
Fridays 3:30pm
Deepika: 0413 2677792



Solitude Farm (book beforehand)
Saturdays 9am
Shachi: 98200 92126



Solitude Farm
Saturdays 11:30am to lunchtime
Shachi: 98200 92126



Solitude Farm Organic Café
Saturdays 3pm
Shachi: 98200 92126



TLC school
Isa: isa@auroville.org.in

Farmers' Market @ Youth Centre
Saturdays 10am to 2pm
contact 84890 42213



What is Localicious?

Localicious is a people's movement for local food. Auroville recognises the need to reclaim from industrialised agriculture our nutrition, ecology, tradition and culture, and the joy of celebrating these in community. Localicious is a way for us to reconnect with our food, using practical and creative ways that generate collective wellbeing.

This monthly newsletter aims to be a handy resource and platform for all things local//seasonal//fresh. It will feature your voice in the form of articles, interviews and reports, listings for activities, tours, projects, concerts and festivals, and all other things of relevance you'd like us to include.

Many people request support for starting gardens. We propose to carry listings of all such projects and be a platform for the community to come together, share resources and energy, and build a strong, reliable network that empowers us all to grow our own food. Starting a garden has never been easier than now!

If you don't have a garden but would like to buy local produce, sign up for Solitude Farm's CSA basket or visit FoodLink and request specific ingredients that we will make available there.

You can reach us at localiciousav@gmail.com.

Of Honouring Mother Earth through Natural Farming, Community and Local Food

The gardens at Town Hall are an example of permaculture or applied ecology. They aim at bringing people together to learn about nutrition and health, community, culture and ecology. They can bring us closer to an understanding of where our food comes from, which is the foundation of any society.

At the moment the gardens are full of produce – tomatoes, brinjals, spinach, basil, and plants that will later bear fruits such as gourds, pumpkins, papayas, bananas, tapioca, and more! I hope the cafés at the Town Hall will use this produce, but I have also been encouraged to tell people to harvest some basil and take some tomatoes if they like – this collective project, in the true spirit of Auroville, belongs to nobody in particular.

Now we have built a fence, inspired by one of the most beautiful permaculture projects I have ever seen, which is at Evergreen community. Using free local materials, we have built a barrier that stops cows, acts as a wind break, that will become (like in Evergreen) a structure to grow beans, gourds and flowers, etc.

Fences aside, if we look at things from a larger perspective, we are a society overwhelmed by and dependent on industrialised agriculture – an industry that focuses on profits rather than nutrition and wellbeing, one that is destroying our health and that of our planet. Permaculture, on the other hand, focuses on wellbeing and nutrition, and by honouring local food, cuts out food miles, chemically grown crops

that batter the earth and all the cultural loss caused by industrialised agriculture, which wipes out traditional food and farming narratives.

Most of us don't know how to use many of the local products that are easy to grow in Auroville, i.e. the huge diversity of nutritious spinaches, yams or green papaya. I believe if we would consciously eat local food a few times a week, we would create a profound change in our consciousness, as we would be reclaiming our connection to nutrition, tradition, and the earth. These gardens will naturally nudge people in that direction.

I have come to understand that to make a serious step on this path, we must first recognise that all organic matter is our profit – not financial but nutritional. When the soil ecology is rich and diverse in organic matter, healthy plants will grow. When healthy plants grow, we will have healthy crops. When we have healthy crops, we will have healthy people and a healthy society from which a vibrant and creative culture can emerge.



Mother Earth is the soil under our feet, that which nourishes us everyday. It is perhaps the greatest act of devotion to the mother to nurture the soil and accept with love the gifts she offers us. After all, what more does a mother want?



SOLITUDE FARM CAFE
AUROVILLE

SIGN UP FOR THE LUNCH SCHEME TO GET
DISCOUNTS ON OUR LOCALICIOUS THALI

Nothing more than for her children to be healthy and happy. A society that doesn't know where its food comes from will struggle with the folly of mankind thinking that it can do better than nature and grow food with chemicals and bring it to the kitchen with lorries, all the while polluting and pillaging the planet - in this, I cannot see any happiness.



I have asked myself long and hard, "If we put man on the moon, how hard could it be to get a small community to wake up to the fact that we can eat exclusively from food grown in our bioregion?" We must bring people together. I have tried music, a basket service, workshops, cooking classes, projects in the village, festivals, etc. The point is we need to come together with joy, in celebration if we want to make change. How to do this?

There is good work being done by many farmers in Auroville but it is not enough to depend on farmers for our food. In Auroville we produce between 15 to 20% of our nutritional needs. If we were more connected with local produce and had a deeper understanding of how to use it, our farmers could offer even more. At Solitude we have shown that we can run a successful fruit and veg basket service and a financially viable café feeding people exclusively with local produce all year round. It takes creativity, understanding and a relationship with local food, but most of all, it takes a healthy soil. With over 80 different products being used, it is really a marvel at what nature offers us and yet there is still so much more we could improve upon.

We must come together in celebration over this subject. We need energy and inspiration. The

gardens are not difficult to grow. Please have a look at the gardens at the Town Hall and all that is growing, feel the energy behind it, the intention, which will most certainly have an effect because it goes to the very essence of a collective need.

Please go to Evergreen and see the beauty there, come to Solitude and see what is happening with diversity and social agriculture. The project at the Town Hall, in my opinion, is an important opportunity for Auroville, the chance to bring the beauty of permaculture into our daily lives. I have a hard time accepting dry-looking lawns, some palms and an impoverished soil as the status quo for public spaces.

Let us put our hearts into a project that could profoundly change the way we relate to our food, our land, nature, and thus ourselves.

Let us come together, honour Mother Earth and unshackle her from our ideas that keep her subdued. She has so many gifts to offer if only we have eyes to see!

With Love
Krishna
Solitude Farm



SOLITUDE FARM AUROVILLE

PRE-PAID FRUIT & VEG BASKETS

DISCOUNT ON THALI FOR PARTICIPANT @ SOLITUDE ORGANIC FARM CAFE



MAKE A BANANA FLOWER PARTY

- 1 banana flower
- 1 cup of moong daal
- 2 small onion
- some garlic
- some grated ginger
- 2 teaspoon tumeric
- 1 bowl of grated coconut
- 1 branch of coriander
- 1 teaspoon salt
- 1 teaspozon mustard seed

Put some oil of your hands.

Start opening the outer petals of banana flower one by one.

Under each petal you will find a group of long pale yellow flowers.

Open the petal, collect flowers, discard the petal.

While peeling, the petals will get softer and paler in color and the flowers will get smaller. Keep peeling until you reach the white yellow flower heart. Remove the feathery plastic like petal back, observe the matchstick like stem inside the flower. You have to remove both, otherwise your banana flowers will be hard and bitter.

Keep the flower, discard the rest. The flowers closer to the heart will get smaller and smaller. When you can't clean anymore, just separate the flowers. chop them small.

Boil it with moong daal, tumeric and salt till it becomes cooked, then filter the water.

Chop the onions and garlios.

Grate the ginger.

Put some oil in the pan. fry mustard seeds in the oil.

Add garlic, onion and ginger and let them fry all together.

Add banana flower mixture and let it fry a bit.

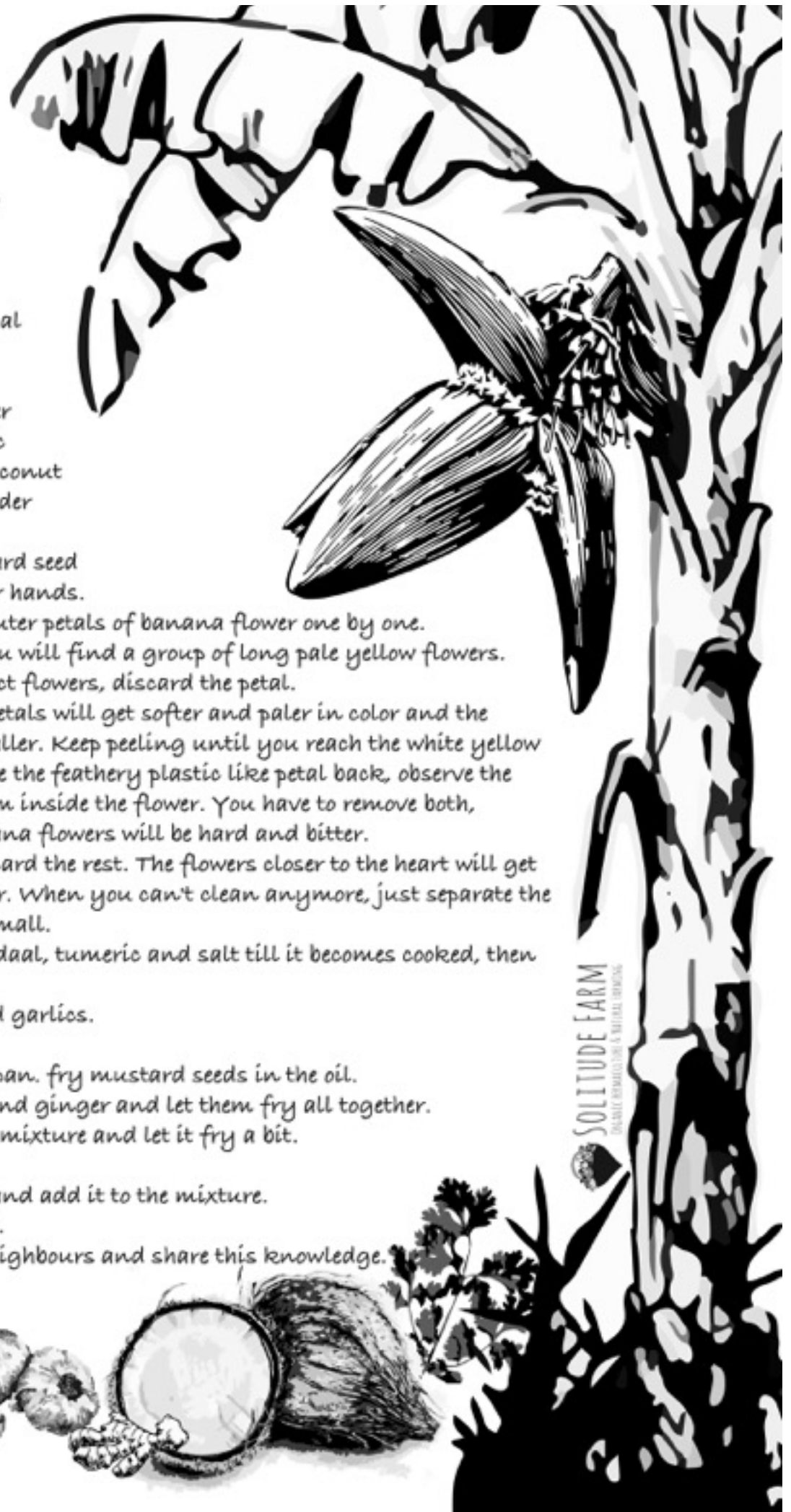
Turn off the stove.

Chop the coriander and add it to the mixture.

Add grated coconut.

Call friends and neighbours and share this knowledge.

Enjoy it!



SOLITUDE FARM AUROVILLE

CAFE ** WORKSHOPS
EVENTS ** CONCERTS

DEC 03
SAT
11:30 am Farm Tour
3pm Cooking Workshop

DEC 14
WED
03:30 pm
Towhall Workshop

DEC 10
SAT
11:30 am Farm Tour
3pm Cooking Workshop

DEC 17
SAT
11:30 am Farm Tour
3pm Cooking Workshop

DEC 24
SAT
11:30 am Farm Tour
3pm Cooking Workshop

DEC 07
WED
03:30 pm
Towhall Workshop

DEC 10
SAT
11:30 am Farm Tour
3pm Cooking Workshop

DEC 21
WED
03:30 pm
Towhall Workshop

DEC 27
TUE
7pm
Open Mic & Dinner

DEC 22
THU
7pm Gig
Ilhaam Project

DEC 31
SAT
11:30 am Farm Tour
3pm Cooking Workshop

DEC 28
WED
03:30 pm
Towhall Workshop



A close-up photograph of two hands planting a small, vibrant green seedling into dark, rich brown soil. The hands are positioned to gently hold the plant as it is placed into the ground. The background is a soft-focus view of the soil and some dried leaves, creating a natural and earthy atmosphere.

SOLITUDE FARM AUROVILLE

PRESENTS

PERMACULTURE WORKSHOP

JAN 6-9//SOLITUDE FARM

*"Reconnect with Mother nature,
Learn how to grow your own food and
integrate permaculture into your daily life"*

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