


DATE:15.12.2014

# THE HINDU

Agriculture Dept. sends crop samples to Pesticide Residue Analysis Laboratory



**LIMITATIONS**

|   |  |   |
|---|--|---|
| <b>Lannate 40 SP</b> is not a recommended insecticide for the crop  | <b>Lannate</b> has a label claim for cotton, chilli, pigeon pea and soyabean only, not for field beans | <b>Recommendation:</b> Agriculture Department should ban the use of the pesticide |
| <b>Team</b> of agricultural scientists observed that Lannate was being sprayed in high concentration, resulting in increased risk to the farmer |  |   |

*Three more farmers were admitted to hospital on Sunday*

After several farmers were admitted to the taluk hospital in Hunsur upon spraying pesticides on field beans (avare), the Mysuru Agriculture Department has sent samples of field beans plants grown in Hunsur and surrounding places to the Pesticide Residue Analysis Laboratory in Bengaluru to check whether or not there had been any residual effect of Lannate 40 SP. Three more farmers were admitted to hospital on Sunday and discharged after getting treatment.

The department sent stems, leaf and pods of the plant to the laboratory for comprehensive evaluation. Incidentally, the price of field beans (avare) has come down substantially in Mysuru and avare is available for Rs. 20 a kg now.

A farmer, Diwakar, died recently after spraying Lannate 40 SP in his fields in Modooru village, about 10 km from Hunsur. Over 81 farmers were admitted after they developed nausea and were discharged after treatment.

A team of agriculture scientists comprising scientists from Mandya had visited a couple of villages, including Modooru, to study the cause behind the farmers falling sick.

Later the team had given a report stating that the farmers had used Lannate 40 SP, which is not a recommended insecticide for the crop. The team observed that Lannate was being sprayed in high concentration, resulting in increased risk to the person spraying the chemical. The team suggested that Lannate would have caused toxicity to farmers who sprayed it and recommended that the department ban the use of the pesticide.

The department is likely to get its report on Tuesday

### **Muthalamada mango orchards still a toxic hub**

*Agriculture Department finds excess use of pesticides*

Mango orchards at Muthalamada remain a 'toxic hub' owing to indiscriminate spraying of hazardous pesticides.

The orchards, which were earlier known for widespread use of the banned pesticide endosulfan, now use other pesticides, including Cymbush, Monocrofos, Talstar, Malathion, Azoxystrobin, Omethoate, Chlorpyrifos and Thiabenzoxazole. Agricultural Department officials conducted a surprise raid on a few mango orchards and godowns on Friday upon receiving evidence of excess use of pesticides, especially in farms leased out to people from outside.

Two godowns that had stocked the pesticides were sealed pending investigation.

"The trend is not confined to Muthalamada. Health-related complications have been reported in Moochamkund, Adavumaram, Narippara Challa, Chulliyarmedu and Mechira. Most pesticides used here are highly poisonous. They are, in fact, substitutes of endosulfan," said S.

Guruvayurappan, a local resident and South India coordinator of Wildlife Protection Society of India.

Muthalamada is one of the largest mango production centres in the country. Its fruits are first to hit the market, by January-end. Last season, containers with Muthalamada mangoes were sent back from the Gulf countries after the samples tested positive for high pesticide content,” said Arumugan Pathichira, a social worker and anti-endosulfan activist. “Here the pesticide is sprayed on trees with the nozzle of the pump directed upwards. The person engaged in spraying gets affected almost instantly,” he added.

“Mangoes estimated to cost Rs.200 crore are exported from Muthalamada every season. In spite of our campaign for organic farming, a number of farmers buy chemical pesticides in large quantities from Pollachi,” said K.D. Kannadas, a farmer at Govindapuram.

Muthalamada has mango orchards spread over 20,000 acres. H. Hanifa, a farmer, said Muthalamada produced almost all the best and most sought-after varieties of mangoes in India — Alphonso, Neelam, Mallika, Malgova, and Chenthooram..

### Commodity prices

Here are the prices of various commodities in Chennai.

Price scale is given as Rs./kg

| Commodity | Quantity | Now | Month ago |
|-----------|----------|-----|-----------|
| Rice      | 1 kg     | 55  | 55        |
| Atta      | 1 kg     | 42  | 42        |
| Rava      | 1 kg     | 52  | 52        |
| Tur Dal   | 1 kg     | 90  | 90        |
| Urad Dal  | 1 kg     | 96  | 96        |
| Channa    | 1 kg     | 80  | 80        |
| Sugar     | 1 kg     | 44  | 44        |

| <b>Commodity</b> | <b>Quantity</b> | <b>Now</b> | <b>Month ago</b> |
|------------------|-----------------|------------|------------------|
| Table Salt       | 1 kg            | 12         | 12               |
| Mustard          | 100 g           | 9          | 9                |
| Dhania           | 1 kg            | 165        | 160              |
| Red Chillies     | 1 kg            | 190        | 190              |
| Garlic           | 1 kg            | 120        | 120              |
| Tamarind         | 1 kg            | 120        | 120              |
| Refined Oil      | 1 ltr           | 168        | 168              |
| Gingelly Oil     | 1 ltr           | 165        | 165              |
| Ghee             | 1 kg            | 450        | 450              |
| Milk             | 500 ml          | 19         | 19               |
| Coffee           | 50 g            | 77         | 77               |
| Tea              | 100 g           | 42         | 42               |
| Health drink     | 500 g           | 184        | 184              |
| Potato           | 1 kg            | 40         | 45               |
| Onion (big)      | 1 kg            | 25         | 30               |
| Tomato           | 1 kg            | 32         | 20               |
| Beans            | 1 kg            | 42         | 68               |
| Carrot           | 1 kg            | 55         | 68               |

| <b>Commodity</b> | <b>Quantity</b> | <b>Now</b> | <b>Month ago</b> |
|------------------|-----------------|------------|------------------|
| Beetroot         | 1 kg            | 40         | 39               |
| Brinjal          | 1 kg            | 25         | 45               |
| Cabbage          | 1 kg            | 38         | 32               |
| Cauliflower      | 1 kg            | 40         | 35               |
| Drumstick        | 1 kg            | 160        | 95               |
| Pumpkin          | 1 kg            | 18         | 18               |
| Banana           | 1 kg            | 33         | 35               |
| Apple            | 1 kg            | 160        | 170              |
| Grapes           | 1 kg            | 60         | 60               |
| Sweet Lime       | 1 kg            | 38         | 50               |

*\*Source: Nathan Enterprises & Kovai Pazhamudir Nilayam, Chennai*

### **No shortage of fertilizers, says District Collector**

Collector K. Maharabushanam has said that there is no shortage of fertilizer in any part of the district and sufficient stocks of fertilizers are available for distribution to farmers for the month of December.

He said that fertilizers were distributed through 210 Primary Agricultural Cooperative Societies and 614 private sellers in the district.

#### **Availability**

For December, 5,000 metric tonnes of urea, 2,500 metric tonnes of DAP, 4,200 metric tonnes of potash and 4,000 metric tonnes of complex fertilizers are available, he added.

Currently, 545 metric tonne of urea, 320 metric tonne of DAP, 379 metric tonne of potash, 735 metric tonne of complex fertilizers are available in the societies while 1,340 metric tonne of urea, 1,125 metric tonne of

DAP, 1,166 metric tonne of potash, 1,796 metric tonne of complex fertilizers, were available with private sellers.

“Sufficient fertilizers are available in the district and officials are monitoring and inspecting the godowns regularly,” he added.

### **Stringent action**

If poor quality of fertilizers is sold and other violations are found, action will be taken under Fertiliser (Control) Order, 1985, he said.

### **Complaints**

Details about fertilizer stock, price can be known by dialling 9944980444 or 9944980421. Complaints can also be lodged in these numbers, he added.

### **Protest against govt.’s ‘anti-farmer’ policies**

Four major farmers groups, the Karnataka Pranta Raita Sangha, the Karnataka Rajya Raita Sangha, the All India Kisan Sabha and the Karnataka Red Gram Growers Association, have protested against the Union government’s new policy on market intervention.

The organisations’ leaders have termed the government’s decision “blatantly anti farmer” and accused the government of helping corporate bodies and MNCs.

State president of the Karnataka Pranta Raita Sangha Maruti Manpade, president of the Karnataka Red Gram Growers Association Basavaraj Ingin and secretary of All India Kisan Sabha Moula Mulla told presspersons here on Sunday that the government, which had announced that it would only support the market intervention of the food grain supplied in the public distribution system, had asked State governments not to announce incentives over and above the minimum support price fixed by the Centre.

They said that the Union government has also asked State governments to desist from procuring the agriculture produce on their own and added that the Centre had threatened State governments with a cut in the grant in the agricultural sector if they violated the Union government’s directions on procuring agricultural produce.

Mr. Manpade said that agriculture was a State subject and State governments should protest against the intervention of the Centre and the decision not to support the intervention in the market whenever the prices of the agriculture produces crashed in the wholesale market.

A delegation of the four farmers' organisations will meet Chief Minister Siddaramaiah in Belagavi on Tuesday and urge him to protest against the anti-farmer policies of the Union government and protect their rights.

They announced a two-phase agitation demanding that the Union government withdraw its decision on the procurement of agriculture produce and demanding that the State government announce the procurement prices for red gram and sugarcane immediately.

They also wanted the government to allocate a minimum of Rs. 10,000 crore as revolving fund to enable timely intervention in the market to stabilise the prices of the agriculture produce.

### **Watershed management project a hit in Thuneri**

The Integrated Watershed Management Programme (IWMP), which was introduced as a flagship project in Thuneri block panchayat to address water scarcity, has made a commendable leap in the region covering around 5,712 hectares of land.

Official figures released by the panchayat authorities say the programme has reaped success in the region by integrating 14 prominent wetlands and boosting ground water recharge within a period of four years.

In Thuneri block, the watershed management project — which mainly works on the concept of linking watersheds to form a network of waterbodies — currently covers Nadapuram, Thuneri, Vanimel, Valayam, and Chekkiyad grama panchayats. Panchayat authorities say that the number of bunds, wells, and rain water harvesting facilities constructed under the scheme in the region has gone up.

### **Ecological balance**

“As envisaged by the Union government, we adopted all possible measures under the scheme to restore the ecological balance to harness, conserve, and develop diminishing natural resources such as soil, vegetative cover, and water,” say the panchayat authorities in their new review report. It also led to rain water harvesting, prevention of soil erosion, and above all, the recharging of ground water table to address water scarcity, they say.

Multi-cropping and introduction of diverse agro-based activities too are likely to get a boost in the project area, as farmers have already been offered special financial support for their ventures. Panchayat authorities say 303 joint liability groups of farmers are ready to take up various cost-effective farming initiatives in the region.

Currently, the project is being monitored by a four-tier management system, including the block-level coordination committee, user groups and the neighbourhood communities. Panchayat authorities attest that a major portion of the Rs.8.56-crore Central aid sanctioned for the scheme has already been utilised for achieving the targets.

### **Farmers plan protest against beverage unit**

*Veteran CPI leader Nallakannu may lead agitation*

Even as a multinational carbonated beverage manufacturing unit that took roots in the district a few years ago is drawing several lakh litres of water from the Tamirabharani, work on establishing two more such companies are in an advanced stage.

While one of the units is being established near Gangaikondan, another one being established near Kodumudiyar dam in the foothills of the Western Ghats, threatening the farming community and the public who are dependant on the reservoir for their water needs. Despite a series of agitations that lost steam in due course, a unit is now producing carbonated beverages by drawing several lakh litres of water from the Tamirabharani.

Consumer activist and advocate D.A. Prabakar has approached the Madras High Court with several “facts” about this beverage unit obtained through Right to Information Act, praying for an order against the company drawing increased quantity of water from the river without conducting any public hearing.

The company’s business rival, also a transnational company, has come to Tirunelveli to set up its unit that would draw the Tamirabharani water. Another company is establishing its unit near Valliyoor. Realising that their existence is threatened by the unit, the farmers approached veteran Communist Party of India leader R. Nallakannu, whose legal intervention stopped sand mining in the Tamirabharani.

According to P. Perumbadaiyar, State vice-president of Tamil Nadu Vivasayigal Sangam, Mr. Nallakannu would lead the agitation to be organised on behalf of the farmers’ movement demanding cancellation of permission granted to the beverage unit as it would seriously affect the livelihood of a few lakh farmers living in Valliyoor area.



He said the company was sinking many deep borewells near Kodumudiyar dam near Valliyoor. Since the company was expected to manufacture beverages by tapping groundwater, over 15,000 acres of cultivable land in this region would become barren.

“Areas such as Valliyoor, Kallikulam, Vadakkankulam and Panagudi are getting water from the wells dug near Kodumudiyar dam. If the company starts production, people living in over 5,000 villages, all getting water from the wells, will have to leave their places as the entire area will become infertile,” Mr. Perumbadaiyar added.

Mr. Nallakannu is expected to lead a hunger strike planned at Valliyoor on Monday.

### **Peri-Metro Vegetable Cluster to**

The Peri-Metro Vegetable Cluster Development Programme that enables farmers to bring their vegetables to collection centres and auction their produce would be established across the district.

Horticulture officials said that the programme was introduced to increase the productivity of vegetables and enable farmers sell their products on their own and make vegetables available to people at affordable cost.

The programme was being implemented across the State through the Horticulture Department. Vegetables are being cultivated in Kolli Hills, Namakkal and Pallipalayam blocks. Hence the programme would be implemented in all other blocks, they added. Farmers who cultivate high yielding vegetables would be given 50 per cent subsidy apart from other training. Interested farmers can approach the Horticulture officials.

*The programme helps farmers sell produce on their own and make vegetables available to people at affordable cost*

### **Rubber growers threaten to boycott domestic tyre makers**

The Indian Rubber Growers’ Association has said that domestic rubber growers will be forced to boycott tyres made in the country and to buy cheaper imported tyres if tyre makers did not desist from import of natural rubber from the international market.

A statement issued by the growers here said the association and different trade bodies representing rubber growers in the country had made a representation before the Directorate of Safeguards, New Delhi, in a bid to protect their interest.

Signatories to the representation include United Planters Association of Southern India; Association of Planters of Kerala; Indian Rubber Growers Association; National Federation of Rubber Producers Society; Association of Latex Producers and Indian Rubber Dealers' Federation. The association said in its statement that the growers condemned the attitude of the domestic tyre makers, who were "trying to cash in on the miseries of rubber farmers who have supported the industry at all times".

### **Price fall**

The drop in the price of rubber in the international market is used by tyre makers to import the raw material and to depress prices here, the statement said.

The association of growers also demanded that the Union government increase the import duty on rubber to 25 per cent as an emergency measure. They appealed to the State government to increase buying from the domestic market to improve the price. Rubber procured by the government could be used for rubberisation of 20 per cent of the roads in the State, the growers suggested.

The growers alleged that tyre makers had been raking in profit to the tune of Rs. 300 crore a quarter riding cheap, imported rubber. It is time that these companies did some introspection and came forward to support the domestic rubber growers.

The bill of entry of imports pointed out that the landed cost of rubber ranged between Rs.135 and Rs.140 a kg whereas the domestic price is Rs. 115 a kg, the growers said in their statement.

***'They are trying to cash in on the miseries of rubber farmers who have supported the industry all through.'***

## Pulses enrich soil as intercrop in rain-fed areas

*It can be turned as green manure*



**INTERCROP BENEFITS**

- Pulses contain **more protein** than any other crop
- Their roots have **nitrogen-fixing** bacteria, which facilitate **soil enrichment**
- Under **National Horticulture Mission**, **Rs. 50,000** is offered as subsidy for a **vermicomposting unit** and **Rs. 8,000** for a **vermi bed**

Farmers in rain-fed areas of the district have cultivated pulses as intercrop in orchards not only for good revenue but also to benefit from pulses' ability to nourish the soil to ensure better yield in the main crop also.

Pulses are cultivated as intercrop in most of the orchards so as to enrich the soil indirectly for enhanced microbial activity as well as crop productivity, thanks to the recent good rainfall. The district has experienced 1,186 mm of rainfall so far against the normal 814.80 mm.

Consequently, farmers have brought 27,744 hectares under horticultural crops, of which fruits account for 17,390 hectares, vegetables 3,690 hectares, spices and condiments 1,470 hectares, plantation crops 4,344 hectares, medicinal and aromatic crops 22 hectares and flowers 1,350 hectares.

Farmers of rain-fed areas in Manur, Melaneelithanallur, Kuruvikulam, Sankarankoil and Alangulam have brought sizable area under pulses, like green gram, black gram, cow pea and horse gram.

As per the revenue statement for November 2014, black gram has been cultivated in 17,919 hectares, green gram in 6,786 hectares, horse gram in 25 hectares and avarai in 1,192 hectares.

“Pulses have a unique built-in mechanism of directly using the inexhaustible stock of nitrogen in the atmosphere. Legumes, especially pulses, are short-duration crops of about 60 to 70 days. The entire crop, after picking the pods, can be turned under as green manure to benefit the succeeding crop,” said S. Raja Mohamed, Deputy Director of Horticulture.

Besides cultivating plants of the legume family, farmers are encouraged to follow organic farming practices such as use of farm yard manures, bio-fertilizers, vermicompost, etc. to enhance microbial activity in the the soil already enriched by pulses cultivation. An orchard grower, S. Sudalai of Melaneelithanallur block, has raised mango and amla in about two acres with drip irrigation. “I expect increased pulses yield this year as we’re being blessed with good rainfall. More importantly, pulses will nourish my soil further to get excellent yield in amla and mango in the years to come,” Mr. Sudalai hoped.

### **Reaping the fruits of community living**



Community-level application of traditional farm wisdom makes the Thayannankudi Muthuvan settlement different.

Traditional farm wisdom and its community-level application make this Muthuvan hamlet, Thayannankudy, Idukki different from other tribal settlements.

The settlement, deep inside the Chinnar Wildlife Sanctuary, has a population of 103, in 38 families, mostly clustered on a hillock near the Chinnar river, a tributary of the Pampar.

The settlement is surrounded by lemon trees, traditionally know to be a bio-fence which deters wild animals. The officials of the Forest Department too say that the bio-fence is a success. It primary prevents wild elephant invasions, they say.

The villagers grow almost all vegetables and follow the shift pattern of cultivation. “After a crop of ‘keppa’ (ragi), beans or other vegetables will be sown in the next round. The ‘keppa’ is entirely for domestic consumption,” says Chandran, the Orrumooppa (tribal chieftain).

The present crop of beans will be ready for harvest by the end of next month. “After harvesting ragi, we leave the fodder on the ground to decay. This makes the land more fertile for the next round of cultivation,” says Maruthamuthu, a member of the community.

All members of the community engage in farming together though the plots are owned by different families. No fertilizers or chemicals are used.

The vegetables are sold at the main market at Udumalpet or Marayur. Chandran says the shift pattern keeps away pests. The Forest Department is planning to market the produce through a network to ensure remunerative prices.

“It may be either clubbed with the exclusive tribal market at Marayur or separately. Discussions are on,” Forest officials say.

The hamlet also rears livestock. There are over 500 goats. The tribespeople take turns to graze the goat and safeguard them from wild animal attacks.

***Community-level application of traditional farm wisdom makes the Thayannankudi Muthuvan settlement different.***

## Climate Summit emits more CO2 than a small country!

*The Lima conference has produced more than 50,000 tonnes of carbon dioxide – more than what Fiji or Barbados produce over the same period of 12 days*



Environmental activists with puppet heads of leaders from various countries  
PHOTO: AP

It may be the greatest irony that the Lima conference, convened to discuss ways of reducing greenhouse gas emissions, has itself generated more such gases than a small country.

Even as the climate talks in the Peruvian capital were hanging in the balance, the conference itself has produced more than 50,000 tonnes of carbon dioxide, the Daily Mail reported.

This was admitted by the UN itself, which means that the Lima summit has had the largest carbon footprint of any meeting in the two-decade history of climate negotiations.

The amount of carbon dioxide produced at the summit is more than the emissions produced by entire nations such as Malawi, Sierra Leone, Fiji or Barbados over the same 12—day period, with the summit drawing over 12,500 politicians, diplomats, climate activists and journalists, according to the report.

The annual UN global climate change talks, or the 20th Conference of Parties (COP) to the United Nations Framework Convention on Climate Change (UNFCCC), started Dec 1 amid hopes for hammering out a new climate deal ahead of the key talks in Paris in 2015.

The summit had aimed to produce a legally binding treaty forcing every nation in the world to reduce greenhouse gases and formulate a deal to replace the Kyoto Protocol of 1997. IANS

## 2NDLD CLIMATE

### DEAL STRUCK

Negotiators on Sunday adopted a compromise draft for national pledges to cut global carbon emissions at marathon UN climate talks here that addressed India's concerns and paved way for a new ambitious and binding deal to be signed in Paris next year to combat climate change. The adoption of the draft was seen as a significant first step towards reaching a global climate change deal in Paris - although delegates feel much of the hard work remained ahead.

The deal - dubbed the Lima Call for Climate Action - paves the way for what is envisioned as the historic agreement in environmental history.

The draft mentioned only that all pledges would be reviewed a month ahead of December 2015 Paris summit to assess their combined effect on climate change. PTI



### Lima climate deal: Hits and misses



Delegates at the climate change conference in Lima. (AP)

After lengthy negotiations, more than 190 countries at the climate conference in Lima agreed on a minimalist text. A look at what was achieved, and what was not.

## **What should count as ‘contributions’ in INDCs**

### ***Countries’ position***

Only mitigation actions, say developed countries. Developing countries demand the full range – adaptation, technology transfer, finance, capacity building

### **Outcome**

No decision. Says all of these “shall” be addressed “in a balanced manner” by the agreement to be arrived at in Paris

## **Climate finance**

### ***Countries’ position***

Developing Countries want the developed world to provide money to the poorer and vulnerable countries to adjust to climate change

### **Outcome**

No mention of this provision

## **Assessment of INDCs**

### ***Countries’ position***

India, US and many others not in favour of any assessment, EU strongly favours it

### **Outcome**

Only a “synthesis report” on the aggregate effect of INDCs to be prepared

## **CBDR**

### ***Countries’ position***

Developing countries strongly in favour of differentiation

### **Outcome**

Finds an explicit mention but with the caveat that this should be done “in light of different national circumstances”

## **Loss and damages**

### ***Countries’ position***

Developing countries want support for loss and damages arising out of any event attributable to climate change

### **Outcome**

Not there in earlier texts but included in final outcome in the preamble

## **Pre-2020 emission reduction**

### ***Countries’ position***

Developing countries want the rich nations to enhance their emission reduction targets in the period before 2020

### **Outcome**

“Reiterates its resolve” to enhance ambition

“This is not the best text that we could have had. But it is certainly the best that we could have secured in the circumstances.”-Prakash Javadekar, Environment Minister



“Although the EU wanted a more ambitious outcome from Lima, we believe that we are on track to agree a global deal in Paris next year.”- Miguel Arias Canete, EU Commissioner for Climate Action and Energy

## Chennai - INDIA

### Today's Weather

Clear

Rain: 0

Humidity: 89

Wind: normal

### Tomorrow's Forecast

#### Monday, Dec 15

Max 29°  
Min 24°  
Sunny

Sunrise: 06:22

Sunset: 05:44

Barometer: 1014

#### Tuesday, Dec 16

Max 29°  
Min 23°

### Extended Forecast for a week

Wednesday  
Dec 17



30° | 23°

Cloudy

Thursday  
Dec 18



30° | 23°

Cloudy

Friday  
Dec 19



27° | 25°

Sunny

Saturday  
Dec 20



27° | 25°

Partly Cloudy

Sunday  
Dec 21

26° | 25°

Partly Cloudy

### **Winter recipe: Sarson da saag, makki di roti**

*In Punjab's food culture, the prominent names that come to mind whenever Punjabi gourmet is mentioned are tandoori chicken and butter chicken.*

But one thing that remains evergreen, literally, is the traditional Punjabi dish of sarson da saag with makki di roti.

Come winter and every Punjabi household, eateries and most roadside dhabas have their fill of this iron-rich, calorie rich dish. In many households, the dish becomes a staple diet for the winter - a thing that can be had any time - be it breakfast, lunch or dinner.

The dish is made from sarson or mustard leaves to which smaller quantities of paalak (spinach) and bathu (wild spinach) are added. The sarson leaves are washed properly before being shredded and then pressure-cooked. The flavour of the dish comes from the Tadka, which is an art itself and has to be good.

The saag dish is not complete without dollops of butter - be it the home-made white butter or the salted one. One does not have to be calorie-conscious to savour this Punjabi delight. The dish is served with makki di roti, made from corn flour, which makes it a complete package.

"In winters, people love to have sarson da saag and makki di roti. A majority of farmers grow mustard in the fields along with the wheat crop. In rural areas, the dish is very popular," farmer Swaran Singh of Fatehgarh Sahib district told IANS.

He and other farmers bring their sarson produce to markets and Chandigarh and adjoining places to sell.

"I love to have sarson da saag and makki di roti during winter. Nothing can beat it," Manjeet Paintal, a resident of Sector 11 in Chandigarh, said.

The rest, as they say, can only be savoured and not be written in words.

### **Ingredients:**

Mustard leaves (stems peeled) 1.5 kg

Spinach - 300 gm

Wild spinach (bathu) - 200 gm

Corn flour - 50 gm (for saag)

Corn flour - 300 gm (for 6 rotis)

Green chillies (4-5) or as per taste

Garlic - 20 cloves

Onions - 2 medium size

Ginger - 100 gm

Turmeric - A teaspoon

Water - 1 cup

### **Method:**

Wash and clean the mustard leaves, spinach and wild spinach. Cut finely. Stems of mustard have to be peeled before cutting.

Pressure cook these for one hour approximately. Put in ginger and 10 garlic cloves along with the leaves. Let it cool for some time.

Take out the mixture and put it in a blender with 50 gm of corn flour and churn for 30 seconds. Mixture should remain a little lumpy.

Heat oil/ghee in deep frying vessel. Put 10 cloves of finely chopped

garlic. When brown, add finely chopped onions and green chillies. When onions turn dark golden, add the saag mixture, salt (to taste) and turmeric.

Add red chilly powder (optional).

Let it cook for 30 minutes till it comes to required consistency to eat.

Serve steaming hot with melted ghee (clarified butter), home-made butter or salted butter.

Served with corn flour rotis.

[Recipe: Zeera puffs](#)

*Crisp onion seed flavored puffs*

**Recipe Ingredients:**

Sea salt to taste

Caster sugar

Cumin seeds

Nigella seeds (optional)

Carom seeds (optional)

Flour - 170 g

Salt - 5 g

Water - 120 ml (change as per need)

Fat - 115 g, at room temperature

### **Recipe Method:**

Mix the flour and salt together in a large bowl. Gradually stir in water until the dough holds together enough to clean the sides of the bowl. Shape into a flat ball, and allow resting for at least 8 minutes. Place the butter between two pieces of plastic wrap and pound into a flat disc using a rolling pin or other heavy object.

Refrigerate until firm, about 15 minutes. On a lightly floured surface, roll out the dough into a large rectangle about 1/2 inch thick. Place 1/4 of crumbled fat (chilled) in the center and fold the two ends over it so that it is completely encased in dough. Roll out the dough again, taking care not to let the fat break through the dough, to about 1/2 inch thickness. Fold into thirds. This is the first "turn". Rotate the dough 90 degrees and roll out into a rectangle again. Fold into thirds i.e. 2nd turn.

By this time the fat is starting to warm up. Wrap in plastic and refrigerate for at least 10 minutes. Repeat this rolling, folding and turning one more time with fat and then without fat. Wrap and refrigerate. The dough is now ready to roll out and use in any recipe calling for puff pastry. Roll the dough out as thin as 1/4 inch to make pastries into a large rectangle/square shape.

Preheat oven to 200°C

Open out the dough sheet onto a flat surface. Sprinkle over sea salt and sugar according to taste. Sprinkle over the cumin seeds, nigella seeds and carom seeds. Roll over the pastry with a rolling pin so all seeds are pressed into the dough. Cut out with a knife or using a cookie cutter. Place all the cut outs onto a lined baking tray. Bake for 10-12 minutes or until the puffs are even golden and crispy.

## Recipe: Secret to fluffy omelettes

*With the right ingredient and cooking utensils it's easy to make a great omelette*

The ubiquitous omelette is a significant part of the biggest meal of the day -breakfast. But now many of us know how to get the fluffy quotient of it right.

Sometimes inadvertently it becomes too soggy and breaks before you can shift it from the frying pan to the serving dish and at others it is too flat. Getting it fluffy and melt in your mouth right is a skill that can be easily perfected with some quick practice and handy ingredients

### **Ingredients:**

**Butter:** Use a bit of butter (1 tsp) in your omelette before you start whisking it in with salt and pepper. Beat continuously until the batter is frothy.

**Cream:** Fresh whipped cream (unsweetened) (1 tsp) is also a good ingredient to add to the omlette before you whisk it.

**Pancake batter:** Believe this, pancake batter (basic pancake batter needs: a tbsp flour, 2 tbsp milk, 1 tbsp melted butter to be mixed or you could buy the mix from a supermarket ) makes omelettes very fluffy. Break eggs (usually 2 eggs make a nice fluffy omelette, but you can use more depending on how many you want to eat)into the bowl, add milk and pancake batter. Beat with a fork.

Whip the egg white separately and then fold in egg yolk in that mixture for best results. You can add cream to the egg whites to make them fluffier and then add the yolk to the mix.

**Water:** You could add a tsp of water in the mix too!

**Method:**

Beating the egg mixture vigorously either with a fork for 1 minute or with a hand blender can give you a fluffy result.

Fry your omelette in butter over vegetable oil if possible at medium flame. Add the egg mixture only when the butter's foam dies. Leave the mix on the pan for 15-20 seconds.

Now add the cheese, tomato, grated onion, chillies, mushroom or any other filling.

Draw in the sides of the eggs to the centre and shake the pan to distribute the egg evenly. The omelette is done when it is runny at the centre.

The average cooking time for a good omelette is between 1.5-2 minutes.

Be sure to take it out immediately off the pan once it's cooked and serve piping hot.

[Recipes for tea party](#)

**Cucumber Tea Sandwich**

**Ingredients:**

16 slices of wheat bread 1/2 cup of butter softened 2 tbsp chopped fresh chives 2 tbsp chopped fresh parsley 2 tsp lemon juice 1 medium cucumber thinly sliced carrot curls

**Method:** Remove sides from bread slices and cup them into the shape of your choice. In a small bowl, combine butter, chives, parsley, lemon juice and salt to taste. Blend well. Spread the herb butter mixture on each slice. Top with cucumber slice, close the sandwich and garnish it with a carrot curl.

### **Oatmeal Fruit Cake**



**Ingredients:** 1 1/2 cups oats 1 cup flour 3/4 teaspoon salt 1/2 tsp baking soda 1/4 tsp ground cinamon 250 gms unsalted butter at room temperature 1 cup sugar 1 tsp vanilla 1 egg 1/3 cup raisin 1/3 cup chopped dates 1/3 cup chopped dried apricot

#### **Method:**

Preheat oven to 325 degrees Fahrenheit. Butter 13x9 baking pan. Combine oats, flour, salt, soda and cinnamon. In another bowl, beat butter, sugar and vanilla until light and fluffy. Beat in the egg.



Beat in oat mixture and add the remaining ingredients. Spread evenly in a baking pan and bake until golden brown, for around 35-40 mins. Cool completely and cut into squares or triangles.

### 5 herbs that can add flavour to any juice

*Herbs can lend a refreshing taste to mocktails as well as fresh fruit juices*

**Mint:** Mint leaves have a pungent but pleasant menthol flavour, with a sweetish aftertaste. Mint goes well with most fruits, so add this to your guava, peach, apple and sweet lime or pomegranate juice. Always serve chilled.

**Basil:** Fresh green and aromatic basil also offers several benefits. For one, it is an anti-oxidant. It also helps with respiratory problems and indigestion. To use it, simply tear a few basil leaves and add them to your juice. A great morning pick-me-up is chilled orange or watermelon juice with some cinnamon and basil leaves.

**Lavender:** You may not know this, but the herb lavender has a sweet floral aroma and pairs well with mint. The leaves can be used with strawberries, peaches and lemonade gets a nice burst of flavour when you add a few sprigs of fresh lavender to a glass.

**Lemongrass:** This one can be bought at any local market. Aromatic lemongrass not only adds flavour to a soup or hot tea but it's a nice addition to a fresh orange or pear juice. Remember, when you buy lemongrass, ensure its base is intact.

**Kaffir lime leaves:** Tangy kaffir lime leaves can be used to liven up any citrus juice. Just add the leaves on their own or them into smaller pieces.

## Recipe: Tamarind chutney

*Sweet Tamarind and Jaggery Chutney.*

**Preparation time:** 15 minutes

**Cooking time:** 20 minutes

### **Recipe Ingredients:**

1 cup Tamarind

1½ cup Jaggery

1tbsp Raisins

½tsp Black salt

½tsp Red chili powder

½tsp roasted Cumin powder

½tsp Red chili powder

½tsp nigella seeds

½tsp fennel seeds

1tsp oil

### **Recipe Method:**

Soak the tamarind (without seeds) in two cups of warm water for half an hour. Extract pulp and strain to remove fiber.

Heat the oil in a heavy-bottomed pan. Add the fennel seeds and nigella



in another bowl, slowly adding cream and the granulated sugar to it as well as a small part of the egg-whites. Add the vanilla extract too. Pour it into a baking dish and bake for about an hour. While this is happening place a pan on medium heat and cook the strawberries, sugar, lime juice and a pinch of salt and cook slowly for about 40 minutes. At the end, add in the cream and sugar. Pour this over the warm cake. Top with whipped cream. Cool and enjoy.

## **Raspberry Tart**

### **You will need**

Milk - 1 cup Vanilla extract -  $\frac{1}{4}$  tsp Sugar - 3 tbsp Egg yolks - 2 Flour -  $1\frac{1}{2}$  tbsp Raspberry pulp - 2 tsp Cream -  $\frac{1}{2}$  cup Raspberries - 2 cups Pie crust – 1

### **Method:**

Warm the milk and add the vanilla extract to it. Keep aside. In a bowl, whisk the egg yolks ad sugar and add the flour to it as well as the vanilla extract. Boil this and take it off the heat. Add in the raspberry pulp. Keep aside and once cool. Pour the mix into a pie crust and top with whipped cream. Add raspberries on the top.

### [Drinks Recipe: Pineapple ginger lemonade](#)



*Recipe: Pineapple ginger lemonade (Thinkstock Photos/Getty Images)*

*It is another refreshing drink for the summers*

**Ingredients:** One pineapple (chopped into big pieces), ginger, two tbsp lemon juice, three tbsp honey, three cups water, ice cubes.

**Method:** Mix all these ingredients in a cup of water and put in the blender, blending until it becomes smooth. Use the strainer to strain them and dilute with water. Serve chilled.