

DATE:14.01.2015

THE HINDU

Training on hybrid watermelon cultivation

A training programme on recent techniques in hybrid watermelon cultivation would be conducted at Krishi Vigyan Kendra in Veterinary College and Research Institute premises here on January 22.

A press release from Dr. B. Mohan, Programme Coordinator, said that the training would be provided on planting methods, integrated nutrient management, weed management, use of fertilizers, prevention of infection of crops and other technical aspects for enhancing the productivity.

Farmers, women, youth and interested persons can participate in the training to be held at the centre from 9 a.m.

Registration

For registration, call 04286-266345, 266244 and 266650, the press release adds.

No takers for millets, maize: ryots block traffic

Farmers attached to the Ulundurpet Regulated Market Committee blocked traffic in front of the committee premises to voice their disillusionment with lack of demand for their produce on Tuesday.

The farmers from at least 30 villages, including Thirunavalur Ulundurpet, Elavanasurkottai and Kalamarudhur, were bringing their produce such as paddy, horsegram, maize and other millets to the market committee. However, of late, the traders were evincing keen interest in buying only paddy and were shunning other foodgrains. It had caused displeasure and disappointment among those farmers who were burdened with unsold stocks for the past three months.

Committee blamed

They blamed the market committee for such an unavoidable situation.

They opined that if at all the officials of the market committee took any semblance of efforts to bring traders from other parts of the district, they could have easily sold their produce. Therefore, out of frustration they blocked the vehicular traffic on the Chennai—Tiruchi National Highway.

On information the police reached the spot and asked them to disperse.

The farmers then besieged the market committee office and only on the assurance of the Superintendent of the committee, Gunasekaran, that steps would be taken to find takers for all foodgrains, they dispersed peacefully.

Traders are evincing keen interest in buying only paddy and shunning other foodgrains

Kerala seeks Centre's help on Mullaperiyar dam issue

Kerala Chief Minister Oommen Chandy and Leader of the Opposition V.S. Achuthanandan called on Prime Minister Narendra Modi on Tuesday, seeking Centre's intervention in the Mullaperiyar dam issue and the crisis faced by rubber farmers.

The two Kerala leaders called on Mr. Modi based on a decision taken at an all-party meeting held on November 26.

The two leaders demanded the Centre's intervention, through a change in import policy, to control the fall in rubber prices.

CWC experts should study dam safety

As for the Mullaperiyar dam issue, they demanded that a panel of experts from the Central Water Commission (CWC) be set up to study the safety of the dam.

The Supreme Court had, in May, allowed Tamil Nadu to increase the water level from 136 feet to 142 feet and said that the dam was safe. Following this, a lot of fear and concern had been raised by people living in and around Idukki district.

Meet Jaitley

Mr. Chandy and Mr. Achuthanandan also met Finance Minister Arun Jaitley and Railway Minister Suresh Prabhu. The Chief Minister also discussed Kochi's non-inclusion in the draft civil aviation policy, which plans to develop only six major airports as international travel hubs.

He also asked for a bigger allocation for Kerala in the upcoming railway budget.

Mr. Chandy also made a representation regarding the closure of the Plachimada Coca Cola factory in Palakkad.

The Kerala Assembly had earlier passed a resolution that the factory should pay its workers compensation.

Month-long biodiversity fest kicks off in Medak today

The 16th Mobile Biodiversity Festival celebrations of the Deccan Development Society (DDS) will be flagged off on Wednesday from Hoselli village in Nyalkal mandal and will culminate in festivities at DDS's Green School in Machnoor on 13th February.

Spreading the message

The month-long festival, which seeks to spread environmental spirituality, will be marked by a set of specially-designed bullock carts carrying seeds of local crops passing through the mandal headquarters in Jharasangam, Nyalkal, Raikode and Zaheerabad.

The caravan will be accompanied by folk singers, dancers and other local performers. Public meetings will be held in each mandal to discuss the importance of biodiversity and local seed varieties.

In attendance

The programme will witness the participation of Director of the Centre for Economic and Social Studies (CESS) S. Galeb, senior scientist at the Centre for Cellular and Molecular Biology (CCMB) G. Umapathy, political activists from Germany Andreas Riekeberg and Franziska Schiessl and Bhanumathi Natarajan of the Women's International League for Peace and Freedom (WILPF), Norway.

Exhibition on food adulteration

An exhibition on food adulteration commenced at the Food Science and Technology College in Guntur on Tuesday. Inaugurating the event, Acharya NG Ranga Agricultural University registrar T.V.V. Satyanarayana said that consumers should be aware of adulteration of various food items, check them and protect their health.

'Farmers have not been compensated'

Pointing his finger at Minister for Water Resources M.B. Patil for not booking criminal cases against the contractor and government officials responsible for the breach of 9A Distributory of Narayanpur Right Bank Canal and for not paying compensation to the farmers who have lost their standing crops on 334 acres in the incident, Leader of the Opposition in the Upper House of State legislature K.S. Eshwarappa said that the Irrigation Minister was "insensitive and irresponsible".

Addressing a media conference at Inspectors' Bungalow here on Tuesday, he charged that the Irrigation Minister had not visited the spot. The 29.15 km-long distributory, which is designed to irrigate 38,000 acres of agricultural land with a capacity of 350 cusecs of water flowing, breached when only 50 cusecs of water was released into it for trial, he said.

“One then can understand what would happen if 350 cusecs water is released to the canal. Poor quality of construction is undoubtedly a primary cause for the breach. Yet, the concerned engineers and contractor were not booked even over a month after the breach. The government has not paid compensation to the farmers who suffered losses ,” he said.

An objective inquiry into the issue by a third party would reveal the nexus between the Irrigation Minister and the contractor, he said.

He demanded that criminal cases be booked immediately against the responsible officers and contractor.

The small farmer

Feroze Varun Gandhi's article, “[An uncertain Hobbesian life](#)” (Jan.13), gives heart to young voters like me. The young leader has attempted to delve into the maladies of the “Hobbesian” life of Indian farmers. He, however, ends up singing the same old tune on the need for subsidies for viability gap funding, a criticality of loans and an upgradation of funds for agriculture-related research. It seems from his analysis that the troubles of the Indian farmers start and end at production risks.

The issue facing the Indian farmer has more to do with market risks such as uncertain markets, inefficient supply chain infrastructure and substandard agriculture produce mostly unfit for remunerative prices. In addition, agricultural research in the country has long been plagued by a lack of extension. The young politician has failed to shed any light on these. One is bound to be disappointed as there is a lack of innovative thinking; this when “innovation” seems to be the buzzword everywhere.

Uphar Kaushal,

Kolkata

THE HINDU BusinessLine

Cleaning of 6,000 tonnes of tainted pepper from tomorrow



Kochi, January 13:

Some 6,000 tonnes of pepper, valued at Rs. 450 crore at current prices and locked up in warehouses in Kerala for being found tainted, could be released in the open market soon as its cleaning will begin this week.

The first lot of 60 tonnes of the pepper contaminated with mineral oil will leave Kochi on January 15 and from then onwards a similar volume of pepper would be transported daily to Walayar in Kerala's Palakkad district, FSSAI officials said.

The Food Safety and Standards Authority of India (FSSAI), Kerala, has outsourced for the cleaning of the entire volume of contaminated pepper to Indian Products Limited (IPL).

High Court directions

Speaking to *BusinessLine*, TV Anupama, Commissioner, FSSAI, Kerala, said Assistant Commissioners in Kochi and Palakkad will handle the operations.

She said the cleaning of the entire volume of the pepper will be done according to the directions of the Kerala High Court. Samples would be

drawn from each lot and tested in various government laboratories in Kerala.

The Kerala High Court, disposing of a writ petition on August 28, 2014, ordered the FSSAI to allow the National Commodities and Derivatives Exchange to clean the pepper without prejudice to the exchanges' rights/claims etc, against any party for the costs incurred.

"All the owners of the pepper lots have been notified of our decision," K Ajith Kumar, Assistant Commissioner, Kochi said.

The IPL has developed its own technology to clean the pepper using a food grade detergent, he said.

Around 200 tonnes of pepper from the stock were released in recent months, following clearing of counter samples held by some members of a cartel in three instalments, after reportedly testing them at a Public Analysts Laboratory in Kolkata.

The Commissioner said the parties have done it after getting permission from the higher Appellate authorities.

Environmental concerns

Meanwhile, environmental activists in the region have come out against the cleaning of such huge volume of pepper using "heavy doses of detergent". They alleged that it would "pollute their surroundings apart from exploiting the region's water resources".

When asked for her reaction, the Commissioner said the FSSAI is carrying out the High Court's order. "We have not received anything in writing about such issues," she added.

Maharashtra asks sugar mills to pay fair price for cane

State government threatens to seal sugar factories' warehouses within a week



Notices have already been issued to some 119 mills in the State.

Mumbai, January 13:

The ongoing sugar season has turned bitter for the sugar mills in Maharashtra. The State Government has threatened them with punitive action if they don't pay the Fair and Remunerative Price (FRP) to sugarcane growers. Notices have already been issued to some 119 mills in the State.

The FRP is the benchmark price set every year by the Centre. This year, the price has been set at Rs.2,641 per tonne of sugarcane but mills in Maharashtra are saying that they are unable to pay the price because of bearish market conditions and glut in the international market.

Penal measures

Maharashtra's Minister for Cooperation Chandrakant Patil said that State Government could seal the warehouse of sugar factories in the next seven days and auction the sugar so that the FRP can be paid to the growers.

Farmers are supported by Swabhimani Shetkari Sanghatana leader and Member of Parliament Raju Shetti. He told *BusinessLine* that the mills cannot simply evade from their responsibility of paying FRP to the farmers.

"The State Government is intervening in this matter and in two days some solution will have to be worked out," he said.

Since the sugarcane season began in October, 174 sugar factories have crushed about 39.7 million tonnes of sugarcane to produce four million tonnes of sugar.

Maharashtra has also decided to waive sugarcane purchase tax worth Rs. 875 crore.

Cooperation Secretary of Maharashtra SK Sharma said that law is very clear on the payment of FRP.

Union Minister of State for Food and Public Distribution Raosaheb Danve said the country has carryover stocks of about 70 lakh tonnes of sugar. Along with that, this year's production stands at about 250 lakh tonnes. In effect, while supply is about 320 lakh tonnes the country's consumption is 240 lakh tonnes.

Surplus stock

Therefore, there is surplus stock in the market. To add to it, there is excess production in the international market too.

Therefore, mills will have to export sugar for which they will require a subsidy of Rs. 4,000 subsidy per tonne.

"I have spoken to the Chief Minister and soon we will be meeting the Union Finance Minister for a solution," he said.

Global black tea production down

Coonoor, January 13:

Contrary to the earlier estimates showing an excess supply of black tea in the global market, the latest compilations place the 2014 calendar global tea production at 8.02 million kg (mkg) lower than 2013.

Global black tea production dropped to 2019.13 mkg last year from 2027.15 mkg in 2013.

India's production dropped by 16.06 mkg to 1127.21 mkg. Uganda lost 8.76 mkg to produce 30.38 mkg.

According to the Tea Board of India, production was down in both North and South India.

While North India lost as much as 15.80 mkg, South India lost 0.26 mkg. Kenya gained 9.30 mkg to produce 400.03 mkg, Malawi 3.40 mkg to reach 43.04 mkg and Sri Lanka 2.52 mkg to total 312.29 mkg. However, these increases were inadequate to offset the loss in India and Uganda.

Winter chill hits Kerala tea output



Kochi, January 13:

The sudden and unprecedented dip in mercury levels in Munnar since Sunday has affected tea production.

Kanan Devan Hills Plantations Co (KDHP), which has the highest number of tea gardens in the region, is the most affected.

Large area affected

With temperatures falling as low as minus two degree Celsius, tea production of about 6-7 lakh kg and tea leaves ready for plucking in about 400 hectares in the region have been affected. The Munnar area contributes nearly half of Kerala's total tea production of 63 million kg.

Chacko P Thomas, Managing Director, KDHP, said the impact will last for the next three months. "We expect production to drop at least 10-15 per cent in the January-March period," he said.

Last year, KDHP produced 20 million kg. Though the figure is expected to remain the same, the company fears the net profit to be much lower than last year's figure of Rs. 23.94 crore.

Cotton body keeps output unchanged

Coimbatore, January 13:

Indian Cotton Federation (formerly South India Cotton Association) has maintained the cotton crop at its earlier estimate of 406 lakh bales for the 2014-15 season.

The Federation, according to its President J Thulasidharan reviewed the position last week after assessing the loss due to crop damage, water shortage and reports of low yield in certain pockets.

The Federation's assessment shows that in the northern cotton belt comprising Punjab, Haryana and Rajasthan the yield would sustain at 54 lakh bales, while in the central zone comprising Gujarat, Maharashtra and Madhya Pradesh, it would hover around 229 lakh bales and in the South at 115 lakh bales; Odisha and others would account for 8 lakh bales to take the total crop production estimate to 406 lakh bales.

Higher copra arrivals set to cool coconut oil



Kochi, January 13:

The commencement of the coconut season in Kerala since January has kindled hopes among traders for a fresh market revival in coconut oil.

Thalath Mahmood, Director, Cochin Oil Merchants Association (COMA) said that arrivals of edible copra were good. Coconut oil prices, now ruling at over Rs. 13,000 per quintal, are likely to come down shortly.

Consumption affected

According to him, high prices have affected domestic consumption considerably in the recent past, with consumers shifting to cheaper edible oils.

Meanwhile, the market is ruling steady with a prices touching Rs. 13,700 per quintal in Kerala, an increase of Rs. 100 compared with last week. Bharat Khona, former Board Member, said that copra market is still ruling higher though the season has begun. Prices are expected to fall once supply improves.

However, Coconut Development Board officials differed, pointing out that only Kanyakumari reported a slight improvement in production.

Jeera, turmeric to become spicier on short supply



Jeera may top Rs. 18,000/quintal later this year; turmeric could touch Rs. 11,000

Among agri-commodities, cumin seed (jeera) and turmeric prices surged sharply last month. In the spot market, they began the year with monthly gains of over 20 per cent and 25 per cent, respectively.

In the derivatives market (NCDEX), jeera prices rose 28 per cent to Rs. 15,650/quintal and turmeric prices increased to Rs. 8,990, up 42 per cent in December.

In the first half of 2014, prices of these spices witnessed a downtrend due to higher carryover stocks and arrivals, following two consecutive years of record production.

But prices moved up in the second half on good and persistent export demand, reports of crop damage and lower acreage in the country.

Jeera prices increased by 32 per cent since September on better export demand and tight supply in the spot market.

During the same period, turmeric prices also surged by about 40 per cent on account of high export demand and lower than expected acreage.

According to the data, jeera, a rabi crop, has been sown on 2.64 lakh hectares (lh) this year in Gujarat compared with 4.54 lh during the same period a year ago. In Rajasthan, it has been sown on 3.39 lh this year against 3.90 lh last year.

Decline in acreage

According to trade sources, sowing of jeera in Gujarat and Rajasthan has been affected due to erratic monsoon and farmers fetching low prices in the last two years.

Jeera is sown from October till the beginning of December and harvesting starts in February. March-April will be the months of peak arrivals.

Meanwhile, late withdrawal of South-West monsoon this season resulted in increased soil moisture, which is not beneficial to cumin seeds.

Jeera is also sensitive to variations in sowing period and expected rains during the harvesting period (February to March) might affect the quality. Farmers in Gujarat have moved to more remunerative crops such as coriander, fennel and potato.

Tamil Nadu and Karnataka recorded lower acreage in turmeric last year, down 6-10 per cent year-on-year due to delayed monsoon and poor price realisation last year.

Meanwhile, acreage in Andhra Pradesh (including Telangana), has gone up by 8-10 per cent, compared with last year, along with concerns over crop loss due to cyclone Hudhud that hit the State in October.

The extended monsoon has further reduced the prospect of good production in Maharashtra, Andhra Pradesh and Karnataka. Thus, the production is likely to be down by about 15-18 per cent compared with last year.

Export demand

Latest data from the Spices Board point out that exports of jeera and turmeric have been encouraging. During April-September of the current fiscal, 87,500 tonnes of jeera were exported, up 24 per cent against 70,243 tonnes in the same period a year ago. The surge in export demand has been largely due to restricted supply from Syria and Turkey due to geopolitical tensions in the region. Turmeric exports increased by 10 per

cent during the period to 43,000 tonnes due to increase in medicinal, textile and cosmetic usage.

Outlook

Jeera and turmeric prices are likely to firm up in the coming months on short supply and robust demand.

Further, lower carryover stocks and concerns over production estimates will also lead to spice up the prices of both the commodities.

Currently, jeera February contract on the NCDEX (CMP: Rs. 15,590/quintal) is down about one per cent week-on-week.

The selling pressure has been attributed to conducive weather and recent good rains in parts of Rajasthan and Gujarat. But, expect jeera prices to pick steam later this year and may touch Rs. 18,000 levels.

Turmeric April futures on the NCDEX (CMP: Rs. 8,980) traded lower by one per cent week-on-week mainly due to profit-booking by traders at higher levels. Expect prices to touch Rs. 11,000 on the strong fundamental factors.

The writer is Associate Director – Commodities & Currencies, Angel Broking Pvt. Ltd. Views are personal.

India's oilseed production should be linked to food security, says industry

Mumbai, January 13:

India has become the largest importer of edible oil. The country imported around 11.8 million tonnes of edible oil from October 2013 to November 2014, a record in itself, according to industry sources.

This year, unfavourable weather conditions ensured a 26 per cent increase in edible oil import in November itself. Market sources state that imports are expected to further increase to an all-time high to 13 million tonnes of edible oils for the year that started from November 2014.

Commenting on the escalating situation, Managing Director of Puri Oil Mills, Vivek Puri said that India needs to take a leaf from countries like Malaysia and Italy, who have managed to sell their edible oil worldwide, in a decision that has helped contribute to their economy.

Alarming dependency

In a statement, he added that the nation's dependency on imported oil is expected to reach alarming levels up to 60-65 per cent.

“The Centre should formulate encouraging policies like Malaysia and Italy for edible oil so that farmers, consumers and manufacturers can benefit from it,” he said. Commenting on the increase in edible oil imports, Puri added in the statement, “Oilseed production does not get appropriate incentives and encouragement. Due to the free trade agreement with ASEAN countries, there is a huge influx of palmolive

and soybean oil from countries like Malaysia and Indonesia in the Indian market at very low prices.”

Stating that there has been a huge increase in the production of oilseeds and edible oil in the international market as well, Puri added that this has resulted in a sharp decline in international edible oil prices.

Reduction in Rabi

He added that due to El Nino, the sowing of Rabi crops has drastically decreased.

According to latest data, about 511 million hectares has Rabi sowing, 5 per cent lower than the previous year. Mustard oilseeds sowing acreage has also decreased by about 5-7 per cent. Puri added that the new technology and the use of high yielding varieties could give a fresh boost to the country’s farming system, as well as the indigenous edible oil Industry.

The nation’s dependency on imported oil is expected to reach alarming levels up to 60-65 per cent



Lohri special: Make Til Dry Fruits Barfi at home



This barfi made up of sesame seeds, jaggery and dry fruits is a perfect Lohri recipe and is good for your health too. Make it today, and store it for 2 months.

Ingredients

1 cup (150 grams) Sesame seeds
1 cup (50 grams) (grated) dry coconut
2 cup (400 grams) jaggery
1/2 cup (50 grams) walnuts
1/2 cup (70 grams) cashews
1/2 cup (70 grams) almonds
2 tbsp Desi ghee
4-5 Green Cardamom

Method

- * Place sesame seeds in a wok and roast until they change slightly in color.
- * Keep the flame medium and take out roasted sesame seeds in a plate.
- * Add ghee in a wok and place jaggery into it. Cook on medium flame until jaggery melts completely. Chop cashews and walnuts in small chunks. Peel cardamom and make powder. Grind the almonds in mixture grinder to make powder.



Add ghee in a wok and place jaggery into it. (Source: nishamadhulika.com)

- * When jaggery is melted completely, turn off the flame. Now add sesame seeds and all dry fruits into it and mix well. Pour this mixture in plate greased with ghee to set.



Add sesame seeds and mix (Source: nishamadhulika.com)

* After mixture gets bit frigid or after 5 minutes, make marks on barfi for making pieces. When barfi is completely set, take out barfi from plate.



After mixture gets bit frigid or after 5 minutes, make marks on barfi for making pieces (Source: nishamadhulika.com)

* Til dry fruits barfi is ready. When barfi is frigid, store it in any container and relish eating for upto 2 months.

Suggestion:

* You can use any other dry fruits as per your taste and skip the use of ones you don't like.

* Quantity of jaggery can be increased or decreased as per your taste.

Chennai - INDIA

Today's Weather



Sunny

Rain: 0

Humidity: 70

Wind: normal

Tomorrow's Forecast

Wednesday, Jan 14

Max

28°



Partly Cloudy

Min

23°

Sunrise: 06:35

Sunset: 06:00

Barometer: 1015

Thursday, Jan 15

Max

29°

Min

21°

Extended Forecast for a week

Friday
Jan 16



29° | 20°

Partly Cloudy

Saturday
Jan 17



26° | 23°

Partly Cloudy

Sunday
Jan 18



27° | 25°

Partly Cloudy

Monday
Jan 19



27° | 26°

Partly Cloudy

Tuesday
Jan 20

27° | 26°

Partly Cloudy



THE TIMES OF INDIA

Make fresh mussel soup this winter

Winter is a great time to eat mussels. While mussels can be harvested all year, most of them are gotten in the winter when the taste and quality of the meat is best.

Cold season is known to produce some great shellfish. So, if you don't want to spend a lot of time cooking mussels, making a tasty soup out of one is ideal too. Here's how you can go about making some tasty grub without too much effort.

Ingredients

Take around 2 kilo of mussels and clean them

2 onions peeled and diced.

2 garlic cloves, minced

2 limes freshly squeezed

2 green onions

1/2 tea spoon cayenne pepper

3 tablespoon butter

Parsley leaves

Salt and pepper to taste

Method

Put the cleaned mussels, wine and the onions in a pan and cook for five minutes with the lid on. You can put the heat low soon as the mussels open up a bit.

Put the mussels, wine and shallots in a saucepan and turn the heat to high. Cover and cook, shaking occasionally, just until the mussels open, about 5 minutes. Strain the mussels from the cooked, watery broth and set aside.

In a separate pan, heat the butter and add chopped green onions until five minutes. Put in the minced garlic, cayenne pepper, mussel broth and two cups of water. Heat until it boils, then turn off the heat and add lemon juice, salt and pepper.

Serving

Arrange the mussels in soup bowls and pour the soup over them. Garnish with parsley and serve.

Recipe: Healthy oat and honey balls

Do you have those sweet tooth cravings often? Well why not choose something healthy to curb those cravings? Here's a healthy yet satisfying recipe that adds as a power snack along with giving you a sweet mouth.

Ingredients:

2 ½ cups oats (regular or quick-cooking)
½ cup raw pumpkin seeds
½ cup raisins
2 tbs. raw sunflower seeds
1 tsp. cinnamon powder
1 cup plus 1 tbs. honey
2 tbs. condensed milk
½ cup almonds finely chopped
1 tsp. vanilla essence

Method:

-Grind 1/2 cup oats and 1/4 cup pumpkin seeds in a blender until powdery. Keep aside.

-In another big bowl mix the remaining oats and pumpkin seeds along with raisins, sunflower seeds and cinnamon powder. Then stir in the almonds, honey, condensed milk and vanilla essence until a soft dough forms.

-With moistened hands roll the dough into small balls. Now roll the balls in the oat and pumpkin seed powder you had kept aside.

-Freeze for about 20 minutes or until to set, then serve and store in the fridge.

5 things that prove that you're a biriyani lover

It is the first thing you search on the menu when eating out.

It is the first thing you search on the menu when eating out

Whenever you go to a restaurant, you first go to see the main course to find out if the place serves biriyani (irrespective of the cuisine). And in normal Punjabi or Mughlai restaurants, you obviously don't look at anything else but biriyani, while everyone else drools over the roomali rotis and kebabs.

You try to make biriyani out of anything, when cooking at home

When at times you are in the mood of cooking, you try to make a biriyani out of anything and everything. Be it mix veggies, soya bean, egg or simply green peas; you are all set with your box of spices and your biriyani vessel to start.

You preserve biriyani for days to relish it everyday

When you order or prepare biriyani at home, you make sure it is not finished on the same day. You purposely preserve it at least 2-3 days so that you can relish a bit of it everyday, since someone once told you biriyani tastes better when preserved.

Every house party has biriyani on the menu

Your friends have now started avoiding attending house parties at your place since the first thing they get to have for main course is biriyani. But that doesn't discourage you from ordering your favorite biriyani every Saturday night.

You can well distinguish between a Hyderabadi and Lucknowi biriyani

You have, by now, become an expert in biriyani. At any given time, you can well differentiate between the several versions of biriyanis. Be it Hyderabadi or Lucknowi, you can recognise them merely by their aroma.

[Onion soup for the winters](#)

Onion is probably the most underrated vegetable. While it is used in most every food item we make, little is said about it and it's mostly used as garnishing.

However, if you wish to include more of this tasty vegetable, try making an onion soup. It's easy, nutritious and of course, a rather tasty and low-fat delicacy to indulge in.

Ingredients - 4 medium sized shredded onions - 2 or 3 garlic cloves - 2 tablespoon butter - 3 medium sized or 2 big sized potatoes, peeled and cut - 1 carrot, peeled and cut - 1 cup fresh vegetable stock, or 2 Vegetable stock cubes - 1 liter water - Few leaves of soa, celery, parsley and coriander. Salt and pepper to taste.

Method Place frying pan on gas and put the butter in it. Peel and shred onion onion and add to frying pan. Fry them until golden brown. Add crushed garlic and mix well.

Add sugar, salt and pepper, soa, celery, parsley and coriander to the vegetable stock in a large pan. Or put the vegetable stock cubes in a pan of water and boil and add all the herbs an salt and pepper. To the stock, add the fried onion and garlic mix.

Add the cut potatoes and carrots to the pan with the stock and simmer on low heat for 30 minutes.

After that, take the soup off the heat and put it all in a blender.

Remove and simmer for 10 more minutes until it's nice and warm.

You can add melted cheese to it and serve with bread sticks.

10 breath freshening foods

Here's is a list of foods that freshens your breath

1. Water! Water! Water!: Water is a quick and an easily accessible remedy for rapidly making that breath fresh. And it is a simple tip to follow. Just swish and swirl some water in the mouth as if you are gargling (but softly, not loudly) and drink it up or rinse it out. The logic behind doing this is when we get dehydrated, the saliva generated in our mouth automatically decreases. This is because our body tries to conserve moisture. Saliva tends to clean our mouth by diluting the bacteria. Bacteria and their by-products are responsible for that offensive bad breath or that a person might have. Therefore rinsing the mouth with water clears out these odour generating bacteria. Water is a short term but a super fast way of freshening up breath in a jiffy.

2. Oranges, sweet lime, lemons, kiwis, and all citrus fruits rich in Vitamin C: These help in keeping the breath fresh. Vitamin C is known to fight the bacteria. It is also an antioxidant - thus it helps in reducing the toxins in the body, this includes those produced by the bacteria in the mouth. You may have these fruits as whole or even drink up or sip on their juices.

3. Spices and herbs: These are super amazing at keeping the breath free of any malodour for a good period of time. Examples are cardamom (elaichi), fennel (saunf), spear mint, parsley, rosemary, eucalyptus, coriander (dhania daal),cinnamon(dal chini), cloves(laung) etc. From amongst these, the following are favorites with most folks -

Cardamom and Eucalyptus both contain a substance called **cineole**. Cineole has antibacterial, antiseptic properties and thus attacks the stinker bacteria in the mouth. With these harbingers of foul smell gone for good, the mouth feels and smells fresh. Cardamom seeds can be kept as such in the mouth and biting into them intermittently to release that typical delicate flavor and aroma of elaichi which most of us tend to like.

Parsley and coriander: These are rich in the green pigment chlorophyll which because of its alkaline properties cleanses the body in a generic sense. It attacks the bacteria of the mouth thus rendering them ineffective. Chlorophyll also possesses detoxifying ability.

Cinnamon (dal chini): The essential oil present in cinnamon is antiseptic and kills the germs giving rise to bad breath.

Fennel seed (saunf) is an age old Indian remedy to keep the mouth fresh and the breath smelling sweet. Fennel is known to possess aromatic and medicinal properties.

4. Probiotics: Probiotics such as yogurt rid mouth of hydrogen sulphide. For instance Lactobacillus salivarius also helps in case of dental and gum related problems. It enables healing of the sores in mouth. Gum and teeth related conditions make the oral environment conducive to bacterial growth which in turn makes the breath smell lousy. Probiotics thus help those with bad breath.

5. Veggie land: Broccoli, carrots and cucumber are known to keep the mouth fresh by diminishing the bacterial content of the mouth. Chewing onto them floods the mouth with saliva.

6. Apples: When we crunch on to an apple, salivary secretion gets stimulated. This literally bathes the mouth and rinses out the odour generating bacteria in mouth thereby making the breath fresh.

7. Chewing gum: This also increases the secretion of saliva. Chewing gum helps in dislodging the stuck up food particles in the mouth. This prevents stink formation. Sugar free xylitol containing chewing gum is better than the sugared one.

8. Whole wheat bread: Consuming this prevents formation of ketones which otherwise get generated on a low carb diet. Ketones are secreted in urine, sweat and mouth and give a typical foul smell to the breath. Eating whole wheat bread helps checking ketones and in keeping the breath fresh.

9. Green tea: Green tea is rich in flavonoids. These reduce and prevent the adhesion of stink causing germs to the teeth. Cinnamon tea is in particular helpful in keeping the mouth and breath fresh.

10. Fibre: Fibre cleans the gut. One of the chief reasons of bad breath is poor sluggish unclean gut than the mouth. Fibre increases the fitness of the digestive tract. This prevents bad breath and helps in keeping the breath fresh. Target consuming 25 -38 gms of fibre everyday to enable this.