Popularization of small millets based food products in Bastar region of Chhattisgarh

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Abstract: Cereal grains are considered to be one of the most important sources of dietary proteins, carbohydrates, vitamins, minerals and fiber for people all over the world. Millet is one of the oldest foods known to humans and possibly the first cereal grain to be used for domestic purposes. The training was organized under project to popularization of small millets based food products made the overall impact and influence of food preparation from small millets was new and lucrative for villages and could run the system of production to consumption of small millets in convenient ways.

Keywords: finger millet, Kodo millet, food product.

I. INTRODUCTION

India is the largest producer of many kinds of millets called coarse cereals and small millets. India accounts for 40% of global millet production, the total production as per a 2005 statistics is 98, 10,000 MT per annum. Based on a five-year average (1999 - 2003), India ranks 1st and 11th place in top global consumption and per-capita consumption of millets, respectively. Small millets include 6 main grain crops which are finger millet (ragi in Tamil), kodo millet (varagu or Kutki), little millet (samai or Kodo), foxtail millet (tenai or Ghatka), proso millet (panivaragu or Cheena), and barnyard millet (kudiraivali or Sanwa). Finger millet and Kodo millet are well known for their anti-nutrient constituents such as trypsin inhibitors, phytates, phenols and tannins and consumption pattern for small millets varies from region to region (shahidi et al, 1999). In Southern Karnataka, 100% of the rural population and 94% of the urban population consume finger millet as a traditional food called ‘Mudde’ or ‘Thick porridge’ but it is not common with other places. Finger millet and Kodo millet is an important food crop for vast sections of the tribal community in Central India. However all communities of people should be aware of importance and health benefits of small millets (Rao, 1998). A lot of space has been identified by processing of small millets which cater various form of semi and finished food products apart from bakery products with wonderful nutri-cereals to fulfill the nutritional security to rural food basket. It can be used in single or in fortified form which includes other cereals or pulses. The products Burphy, Chakli, Kharmi, Mixer, Idly, Dosa, Pakoda, Ankurit bhajiya and Dhokla may come out easily at home level by village ladies.

II. METHODOLOGY

The processing in based on raw materials available or purchased from producers which is next to convert into conventional forms for ready to use or end products.

Flow Chart 1: Chain of small millet production to consumption
This whole works were done through some steps involved like initiative works, through training etc. for commercial production of the products from groups or organization and ultimately it gave to material for consuming of the products. The initiative work was begun with resource people of the project which gave the resource support to run the system initially by training, printing materials and mass communication. These prepared products were sold to consumers through sanjeevani and SGCARS, Jagdalpur which completed the chain of production to consumption of small millets. The training was given to farm ladies and house wives of villages viz. Bolbola, Jarebandri, Turenar, Bhataguda, Narayanpur, Kanker, and Bastanar as well as in kisan mela, School Angan Badi and SGCARS, Jagdalpur. The details of process is depicted in flow chart 1.

III. RESULTS & DISCUSSION

The selected places were taken under training programme of small millet based products in collective forms which led to mass communication of skill by doing and observing with expertise people in collectorate, Jagdalpur, Kisan mela, School, Angan Badi, SGCARS, SHGs of Bolbola, Jarebandri, Turenar, Bhataguda, Narayanpur, Kanker and Bastanar with eleven ragi based products. Among the products, Ragi based multigrain flour was most frequent in trainings with more numbers of participant due to health consciousness of present circumstances of cities and urban dwellers followed by ragi malt in similar with high level of likeness among the people and accepted by many in place of tea of prepared products because of home ladies mostly preferred cooking in kitchen by 20 persons in remaining trainings each places.

The response of organoleptic test was done during training of preparation by testing the cooked products on same places (Davies, 1991). While observing the test different age group people were targeted to know the liking and disliking percentage and ultimately calculated the response percent in concerned to various forms of prepared products. The maximum numbers of liking person was more in each products as compared to disliking in consideration to multigrain flour Ragi malt, Burphy, Dosa, Idly, Mixture, Khurmi, Saloni, Cake, Bhajiya, Dhokla and Pakoda; more people were participated in two products (MGP & Ragi Malt) that is why response was more whereas others tested 20 or less than 20 people resulted higher percentage but less in number due to special resource needed (Davidson, 1972). The disadvantages districts of Bastar division, Narayanpur had maximum villages covering.

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REFERENCES