

World Pulses Day

6 things to do immediately

Find your farmer

1. Identify where the local pulses farmers are (within a 100 km radius)
2. Reach out to them and offer to buy their produce directly
3. Commit to buy his/her produce year on year
4. Encourage them to rise pulse crops using natural farming methods

Food origins

1. Take keen interest in where your food comes from
2. Trace the origins of each ingredient
3. Understand how it is grown
4. Learn what does this food do for your health, and environment

Eat seasonal

1. Understand pulse crop cycles and weather patterns
2. Know when which pulse is in season in your region
3. Learn how seasonal food impacts your health

Be a farmer

1. Support a pulse farmer by volunteering at their farm for an entire crop cycle
2. Learn traditional methods of farming pulses
3. Gain a deeper understanding of the farmers journey from seed to produce

Eat pulses

Eat at least one pulse-based dish a day to

1. increase dietary fibre
2. consume low-fat high-protein food
3. get your daily requirement of multi-nutrients

Dream ideas

1. We need to feed 9 Billion people by 2050.
2. How can we feed so many sustainably?
3. Speak to the farmers
4. Understand the problem well
5. Design apt solutions
6. Test and implement in your neighbourhood

About Organo Et School (OES)

We recognize that for any positive impact to be sustainable, it has to be long-term and inter-generational. Organo Et School strives to create an apt learning environment that will support and empower families as well as individuals to embrace sustainable living mindsets and habits. <https://www.organoetschool.co.in/>

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