



***Putting back trust in the  
#ForgottenFoods of Indian Heritage***

Praakritik brings to you 5 varieties of millet, all 100% organic and unpolished, in its truest form: finger millet, little millet, foxtail millet, barnyard millet, and kodo millet all grown by the farmers federation, in association with over 600 farmers. What makes Praakritik's range of millet different is that these grains are grown naturally and through a laborious manual process in the absence of chemical fertilisers and pesticides. This results in a more exclusive and better yield of the grain in its purest form.

So, whether you're looking for something new to add to your diet, or just want to rediscover the forgotten foods of Indian heritage, Praakritik has you covered.

Our latest line of millets include:

## 1. Barnyard Millet



Barnyard Millet is a small white-shaped seed that grows naturally in Uttarakhand, India. It includes more nutrition than other cereal grains and is a great source of protein, carbs, and fibre. It is also known as kuthiraivali in Tamil, oodalu in Kannada, oodhalu in Telugu, and like other millets, barnyard millets are gluten free and vegan.

Barnyard millets are high in fibre content, phosphorus and calcium, and has low glycemic index and thus helps in type 2 diabetes and cardiovascular disease with regular intake.

### Why choose Barnyard Millets?

- Source of high protein
- High content of fibre
- Low glycemic index
- Rich source of iron

## 2. Finger Millet



Finger millet, also known as ragi in India and kodo in Nepal, is commonly produced as a cereal crop in

Africa and Asia's arid and semiarid regions. In India, they are largely produced in the states of Karnataka, Uttarakhand, Tamil Nadu, Andhra Pradesh, Orissa, Jharkhand and Maharashtra.

Ragi is rich in Amino Acids, which are vital in normal functioning of the body and are essential for repairing body tissues. Finger Millet contains Tryptophan, Threonine, Valine, Isoleucine and Methionine amino acids. Isoleucine helps in muscle repair, blood formation, contributes to bone formation, and improves skin health.

### **Why choose Finger Millets?**

- Aids in weight loss
- Rich in calcium for better bone health
- Diabetic friendly
- Helps to lower blood cholesterol

### **3. Foxtail Millet**



Foxtail millet has also been grown in India since antiquity and it was consumed as the staple food until three to four decades ago. Currently, it is widely grown in Andhra Pradesh, Karnataka, Tamil Nadu, Maharashtra, Uttar Pradesh and Bihar states. Foxtail Millet is a gluten free grain, is the second most commonly grown species and one of the oldest cultivated millet. Generally grown in semi-arid regions, it has a low water requirement. It is also rich in Vitamin B, and promotes heart and neurological health.

### **Why choose Foxtail Millets?**

- Helps to promote stronger bones

- High in vitamin B for a healthy nervous system
- Aids improvement of heart health
- Boosts energy and immunity

#### 4. Kodo Millet



The most drought-resistant crop, kodo millet, is extensively farmed in Africa, the Indian Peninsula, and several Asian nations. It is a minor grain crop in India, and an important crop in the Deccan plateau. Its cultivation in India is generally confined to Gujarat, Karnataka and parts of Tamil Nadu. The fibre content of the whole grain is very high and it has excellent advantages such as weight reduction, blood pressure maintenance, high cholesterol, constipation, bloating, dermal-healing, and more.

#### Why choose Kodo Millets?

- Helps to boost menstrual and menopausal health
- High in antioxidants and antimicrobial properties
- Aids in prevention of obesity
- Reduces cholesterol and boosts heart health

#### 5. Little Millet



Little millet is a reliable catch crop in view of its resistance to high drought as well as water logging. It

is grown throughout India and a traditional crop of Karnataka. It is also known as kutki in Hindi, samai in Tamil, and samalu in Telugu.

Little Millets seeds are smaller than other millets, and like foxtail millet, little millet is high in iron content and high in fibre, and much like Kodo, it has high antioxidant activity. It helps in countering diabetes and diseases related to the stomach.

### **Why choose Little Millets?**

- Rich source of antioxidants
- Aids in treatment of diabetes
- Helps in process of weight reduction
- Gluten free and celiac disease friendly

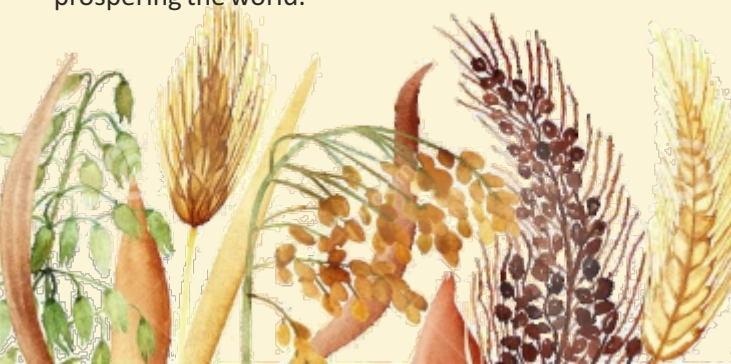
With this new line of organically and locally grown millets, Praakritik aims to bring back a sense of belongingness in food that you can trust. We invite you to celebrate the International Year of the Millet with this new range of real, organic millets.

### ***Our Vision***

We aim to create an ecosystem of availability & affordability for our consumers in their organic needs while ensuring a direct farmer to consumer supply and a fair trade for our farmers.

### ***Our Value***

All our produce and goods are certified organic and fair trade. We believe that one can prosper only in prospering the world.





**For more information :**

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