

Pulse of Life: Eat real Dal

Dals in our Agriculture and Food

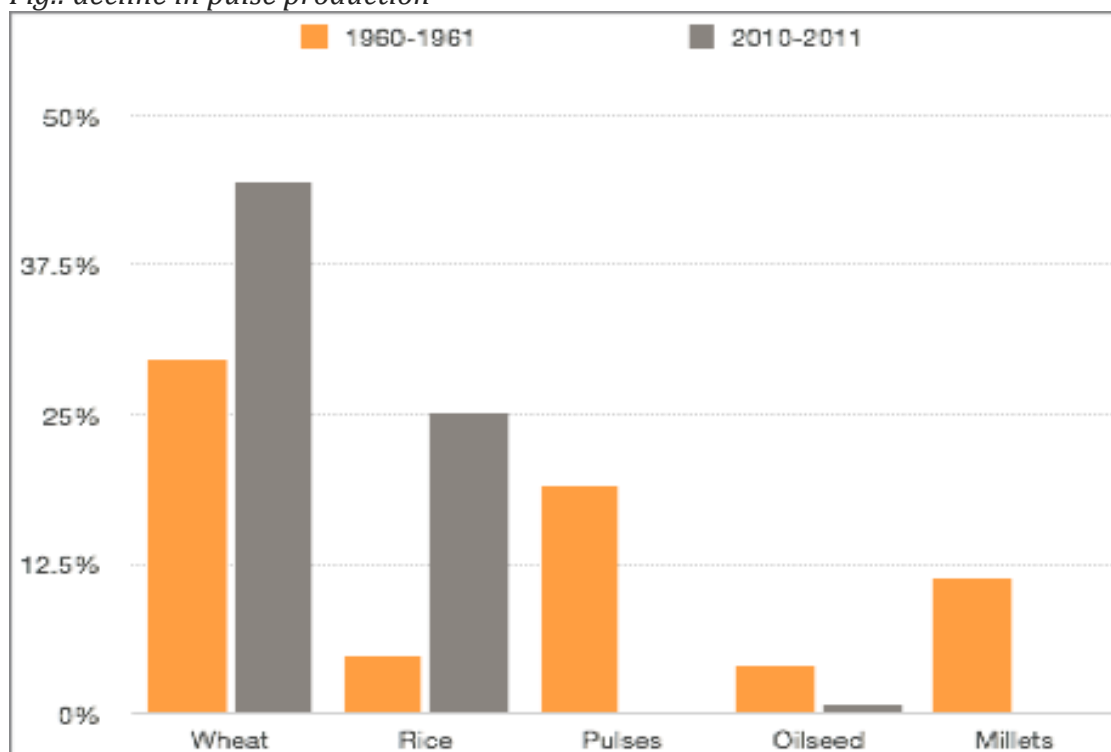


India's food culture is based on "dal roti " and "dal chawal". Urad, moong, masoor, chana, rajma, tur, lobia, gahat have been our staple. While bring us health and nutrition, they bring health to our soils by fixing nitrogen naturally, and thus make us free of chemical fertilisers. That is why we always grew dals as mixtures with cereals.

Our dal diversity was first destroyed by the Green Revolution Monocultures based on chemical rice and wheat .We have produced more rice and wheat, but our pulses have disappeared from the

monoculture fields. Between 1960-61 and 2010-2011 acreage under wheat has gone up from 29.58% to 44.5%, rice from 4.79% to 25%. Meantime area under pulses has dropped from 19% to 0.21%, oilseeds 3.9% to .71% millets from 11.26% to 0.21%. When measured in terms of nutrition per acre and Health per Acre. Punjab is actually producing less food and nutrition as a result of the Green Revolution.

Fig.: decline in pulse production



Importing Fake Dal

With an artificially created dal crisis the government is importing and producing fake dal-an idal made of soya flour coloured yellow, a yellow pea dal, which is not tur, nor chana , but is being sold as a substitute , Dal imports are sending a signal to our farmers to not grow dal. This will aggravate the dal crisis and make our real dals more expensive.

Eat Real Dal, Eat Organic

Navdanya brings to you real original organic dals from our heirloom seeds with the richness of taste and nutrition. You deserve real food, not fake food. Our farmers deserve fair trade, not unfair and exploitative trade. Become a Food Smart Citizen. Know what you are Eating. Choose Real Dal.

Dal Diversity

Arhar Dal / Tuar Dal

Black Soya

White Soya

Chana Dal

Chauli / Lobia

Kabuli Chana

Kala Chana

Kulath

Masoor Dhuli - Orange

Sabut Masoor

Matki / Moth

Moong Dhuli - Yellow

Moong Split

Sabut Mung

Naurangi Dal

Rajma Black

Rajma Chakrata

Rajma Chitkabra

Rajma Red Large

Rajma Red Small

Rajma White
Small

Urad Split

Urad Dhuli -
White

Sabut Urad

Tuar Whole

Vaal Desi Variety





Navdanya

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