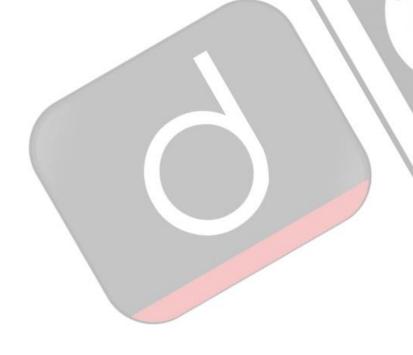


# **Fonio Millet**

### **Source: DTE**

Fonio, an ancient West African millet (e.g., Ghana), is known for its resilience to climate shocks, ease of cultivation, and ability to grow in poor soils with minimal water requirements.

- It is often referred to as a miracle grain due to its adaptability and nutritional value.
- Fonio is traditionally cultivated by Fulani tribes, the largest nomadic tribe in Africa.
  - It is highly **versatile** and can be used in **salads, porridges, pasta, bread**, or served as a side dish.
  - It can be cultivated in arid and semi-arid regions and require low water intake.
- It is similar to Indian millets like **sikiya and raishan**. Sikiya, a favored millet of the **Baiga tribe**, is cultivated in parts of **Madhya Pradesh**.
- The year 2023 was declared by the <u>United Nations</u> as the <u>International Year of Millets</u>.
  - Profit motive among farmers is leading to neglect of millet production e.g., in Odisha's Niyamgiri hills, pineapple cultivation for profit has sidelined millets.



# **Millets**

#### **About**

- Small-grained cereals also known as coarse grains
- Often referred to as 'Superfood'
- Among the first crops to be domesticated - evidence of millet consumption dates back to the Indus Valley Civilisation (3,000 BC)

#### Climatic Conditions

- o Mainly a Kharif crop in India
- ° Temperature: 27°C 32°C
- oRainfall: Around 50-100 cm
- Soil Type: Inferior alluvial or loamy soil



## **India and Millets**

- Global Largest Millet Producer:
  - 20% of global production, 80% of Asia's production
- Common Millets:
  - Ragi (Finger millet), Jowar (Sorghum), Sama (Little millet), Bajra (Pearl millet), and Variga (Proso millet)
  - Indigenous varieties (small millets) Kodo, Kutki, Chenna and Sanwa
- Top Millets Producing States:
  - Rajasthan (largest), Karnataka, Maharashtra, Madhya Pradesh and Uttar Pradesh
- Govt. Initiatives:
  - Initiative for Nutritional Security through Intensive Millet Promotion (INSIMP)
- 'India's Wealth, Millets for Health'
- Millet Startup Innovation Challenge
- Hiked MSP for Millets
- Agriculture Ministry declared millets as "Nutri Cereals" in 2018

## Significance

- Less expensive, nutritionally superior
- High protein, fibre, minerals, iron, calcium and a low glycemic index
- Help tackle lifestyle problems and health (obesity, diabetes etc.)
- Photo-insensitive, resilient to climate change & water efficient



International Year of Millets -Year 2023

Proposed by India, declared by UNGA







Read More: India's Millet Revolution

PDF Refernece URL: https://www.drishtiias.com/printpdf/fonio-millet

