



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 [United Nations](#) as the [International Year of Millets](#).
 - **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

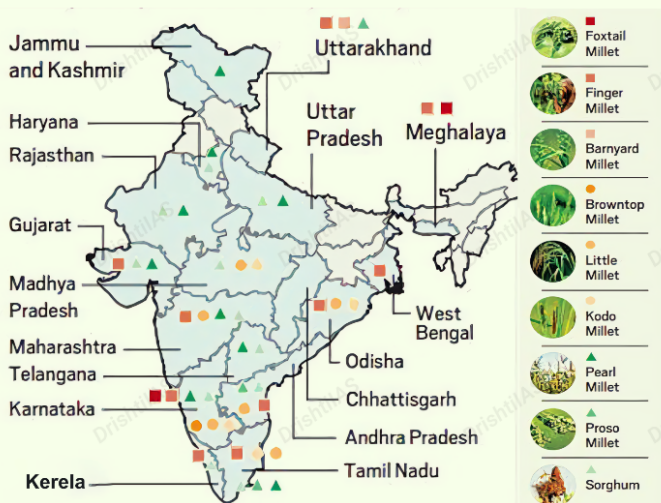
- Mainly a Kharif crop in India**
- Temperature:** 27°C - 32°C
- Rainfall:** Around 50-100 cm
- Soil Type:** Inferior alluvial or loamy soil

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](#)

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