

# Gardens of Growth



The Diverse Bounty  
of Forest Gardens in the Malnad,  
Karnataka

Vanasree

2015

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## Introduction

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Vanastree is a small women-run collective in Sirsi (Karnataka State, India) that began in 2001. The group has worked with and promoted Forest Home Gardens (FHGs) as highly productive small scale food systems that provide food, medicine, traditional seeds and livelihoods amongst a whole host of other benefits.

*Gardens of Growth* is a descriptive compendium of all the produce and value added products grown or created by the members of the Vanastree collective from 2003-2015. It also includes what is grown by the farmers of the area and some of the crafts that the families of the women gardeners make. The range extends from organic, open-pollinated seeds of local vegetables and flowers; garden, field and forest produce; a slew of traditional beverages, fruit nectars, dairy products, snacks, preserves and pickles; non-edibles and crafts. Several products are newer innovations using old ingredients and processes. As of 2015, about 60 women forest gardeners/producers are part of Vanastree's livelihood programme *Vanya*.

A total of 124 products are presented here along with 76 seeds and 8 tubers. Select products have been exhibited and made available to visitors at the Malnad Mela in Bengaluru since 2008. About 14 products along with vegetable & flower seeds are regularly on sale at retail outlets in Bengaluru, Mysuru, Chennai and Goa.

The aim of this little compilation is to celebrate the tremendous energy, skills, and wisdom of the forest gardeners in and around Sirsi in the Malnad region of the Western Ghats. It is also to share the immense possibilities and solutions that exist within communities to help carry on the tradition of local food production and seed independence. And to be creative about livelihoods that bring joy, contentment and a fair price for what is produced without exploitation. Our hope is that this will inspire other groups working with a similar vision. We have used only local skills and resources to develop this small scale initiative, keeping in mind the ecological status of each plant.

Deep thanks to the entire Vanastree collective and their families; the Friends of Vanastree circle; Subhash Reddy and Ira Dass; Mala Dhawan for initiating the Malnad Mela in Bengaluru; late Dr. Meenakshi Tyagarajan; and interns Shruthi N.S. and Maeva Colombet for helping with the final production of this booklet.

We welcome your comments and feedback. Keep growing and keep creating!

Sunita Rao

April 2015

## Seeds and Tubers

<p><b>Seeds (Organic, open pollinated)</b></p>	<p>Heirloom varieties of a range of vegetables and flowers. Please store all seeds in an airtight container in a cool, dark, dry place. Follow sowing season information on the packet.</p>	<p>Store in a dry place in an airtight container. Shelf life varies.</p> <p>10 g</p>
<p><b>Summer Seed kit</b></p>	<p>Rajma bean, Angikase bean, Maggay cucumber, Ladies finger, Sponge gourd, Amaranth, Summer Pumpkin, Bottle gourd, Shanka pushpa, Marigold, Cosmos.</p>	<p>Store in a dry place in an airtight container. Shelf life varies.</p> <p>11 x 10 g</p>
<p><b>Monsoon Seed kit</b></p>	<p>Rajma bean, Angikase bean, Spiny cucumber, Ladies finger, Sponge gourd, Ash gourd, Round Pumpkin, Bottle gourd, Shanka pushpa, Marigold, Balsam.</p>	<p>Store in a dry place in an airtight container. Shelf life varies.</p> <p>11 x 10 g</p>



**Vegetables** (names of varieties alongside main name)

Amaranth Bicolor	Brinjal Mussuku	Bottle Gourd Big
Amaranth Green	Brinjal Vadhiraja Round	Bottle Gourd Small
Amaranth Red	Chilli (Shrub)	Bottle Gourd Tamboora Ridge
Amaranth Rajgira	Chilli Black	Gourd Big
Bean (Shrub/Climber)	Chilli Bugadi	Ridge Gourd Small
Bean 30 Day	Chilli Hittalu	Sponge Gourd
Bean Angikase	Chili Jasmine	Lady's Finger (Shrub)
Bean Baji	Chilli Kutumba	Lady's Finger Green
Bean Hyacinth	Chilli Majjige	Lady's Finger Red
Bean Lima	Chilli Melmukhada	Lady's Finger Sparrow
Bean Rajma	Chilli Needle	Lady's Finger Sri Lanka
Bean Snake/Metre	Capsicum	Lady's Finger Yelu Yelay
Bean Sword	Cucumber Kadagolu	Lady's Finger Oxhorn
Bean Velvet	Cucumber Maggay	Maize
Bean Winged	Cucumber Mekkay	Pumpkin (Creepier)
Bean Winter	Cucumber Sambar	Pumpkin Long
Brinjal (Shrub)	Cucumber Spiny	Pumpkin Round
White Brinjal	Cucumber Yeray	Pumpkin Summer
Brinjal Cholu	Ash Gourd	Purslane
Brinjal Daas	Bitter Gourd Light Green	Spinach
Brinjal Hittalu	Bitter Gourd Green	Tomato (Shrub)
Brinjal Metre	Bitter Gourd Mada (Wild)	Tomato Cherry
Brinjal Mulugai	Bitter Gourd Sparrow	Tomato Long
		Tomato Round

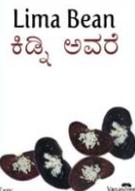
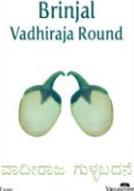
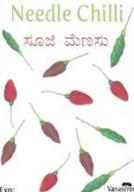
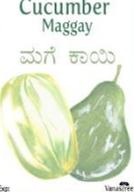
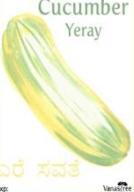
**Flowers**

Balsam	Cockscomb	Marigold
Butterfly Pea	Cosmos	Periwinkle

**Tubers**

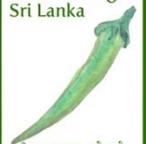
Arrowroot	Dioscorea	Ginger
Cochin/Mango ginger	Elephant foot yam	Sweet potato (Genasu)
Colocasia (Kesu)	(Suvarnadadde)	Turmeric



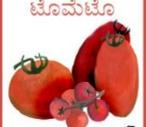
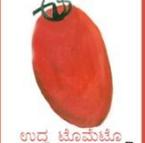
<p><b>Amaranth</b></p> <p>ಹರಿವೆ</p>  <p>Exp: <i>Amaranthus spinosus</i></p>	<p><b>Amaranth Green</b></p> <p>ಬಿಳಿ ಹರಿವೆ</p>  <p>Exp: <i>Amaranthus viridis</i></p>	<p><b>Amaranth Red</b></p> <p>ಕೆಂಪು ಹರಿವೆ</p>  <p>Exp: <i>Amaranthus cruentus</i></p>	<p><b>Bean</b></p> <p>ಅವರೆಗಳು</p>  <p>Exp: <i>Vigna unguiculata</i></p>	<p><b>30 Day Bean</b></p> <p>ತಿಂಗಳವರೆ</p>  <p>Exp: <i>Vigna radiata</i></p>	<p><b>Angikase Bean</b></p> <p>ಅಂಗೀಕಸೆ</p>  <p>Exp: <i>Vigna radiata</i></p>
<p><b>Hyacinth Bean</b></p> <p>ಬಟ್ಟವರೆ</p>  <p>Exp: <i>Vigna hyacinthina</i></p>	<p><b>Lima Bean</b></p> <p>ಕಿಡ್ನಿ ಅವರೆ</p>  <p>Exp: <i>Phaseolus limensis</i></p>	<p><b>Rajma Bean</b></p> <p>ತಿಂಗಳವರೆ</p>  <p>Exp: <i>Phaseolus vulgaris</i></p>	<p><b>Metre Bean</b></p> <p>ಮೀಟರ್ ಅವರೆ</p>  <p>Exp: <i>Vigna unguiculata</i></p>	<p><b>Sword Bean</b></p> <p>ಕತ್ತಿ ಅವರೆ</p>  <p>Exp: <i>Vigna radiata</i></p>	<p><b>Velvet Bean</b></p> <p>ವೆಲ್ವೆಟ್ ಬೀನ್</p>  <p>Exp: <i>Mucuna pruriens</i></p>
<p><b>Winged Bean</b></p> <p>ಮತ್ತಿ ಅವರೆ</p>  <p>Exp: <i>Vigna pumila</i></p>	<p><b>Brinjal</b></p> <p>ಬದನೆ</p>  <p>Exp: <i>Solanum melongena</i></p>	<p><b>White Brinjal</b></p> <p>ಬಿಳಿ ಬದನೆ</p>  <p>Exp: <i>Solanum melongena</i></p>	<p><b>Cholu Brinjal</b></p> <p>ಚೋಳು ಬದನೆ</p>  <p>Exp: <i>Solanum melongena</i></p>	<p><b>Brinjal Daas</b></p> <p>ದಾಸ ಬದನೆ</p>  <p>Exp: <i>Solanum melongena</i></p>	<p><b>Hittalu Brinjal</b></p> <p>ಹಿತ್ತಲು ಬದನೆ</p>  <p>Exp: <i>Solanum melongena</i></p>
<p><b>Brinjal Metre</b></p> <p>ಬೋಂಡಾ ಬದನೆ</p>  <p>Exp: <i>Solanum melongena</i></p>	<p><b>Brinjal Mulugai</b></p> <p>ಮುಳಗಾಯಿ ಬದನೆ</p>  <p>Exp: <i>Solanum melongena</i></p>	<p><b>Brinjal Mussuku</b></p> <p>ಮುಸುಕು ಬದನೆ</p>  <p>Exp: <i>Solanum melongena</i></p>	<p><b>Brinjal Vahiraja Round</b></p> <p>ವಾಹಿರಾಜು ಗುಳ್ಳುಬದನೆ</p>  <p>Exp: <i>Solanum melongena</i></p>	<p><b>Chilli</b></p> <p>ಮೆಣಸು</p>  <p>Exp: <i>Capiscum annuum</i></p>	<p><b>Black Chilli</b></p> <p>ಕಂ ಮೆಣಸು</p>  <p>Exp: <i>Capiscum annuum</i></p>
<p><b>Bugadi Chilli</b></p> <p>ಬುಗಡಿ ಮೆಣಸು</p>  <p>Exp: <i>Capiscum annuum</i></p>	<p><b>Hittalu Chilli</b></p> <p>ಹಿತ್ತಲು ಮೆಣಸು</p>  <p>Exp: <i>Capiscum annuum</i></p>	<p><b>Jasmine Chilli</b></p> <p>ಜಾಸ್ಮಿನ್ ಮೆಣಸು</p>  <p>Exp: <i>Capiscum annuum</i></p>	<p><b>Kutumba Chilli</b></p> <p>ಕುಟುಂಬ ಮೆಣಸು</p>  <p>Exp: <i>Capiscum annuum</i></p>	<p><b>Majjige Chilli</b></p> <p>ಮಜ್ಜಿಗೆ ಮೆಣಸು</p>  <p>Exp: <i>Capiscum annuum</i></p>	<p><b>Chilli Melmukhada</b></p> <p>ಮೇಲು ಮುಖವ ಮೆಣಸು</p>  <p>Exp: <i>Capiscum annuum</i></p>
<p><b>Needle Chilli</b></p> <p>ನೂಜಿ ಮೆಣಸು</p>  <p>Exp: <i>Capiscum annuum</i></p>	<p><b>Capsicum</b></p> <p>ಡೊಳ್ಳು ಮೆಣಸು</p>  <p>Exp: <i>Capiscum annuum</i></p>	<p><b>Cucumber Kadagolu</b></p> <p>ಕಡಗೋಲು ಸವತೆ</p>  <p>Exp: <i>Cucumis sativus</i></p>	<p><b>Cucumber Maggay</b></p> <p>ಮಗ್ಗೆ ಕಾಯಿ</p>  <p>Exp: <i>Cucumis sativus</i></p>	<p><b>Cucumber Spiny</b></p> <p>ಮುಳ್ಳು ಸವತೆ</p>  <p>Exp: <i>Cucumis sativus</i></p>	<p><b>Cucumber Yeray</b></p> <p>ಯರೆ ಸವತೆ</p>  <p>Exp: <i>Cucumis sativus</i></p>

<p><b>Ash Gourd</b> ಬೂದುಗುಂಬಳ</p>  <p>Exp: </p>	<p><b>Bitter Gourd Light Green</b></p>  <p>ಬೆಳೆ ಹಾಗಲ ಕಾಯಿ Exp: </p>	<p><b>Bitter Gourd Green</b></p>  <p>ಕರಿ ಹಾಗಲ ಕಾಯಿ Exp: </p>	<p><b>Bitter Gourd Wild</b></p>  <p>ಮಡೆ ಹಾಗಲ ಕಾಯಿ Exp: </p>	<p><b>Bitter Gourd Sparrow</b></p>  <p>ಗುಡ್ಡೆ ಹಾಗಲ ಕಾಯಿ Exp: </p>	<p><b>Bottle Gourd Big</b></p>  <p>ಉದ್ದೆ ಹಾಲುಗುಂಬಳ Exp: </p>
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<p><b>Bottle Gourd Small</b></p>  <p>ಗಿಡ್ಡೆ ಹಾಲುಗುಂಬಳ Exp: </p>	<p><b>Bottle Gourd Tamboora</b></p>  <p>ಕಂಬೂರಿ ಹಾಲುಗುಂಬಳ Exp: </p>	<p><b>Ridge Gourd Big</b></p>  <p>ಉದ್ದೆ ಹೀರೆ Exp: </p>	<p><b>Ridge Gourd Small</b></p>  <p>ಗಿಡ್ಡೆ ಹೀರೆ Exp: </p>	<p><b>Sponge Gourd</b></p>  <p>ತುಪ್ಪದ ಹೀರೆ Exp: </p>	<p><b>Ladies Finger</b></p>  <p>ಬೆಂಡೆ ಕಾಯಿ Exp: </p>
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<p><b>Ladies Finger Green</b></p>  <p>ಹಸಿರು ಬೆಂಡೆ Exp: </p>	<p><b>Ladies Finger Red</b></p>  <p>ಕೆಂಪು ಬೆಂಡೆ Exp: </p>	<p><b>Ladies Finger Sparrow</b></p>  <p>ಗುಬ್ಬಿ ಬೆಂಡೆ Exp: </p>	<p><b>Ladies Finger Sri Lanka</b></p>  <p>ಶ್ರೀ ಲಂಕಾ ಬೆಂಡೆ Exp: </p>	<p><b>Ladies Finger Yelu yelay</b></p>  <p>ಎಳೆಲೆ ಬೆಂಡೆ Exp: </p>	<p><b>Ladies Finger Oxhorn</b></p>  <p>ಎತ್ತಿನ ಕೋಡು ಬೆಂಡೆ Exp: </p>
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<p><b>Maize</b> ಜೋಳ</p>  <p>Exp: </p>	<p><b>Pumpkin</b></p>  <p>ಗೋವೆ ಕಾಯಿ Exp: </p>	<p><b>Pumpkin Long</b></p>  <p>ಉದ್ದೆ ಗೋವೆ Exp: </p>	<p><b>Pumpkin Round</b></p>  <p>ಉರುಟು ಗೋವೆ Exp: </p>	<p><b>Pumpkin Summer</b></p>  <p>ನೆಲ ಗೋವೆ Exp: </p>	<p><b>Purslane</b> ಗೋಳಿ ಸೂಪ್ಪು</p>  <p>Exp: </p>
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<p><b>Spinach</b></p>  <p>ಪಾಲಕ್ ಸೂಪ್ಪು Exp: </p>	<p><b>Tomato</b></p>  <p>ಟೋಮೆಟೋ Exp: </p>	<p><b>Tomato Cherry</b></p>  <p>ಗೋಲಿ ಟೋಮೆಟೋ Exp: </p>	<p><b>Tomato Long</b></p>  <p>ಉದ್ದೆ ಟೋಮೆಟೋ Exp: </p>	<p><b>Tomato Round</b></p>  <p>ಉರುಟು ಟೋಮೆಟೋ Exp: </p>
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<p><b>Balsam</b> ಸೋಣೆ ಹೂವು</p>  <p>Exp: </p>	<p><b>Butterfly Pea</b> ಶಂಖಿ ಪುಷ್ಪ</p>  <p>Exp: </p>	<p><b>Cockscomb</b> ಕೋಳಿ ಜುಟ್ಟು</p>  <p>Exp: </p>	<p><b>Cosmos</b> ಕೇತಕಿ</p>  <p>Exp: </p>	<p><b>Marigold</b> ಗೊಂಡೆ ಹೂವು</p>  <p>Exp: </p>	<p><b>Periwinkle</b> ನಿತ್ಯ ಪುಷ್ಪ</p>  <p>Exp: </p>
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## Forest and Garden Produce

<b>Country eggs</b>	Eggs from free range country hens of various traditional breeds.	Keep Refrigerated 2 weeks
<b>Honey</b>	Honey harvested carefully to avoid destruction to the brood. Honey bees add to agricultural productivity by increasing pollination. Their numbers are declining due to loss of forest cover and excessive use of pesticides. Efforts are on to encourage people to have their own forest garden apiaries.	Store in a glass container in a cool dry place. 2 years 500g/1kg
<b>Jumankai</b>	Jumankai ( <i>Zanthoxylum rhetsa</i> ) makes cooking a whole other experience. Add seed cover to regular masalas and use with vegetables, soups, fish and prawn curries and experience its unique flavour. Can also use in Thai cooking. Germinate seeds to make your own jumankai saplings- they will grow into short trees.	Store in an air tight container 2 years 50g
<b>Kokam Rind</b>	Sun-dried rind of kokam, an evergreen tree of the western ghats. Used as a souring agent (like tamarind) for sambar, rasam, fish curry, sol kadi.	Store in a dry place 4 years 100g
<b>Needle chilli</b>	Packed into this tiny-tot of a chilli is all the fiery power you need to spice up your cooking. Just one or two will do for a dish for 4 people. Sow the seeds in a pot or bed to make your own chilli plants.	Store in a cool dry place 6 months 25g



<p><b>Rice</b></p>	<p>Organic unpolished rice grown in local paddy fields. Switch to this kind of rice for better health. More people saying yes to this will also mean that the farmers will have an incentive to grow local paddy varieties organically.</p>	<p>Store in a dry place in an airtight container. 3 months 1 kg &amp; 5 kg</p>
<p><b>Spice set</b></p>	<p>A combination of pepper, cloves, nutmeg, mace, bay leaves and other spices from the famous malnad spice orchards. Grind together to make a versatile garam masala powder to use in curries, soups, steamed vegetables and stews.</p>	<p>Store in a cool dry place in an airtight container. 1 year</p>
<p><b>Turmeric powder</b></p>	<p>Local variety of turmeric grown in home gardens, hand-processed and powdered at a mill. Turmeric has proven healing and anti-septic powers. Use in regular cooking, in hot milk for coughs, and on wounds.</p>	<p>Store in a cool dry place in an airtight container 5 years 100g</p>
<p><b>Vanilla beans</b></p>	<p>An orchid for South America, vanilla has done well in India. Flowers are hand-pollinated since the natural pollinating agent is not found here. Add to a pot of sugar to get vanilla sugar, or a piece of the crushed bean in baking soda, ice-creams, milkshakes, barfi, kheer/payasa and more.</p>	<p>Store in an airtight container 2 years</p>
<p><b>Vatey pudi</b></p>	<p>Vatey is the fruit of <i>Artocarpus lakoocha</i>, a stately evergreen tree of the Western Ghats. It is also a "cousin" of the popular jackfruit. The fruit is dried, ground and used as a substitute for tamarind in sambar, vegetables, fish curries and chutneys.</p>	<p>Store in a cool dry place in an airtight container 2 years 100g</p>



## Value Added Foods & Snacks

*This section includes beverages, dairy, chutney powders, jams & preserves, fruit nectars, pickles, sweets, savouries and other products. Shelf life is indicated as days or months. Amounts usually packed are in grams or number of pieces.*

<b>Athrasa</b>	Made from rice and jaggery, this chewy snack is irresistible to many.	Store in air tight container 10 days
<b>Banana Chips</b>	Home grown bananas made into chips with a light seasoning of sea salt, chilly and asafoetida (hing).	2 months 100g
<b>Banana Fig (Sukkeli)</b>	Made with naturally ripened, semi-wild banana. Enjoy it plain or add to breakfast cereals, payasa, raita, fruit salad, cakes etc. No added sugar or preservatives.	Store in an airtight container/fridge 6 months 100g
<b>7-Cup Barfi</b>	Made from roasted chick pea flour (kadle hittu), ghee, sugar and coconut, this is something to die for (and go for a brisk walk or run afterwards!).	Store in air tight container 2 weeks 6/packet
<b>Betta barfi</b>	Lip smacking treat of coconut, jaggery, sesame, nuts, and cardamon from Huthina Betta.	Store in air tight container 2 weeks 6/packet
<b>Chakli/murku</b>	An old time crunchy favourite, made with rice flour and seasoned with sea salt, cumin (jeera) and ajwain.	Store in air tight container 1 month 5/packet



~ Value Added Foods & Snacks ~

<p><b>Choco Chai (Masala)</b></p>	<p>Unusual herbal tea infused with the deep flavour and aroma of cocoa. To use, bring 1 cup of water boil. Add 2 tsp of chocochai and simmer for 4 minutes. Strain and add jaggery. Enjoy! INGREDIENTS: Cocoa shells, cloves, nutmeg, star anise, cardamom.</p>	<p>Store in air tight container 6 months 50g</p>
<p><b>Choco Chai (Orange - Cinnamon)</b></p>	<p>Unusual herbal tea infused with the deep flavour and aroma of cocoa. To use, bring 1 cup of water boil. Add 2 tsp of chocochai and simmer for 4 minutes. Strain and add jaggery. Enjoy! INGREDIENT: Cocoa shells, orange peels, cinnamon.</p>	<p>Store in air tight container 6 months 50g</p>
<p><b>Chutney pudi (regular)</b></p>	<p>Great with dosai, idly, rice and chapathi. INGREDIENTS: Lentils, chilli powder, spices, salt.</p>	<p>Store in an airtight container/fridge 3 months 100g</p>
<p><b>Chutney pudi (flax seed)</b></p>	<p>Flax (agase) is one of richest known sources of Omega-3 fatty acids and phyto-estrogens and is now recognized as a major health food in the West. Enjoy this age-old traditional chutney pudi which has been seasoned with spices and condiments and goes well with dosai, chappathi or rice.</p>	<p>Store in an airtight container/fridge 3 months 100g</p>
<p><b>Chutney pudi (wild curry leaf)</b></p>	<p>Spice up your meal with this tasty treat. Curry leaf is a good source of iron and other minerals. The added sesame and chick pea are also healthful.</p>	<p>Store in an airtight container/fridge 3 months 100 g</p>
<p><b>Chutney pudi (guryellu)</b></p>	<p>Great with dosai, idly, rice and chapathi. INGREDIENTS: Niger (guryellu), chilli powder, spices, sea salt.</p>	<p>Store in an airtight container/fridge 3 months 100 g</p>
<p><b>Chutney pudi (peanut)</b></p>	<p>Great with dosai, idly, rice and chapathi. INGREDIENTS: Peanut, garlic, chilli powder, spices, salt.</p>	<p>Store in an airtight container/fridge 3 months 100 g</p>



<b>Lemon Leha</b>	Great with dosai, chappathi or bread. Age old immune booster for children, and women post-delivery. Hailed to prevent intestinal worm infestation and cure coughs and colds. INGREDIENTS: Lemon, ginger, jaggery, ghee, black pepper.	Store in air tight glass container
<b>Cocoa Maya (Chilli, Cinnamon, orange &amp; Plain)</b>	Dark organic cocoa from the malnad orchards. Mix 1-2 tablespoons in a cup of hot milk to get the original bitter-sweet, rustic hot chocolate that is drunk even today in Mexico and other parts of South America. Cocoa was a favoured drink of the Incas and Mayas. Try using our cocoa concoction in cooking, baking and to make milk chocolate slabs. INGREDIENTS: Cocoa beans, sugar, (chilli, cinnamon, orange)	Store in a glass bottle 1 year
<b>Chocolate truffles</b>	Made from dark organic cocoa from the Malnad orchards.	
<b>Coconut crunch</b>	Biscuits loaded with coconut – way too tempting. Produced only for the Sirsi and Bengaluru Malnad Melas.	
<b>Corn Crispies</b>	An unusual snack made from flattened corn kernels and spiced up with salt, chilli, turmeric and asafoetida (hing).	Store in an airtight container 2 months 100g
<b>Dodda patre preserve</b> <i>Coleus aromaticus</i>	A preserve made of the leaves of doddapatre and sugar with spices. Good for coughs, colds, fevers and because it is just so tasty!  INGREDIENTS: Dodda patre, sugar, spices	Store in a dry glass bottle 1 month 100 g
<b>Ghee</b>	Ghee (clarified butter) made from the milk of cows belonging to different breeds. Small home dairies are very common in the Malnad, the dung being essential for the orchards and paddies as farmyard manure. The malnad gidda is a local cattle bred that is endangered and needs protection.	Store in cool dry place in an airtight container 2 months



## ~ Value Added Foods &amp; Snacks ~

<b>Ginger bite</b>	A delicious mix of home grown ginger and jaggery. Great for travel sickness, coughs, indigestion, and loss of appetite.	3 months 50g
<b>Holige</b>	Stuffed with coconut, this tastes delicious heated and eaten with a little ghee. INGREDIENTS: Coconut, jiggery, beaten rice, wheat flour, maida, salt, peanut oil	1 month 6/ packet
<b>Kai Holige</b>	Stuffed with coconut this is made all year around. This tastes delicious heated and eaten with a little ghee.	2 weeks
<b>Honey jam</b>	Delicious sweet eaten with bread and dosai. INGREDIENT: Honey, pineapple, dry fruits.	1 year 500g
<b>Jack Fruit Chips</b>	Slim, crisp chips with mild spices to add body and a spring to this tasty snack.	
<b>Jackfruit (dry)</b>	Dried jackfruit pieces from the Malnad forest gardens. Use in payasa, halwa, barfi or baking, for the delicious flavour and aroma of jack. No added sugar or preservatives.	Store in air tight containers 1 year 50 g
<b>Jackfruit papad</b>	A malnad special! Eat roasted with a drop of coconut oil spread on the hot papad or deep fry.	Store in air tight containers 2 years 25/packet
<b>Jackfruit saat</b>	Jackfruit pulp dried in layers and eaten as a delicious snack year round.	Store in refrigerator 1 year
<b>Jaggery</b>	Made from local varieties of sugarcane. The unrefined sugarcane syrup (locally called bella) is far better than white sugar and a rich source of iron.	Store in glass bottles 2 years 500g



<b>Jenu kolu</b>	An ancient, traditional crunchy snack made from rice flour, jaggery, coconut, cardamom, and sesame.	Store in airtight container 1 month
<b>Karajikai</b>	A popular thindi (snack) with coconut and jaggery stuffing.	Store in air tight containers 2 weeks
<b>Kashaya pudu (Herbal drink)</b>	Another malnad-must. Great for winter/monsoon coughs and colds. Add ½ a tsp. to 1 cup of milk-water mix, boil, strain, add sugar/jaggery and drink. Or just boil ½ tsp. in a cup of water, strain, and add the juice of ½ a lemon and honey.	Store in air tight containers 3 months 100g
<b>Kokam candy</b>	Kokam rind sweetened and sun-dried. A sweet and sour treat! Kokam is an evergreen tree from the Western Ghats.	Store in air tight containers 1 year 100 g
<b>Kokam nectar (Large, small, red &amp; white)</b>	Drink kokam not coke! Mix 1 tablespoon kokum nectar with a glass of water or soda. Add sugar, honey or jaggery and crushed ice to taste. Or drink hot. Kokam is also good in soups and in coconut milk with spices (sol kadi). Ideal for stomach and bronchial conditions. INGREDIENTS: Kokam juice, sugar, pepper	Store in glass bottles 5 years
<b>Kokam jam</b>	Slow cooked jam from the relatively rare, light coloured kokam fruit that grows in the forest gardens of the Malnad. Sweet yet tart, this unusual, lightly spiced jam is great on bread, with chapathi/dosai, as filler for tarts and cakes or as a sauce for ice cream.	Store in glass bottles 1 year 250g
<b>Kokam Soda</b>	Fruit soda with kokam nectar and bottled by a local soda maker. Quite simply delicious.	
<b>Besan Laddu</b>	Laddu made with chick pea flour, ghee and sugar.	Store in airtight container 2 weeks





## ~ Value Added Foods &amp; Snacks ~

<b>Nelli leha</b>	Wild nelli (amla) harvested sustainably and made into 'leha' using the slow, old fashioned process. Leha has a combination of spices and herbs, excellent for asthma, colds, coughs, and overall low immunity. Needs no refrigeration. Use a dry spoon only. To use: have 1/2 teaspoon in the morning on an empty stomach, followed by 1/2 cup of warm water. Or have before bedtime followed by a little milk. INGREDIENTS: Nelli, black grapes, nutmeg, cloves, jeers, pepper, long pepper, jaggery, rock sugar, ghee.	Store in dry glass jar. 2 years 100g
<b>Nelli murabba</b>	Whole organic wild nelli preserved in sugar syrup.	Store in glass jars 1 year
<b>Nelli powder</b>	Sustainably harvested nelli made into powder. Ideal to use directly, or in drinks, for the hair etc.	Store in airtight container 2 years
<b>Nelli supari</b>	An old, old recipe for a mouth freshener and digestive. INGREDIENTS: Nelli, salt, jeera, pepper, hing	Store in an airtight container 1 year
<b>Nelli (salted)</b>	INGREDIENTS: Grated Nelli and salt, spices	
<b>Nelli wine</b>	Made from wild gooseberry (nelli/amla), this Syrian Christian recipe produces a beautifully tinted sweet-sour dessert wine.	
<b>Apay midi tender mango Pickle</b>	The Malnad area has reportedly 100s of varieties of pickling mangoes. This one is the prized jeerige apay midi pickled in a combination of spices. Each woman produces a unique flavour of pickle from her kitchen.	Store in glass jars and use a dry spoon to remove 2 years 300 g
<b>Ginger Turmeric Pickle</b>	Tangy pickle from turmeric, ginger, mango ginger, green pepper and needle chilli grown in the malnad home gardens, and preserved in brine and lemon juice.	Store in glass bottle. Use only a dry spoon 1 year



## ~ Value Added Foods &amp; Snacks ~

<b>Citron Pickle</b>	An irresistible citron pickle with a hot sweet flavour	Store in glass bottle. Use only a dry spoon 1 year
<b>Dadlikai Pickle (Bitter Citron)</b>	INGREDIENTS: Dadlikai, salt, needle chillis, spices	Store in glass bottle. Use only a dry spoon 1 year
<b>Lemon Pickle (Hot Sweet)</b>	An irresistible lemon pickle with a hot sweet flavour. INGREDIENTS: Lemons, salt, chilli powder, sugar, spices	Store in glass bottle. Use only a dry spoon 1 year
<b>Mango Pickle</b>	Local organic mangoes pickled with a North Indian flavour.	Store in glass bottle. Use only dry spoon. 1 year
<b>Panchakajjaya</b>	Popular during Ganesh Chaturthi (Chowthi) in the Malnad, this healthy snack can be made and eaten year round. INGREDIENTS: Roasted chick pea flour, jaggery/sugar, coconut, sesame, cardamom	
<b>Peppy Peanut Butter</b>	A touch of organic pepper to pep up this classic recipe and create our own version of a Malnad peanut butter. Great with bread, dosai, idly, chappathi or neat!	Store in glass bottle. 1 year 150g
<b>Pineapple ginger jam</b>	Pineapple pieces flavoured with ginger and pepper and preserved in sugar. A treat on its own or as a topping for toast, ice cream and cakes.	Store in an airtight container refrigerate on opening 1 month (longer if refrigerated) 300 g
<b>Rice Fryums</b>	Local rice powdered and dried in balls to be fried and eaten as a snack.	Store in airtight container 1 year



<b>Rice Papad</b>	Local rice powdered and dried as papads to be fried.	Store in airtight container 1 year
<b>Star fruit preserve</b>	Rich in vitamin C, the star shaped fruit candy is a surefire grandma's remedy for coughs. INGREDIENTS: Star fruit, sugar	Store in air tight container 1 year
<b>Tambli (Brahmi)</b> <i>Centella asiatica</i>	Tambli is a refreshing appetiser. Add 1 tsp. of the powder to a bowl of curd (for 2) or buttermilk and enjoy your meal. Brahmi is good for the nervous system. Don't overuse, have once a week.	Store in an airtight container 3 months 50 g
<b>Tambli (Chakrumuni)</b> <i>Sauropus sp</i>	Tambli is a refreshing appetiser. Add a spoon full of the powder to a bowl of curd (for 2) or buttermilk and enjoy your meal. Chakramuni is also known as haemoglobin greens, and is effective in treating anaemia.	Store in an airtight container 3 months 50 g
<b>Tambli (Curry leaf)</b> <i>Murraya koenigii</i>	Tambli is a refreshing appetiser. Add a spoonful of the powder to a bowl of curd (for 2) or buttermilk and enjoy your meal. Curry leaf is rich in iron and good for reducing weight. Have once or twice a week.	Store in an airtight container 3 months 50 g
<b>Tambli (Drumstick Leaf)</b> <i>Moringa oleifera</i>	Tambli is a refreshing appetiser. Add a spoonful of the powder to a bowl of curd (for 2) or buttermilk and enjoy your meal. Drumstick is rich in vitamin A, good for eyes and anaemia.	Store in an airtight container 3 months 50 g
<b>Tambli (Ginger)</b> <i>Zingiber officinalis</i>	Tambli is a refreshing appetiser. Add a spoonful of the powder to a bowl of curd (for 2) or buttermilk and enjoy your meal. Ginger increases appetite and improves digestion.	Store in an airtight container 3 months 50 g
<b>Tambli (Kannekudi)</b>	Tambli is a refreshing appetiser. Add a spoonful of the powder to a bowl of curd (for 2) or buttermilk and enjoy your meal. Used for fever.	Store in an airtight container 3 months 50 g



<p><b>Tambli (Mango)</b> <i>Mangifera indica</i></p>	<p>Tambli is a refreshing appetiser. Add a spoonful of the powder to a bowl of curd (for 2) or buttermilk and enjoy your meal. Used for indigestions.</p>	<p>Store in an airtight container 3 months 50 g</p>
<p><b>Tambli (Mango-ginger)</b> <i>Curcuma amada</i></p>	<p>Tambli is a refreshing appetiser. Add a spoonful of the powder to a bowl of curd (for 2) or buttermilk and enjoy your meal.</p>	<p>Store in an airtight container 3 months 50 g</p>
<p><b>Tambli (Nelli)</b> <i>Emblica officinalis</i></p>	<p>Tambli is a refreshing appetiser. Add a spoonful of the powder to a bowl of curd (for 2) or buttermilk and enjoy your meal. Nelli/amla is rich in vitamin C and is an overall immunity tonic. Good for children with respiratory problems. Laxative.</p>	<p>Store in an airtight container 3 months 50 g</p>
<p><b>Tambli (Sandalwood)</b> <i>Santalum album</i></p>	<p>Tambli is a refreshing appetiser. Add a spoonful of the powder to a bowl of curd (for 2) or buttermilk and enjoy your meal. Tender sandalwood leaves cool down the body.</p>	<p>Store in an airtight container 3 months 50 g</p>
<p><b>Tambli (Vilva)</b> <i>Aegle marmelos</i></p>	<p>Tambli is a refreshing appetiser. Add a spoonful of the powder to a bowl of curd (for 2) or buttermilk and enjoy your meal. Vilva is used for diarrhoea and intestinal problems.</p>	<p>Store in an airtight container 3 months 50 g</p>
<p><b>Tambli (Yelavarige)</b> <i>Cassia sp.</i></p>	<p>Tambli is a refreshing appetiser. Add a spoonful of the powder to a bowl of curd (for 2) or buttermilk and enjoy your meal. Used for indigestions.</p>	<p>Store in an airtight container 3 months 50 g</p>
<p><b>Todadevu</b></p>	<p>A snack unique to the Malnad and unavailable anywhere else - made from a batter of rice flour and jaggery that is "draped" over an upturned special mud pot to cook on a fire-wood stove. Enjoy plain or eat with a few drops of ghee and see how divine and addictive it is!</p>	<p>Store in an air tight container 2 weeks</p>



## Non-Edibles

<b>Beeswax balm</b>	Made of beeswax,, vegetable oils, lemon grass, citronella, lavender and patchouli	
<b>Cashew shell repellent</b>	Cashew is a tree that was brought to India by the Portuguese and has acclimatised here very well. The shell around the nut contains cardinal, which is excellent to keep insects away from grain, lentils and other food stuff. Also try out in pickle jars by placing one shell directly over pickle.	Store in dry container 3 years 50 g
<b>Cocoa body scrub</b>	Pure cocoa ground to a scrub to indulge your skin. Only beans that cannot be processed into edible cocoa products are used to make the scrub.	Store in an air tight container. 1 year 100g
<b>Essential oils</b>	Oils of lemon grass, citronella and patchouli distilled at the farm itself. Out of production.	
<b>Happy hair dye</b>	The safest way to get naturally coloured hair! Go green and have a blue, brown, or black (yes black!) head crop with our henna-indigo mix. Apply henna paste (mixed and kept overnight) for two hours. Wash and follow with indigo paste freshly mixed and leave for 1 hour for a deep black. If in a hurry, mix henna and indigo, and apply for 1 hour. INGREDIENTS: Henna ( <i>Lawsonia inermis</i> ), Indigo ( <i>Indigofera sp.</i> )	Store in an air tight container 3 months 200 g
<b>Herbal insect repellent</b>	A spice formula used in the archives of the Thanjavur Maharaja to preserves palm scripts and books. INGREDIENTS: Sweet Flag/Baje ( <i>Acorus calamus</i> ); Black cumin ( <i>Nigella sativa</i> ); Bark of Cinnamon ( <i>Cinnamon zeylancium</i> ); Pepper ( <i>Piper nigrum</i> ); Cloves ( <i>Eugenia caryophyllus</i> ); Camphor/Karpoora	Place sachets filled with mix between books and other archival material. 6 months



<b>Herbal hair oil</b>	Sesame (til) oil enriched with amal, bhringraj, brahmi, hibiscus, aloe and other herbs. Good for the scalp, for winter colds and to cool the eyes after long hours at the computer.	Store in glass bottle 1 year 100g
<b>Incense (dhoop) with clay holder</b>	Pure resin of the dhoop tree ( <i>Canarium strictum</i> ) that grows in the evergreen forests of the Western Ghats. Carefully harvested to cause no injury to the tree, dried, and hand powdered by tribes trained by the NGO Prakruti, Sirsi. Sprinkle a little dhoop over live coals using the terra cotta holder and smoke away mosquitoes while bringing the aroma of the incense	Store in dry, airtight container 10 years  25 g
<b>Kokam butter balm</b>	Kokam butter/ oil is extracted by hand from kokam seeds by the Siddis and other forest communities. Kokam butter is edible, a skin softener, and has curative properties. Three kinds of balms are available – body butter, insect repellent and skin salve (specially formulated for cracked heels, rough elbows and skin conditions). INGREDIENTS: Kokam butter, beeswax, vegetable and essential oils, camphor, teak extract	Store in a glass jar 3 years  20g
<b>Kumkum</b>	The original formulation for sindoor/kumkum which is far safer for the skin than the harsh chemicals in use today. INGREDIENTS: dry turmeric, lemon juice, alum, biligara, ghee	
<b>Leech-less</b>	Anti-leech herbal pouch. A tested mix of natural ingredients effective for forest treks/hikes in the rains. Very popular with students on Vanastree camps. INGREDIENTS: Soapnut, tobacco, quicklime (chunna) and salt	Take on treks, slightly dampen so the ingredients ooze out and use to brush off leeches that will drop on contact with the mix.



<b>Manorama's massage oil</b>	Sesame (til) and mustard oil infused with <i>Vitex sp.</i> (lakki soppu) and camphor (pacha karpooora). Helps relieve and relax muscle tension. Follow with a hot bath and feel the difference.	Store in glass bottle 1 year  100g
<b>Soapberry laundry soap</b>	Whole soapberry (Ritha/Antvalakai) used in a muslin bag and used in the washing machine or for bucket washes.	Dry well and store in an air tight container
<b>Soapberry shampoo powder</b>	Clean and condition your hair with this heady mix of wild soapberry (ritha), soapnut (shikakai), orange & lemon peel, hibiscus and laurel (mathi) leaves. Especially ideal after colouring your hair with indigo. Mix 2 teaspoons of shampoo powder with water to make a paste. Apply on wet hair, work up a lather and rinse well.	Store in air tight jar 1 year  100g
<b>Soapnut scrub</b>	Lather up in style with this all-natural cleaner. Use for clothes, vessels, tiles, wash basins/sinks and toilet bowls/pans. Wash water can be used to irrigate plants as it contains no detergents, and only plant based saponins (soap). INGREDIENTS: Shikakai ( <i>Acacia concinna</i> ), Ritha ( <i>Sapindus sp.</i> ), and lemon peels.	Store in air tight jar, and use with a coconut fibre or other scrubber 5 years  250g / 500g
<b>Spongegourd scrubbers</b>	A natural scrubber for dishes or your bath with sponge gourd ( <i>Luffa cylindrica</i> ). Ideal substitute for synthetic scrubbers	



## Crafts

<b>Areca leaf plates and cups</b>	Trendy disposable (and compostable) plates and cups made of the leaf base of the areca/adike/supari tree. ( <i>Areca catechu</i> )	
<b>Areca leaf hats</b>	These traditional “topis” are used by the Malnad orchard farmers to keep out the sun and heat. The modern version has become quite popular.	
<b>Bags, Patchwork</b>	The richly coloured and patterned cloth pieces reflect the beauty and variety of home gardens and the collective’s commitment to celebrating local seed diversity.	Tailoring is an important skill and comes in useful in the Malnad forest homesteads
<b>Bags, Patchwork sling</b>	A fashionable yet handy sling purse with numerous pockets for both young and old.	Tailoring augments income for the gardener
<b>Bamboo keychains</b>	Delicately painted bamboo keychains. Bamboo is a wonderful resource for many different things and is a vital resource for rural craftspeople. It is poorly understood and utilised.	
<b>Baskets</b>	From bamboo and cane, a variety of baskets to hold pepper, areca and other orchard and farm produce.	
<b>Foot rugs, hand knitted</b>	Soft, cushiony round rugs hand knitted from old sarees. Ideal as a meditation mat or to use in the kitchen or bath.	Highly durable and does not get fungus during the monsoon. Can machine wash
<b>Kowdies (single &amp; double)</b>	Kowdies are patchwork quilts traditionally made from the colourful scraps of old cloth. These fabrics create a mosaic of life stories and family histories. Hand-sewn bedspreads /quilts (kowdies) single and double in patches or with sarees.	Wash in cold water with a tablespoon of salt during the first wash. Sun dry and store with camphor



<b>Maitri's natural holi and rangoli colours</b>	Comes in yellow, blue, red, green, orange. Black and chocolate colours were also tried out.	
<b>Seed art/seed mural</b>	Traditional and modern designs including rangolis lend themselves to being brought alive by seed art on paper or cloth	Seeds could be eaten by insects over time
<b>Seed jewellery</b>	Handcrafted seed necklaces, each piece unique and delicately done	Seeds could be eaten by insects over time
<b>Shopping Bags (Cloth)</b>	Simple shopping bags with messages or plain to be used instead of plastic carry bags.	
<b>Sleeping sacks</b>	Sturdy, light cotton sleeping cases ideal for rail/bus travel, camping or at home	
<b>Table runner, Patchwork</b>	Can also be used as a mat to sit on or a throw over a divan or chair	
<b>Vegetable powder Paints</b>	Yellow, blue, green, red, orange, black. Ideal for children to use on paper or walls. INGREDIENTS: rice flour, turmeric, indigo, kumkum, natural insect repellent.	Add a bit of glue and water to make a paint that will stick to the surface
<b>Wild date palm mats</b>	Traditional hand woven mats from wild date palm ( <i>Phoenix</i> sp.). Discontinued since date palm populations are not optimal	
<b>Wooden pegs &amp; boards</b>	Old fashioned wooden pegs and unusually shaped chopping/cheese boards. Upcycled using wood rescued from fire lots in saw mills. Treated and polished with beeswax and coconut/linseed oil	
<b>Yoga/gym mat</b>	Convenient, padded fold & carry design in cotton	



## Product Kits

<b>Anti-stress summer pack</b>	Kokam nectar, herbal hair oil, Manorama's massage oil, kokam butter balm, tambli (2)	
<b>Monsoon fit kit</b>	Kashaya pudi, tambli, kokam butter balm	
<b>Seasonal seed kits (see Seeds also)</b>	These are packed in handmade origami boxes which are made without using tape or staples. The kit has a set of 11 packets that are useful for each specific season.	
<b>Garden pharmacy herbal basket</b>	Common and unusual medicinal plants in a bamboo basket. The plants include: ginger, turmeric, lemon grass, bajay, brahmi, ilikivi, and dod patre.	Discontinued since plants could not withstand travel trauma



## **Gardens of Growth**

This handy compilation is an info-guide to the heirloom seeds, produce and value-added products from the forest home gardens of the Malnad in Karnataka produced by women gardeners, farmers and craftspersons of the region. It is a celebration of community, culture and the spirit of the collective.



[www.vanastree.org](http://www.vanastree.org)