

Brief account of millet

**CC-7
UNIT-2**

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MILLETS

- **Millets are specific cultivated grasses in the family Poaceae that produce tiny seeds and a lot of foliage that is used as fodder. Man uses the grains for food, and domestic animals also consume them.**
- **India has been cultivating them since prehistoric times.**
- **While susceptible to cold, millets can withstand drought.**



HEALTH BENEFITS OF MILLET

Organic  Facts
www.organicfacts.net



Beneficial in detoxifying body



Lowers bad cholesterol level



Prevents onset of breast cancer



Helps to prevent type 2 diabetes



Effective in reducing blood pressure



Helps to protect against heart diseases



Aids in treating respiratory conditions such as asthma



Helps to optimize kidney, liver and immune system health



Reduces risk of gastrointestinal conditions like gastric ulcers or colon cancer



Eliminates problems like constipation, excess gas, bloating and cramping



Nutrients*

Carbohydrate 27%
Protein 26%
Calories 18%
Dietary Fiber 11%

Vitamins*

Thiamin 26%
Niacin 22%
Folate 20%
Vitamin B6 18%

Minerals*

Copper 35%
Phosphorus 27%
Magnesium 26%
Iron 16%

*% Daily Value per 100g. For e.g. 100g of millet provides 35% of daily requirement of copper

NUTRITIONAL CONTENT IN MILLETS

| Millet | Iron (in mg) | Calcium (in mg) | Minerals (in g) | Fibre (in g) | Protein (in g) |
|-----------------|-----------------|--------------------|--------------------|-----------------|-------------------|
| Pearl millet | 16.9 | 38 | 2.3 | 1.3 | 10.6 |
| Finger millet | 3.9 | 344 | 2.7 | 3.6 | 7.3 |
| Foxtail millet | 2.8 | 31 | 3.3 | 8.0 | 12.3 |
| Proso millet | 0.8 | 14 | 1.9 | 2.2 | 12.5 |
| Kodo millet | 0.5 | 27 | 2.6 | 9 | 8.3 |
| Little millet | 9.3 | 17 | 1.5 | 7.6 | 7.7 |
| Barnyard millet | 15.2 | 11 | 4.4 | 10.1 | 11.2 |

Source: Millet Network of India



SORGHUM VULGARE



Sorghum Vulgare PERS. (JOWAR)

Origin - Africa and Asia

Sorghum-growing states in India - Maharashtra,

Karnataka, Andhra Pradesh, MP, Gujarat, Rajasthan, TN

- It is very hardy crop. Temperature range is 15.5-40.5°
- Annual rainfall 35-150cm
- Grown in both kharif (July-Oct) and rabi (Oct- March)

season.

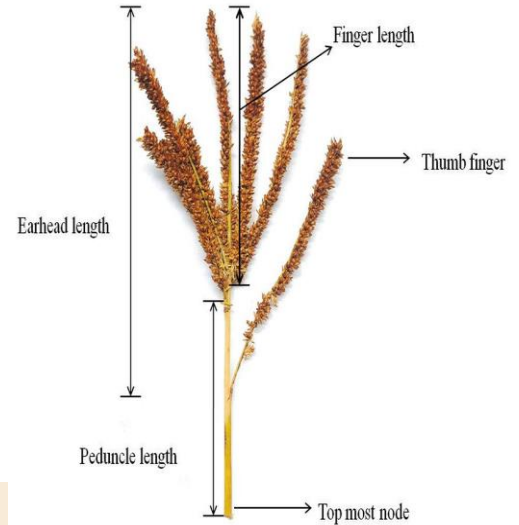


USES OF SORGHUM

- Cooked into bhakri, roti, or rice (unleaven bread)
- Grain can be popped or malted.
- In cattle feed, stems and leaves are crucial.
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- Considering how nutritious and vitamin-rich this cereal is, it is incredibly underutilized.
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- Various hybrids, such as CSH-1 to CHS-8
- genuine breeding variants, such as CSV-1 to CSV-7



Eleusine coracana (L) GAERTN. (FINGER MILLET/RAGI/MARWA/AFRICAN MILLET)



***Eleusine coracana* (L) GAERTN. (FINGER MILLET/RAGI/MARWA/AFRICAN MILLET)**

Origin: Indian native (De Candolle)

Growing states in India : Karnataka, Tamil Nadu,

Andhra Pradesh, Odisha, Gujarat, Maharashtra, Bihar.

Grows in regions with 50–100 cm of annual precipitation.

It is a kharif crop.

Suits extreme drought conditions.

Varieties: PR202, BR2, Indaf5, Indaf7, etc.



Uses of FINGER MILLET

- It is primarily farmed for its very nutritious and vitamin-rich grain;
- It helps the impoverished and those with diabetes;
- It is occasionally fed to infants in South India after malting;
- The stalk makes ideal fodder.



Pennisetum typhoides L. (pearl millet/bajra)



***Pennisetum typhoides* L.**

(pearl millet/bajra)

- **Place of Origin:** Africa
- **Growing States:** Gujarat, Maharashtra, Haryana, Uttar Pradesh, Andhra Pradesh, Karnataka, TN
- **Use:**
 - Grain flour is a highly healthy ingredient in unleavened bread, and it's a major source of nourishment for the underprivileged.
 - A substantial amount of fodder



***Setaria italica* Beauv.**

Italian/fox-tail millet/kaon

- Stalks are fed to animals as fodder.
- Grain is eaten raw and cooked into rice.
- Has medicinal qualities, acting as a diuretic.



Panicum miliaceum L.

COMMON MILLET/CHEENA

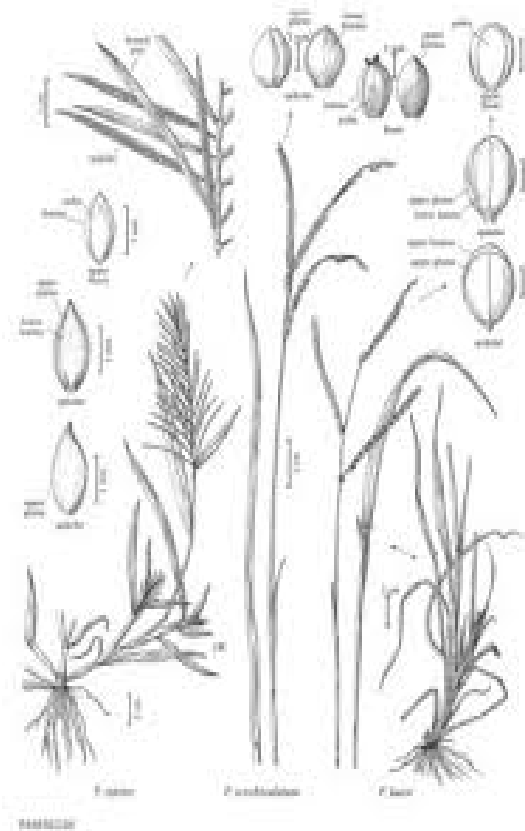
- Prepared or dried prior to eating; moreover.
- Chapatis are produced.



Paspalum scorbiculatum L.

KODO

Coarse-grained crop that some aboriginal people eat
Suggested for those with diabetes.



**Thank
You**