

‘Millet & Fish’ Festival in Kochi Aims to Promote Healthy Eating Habits, Facilitate Market Value Chain

Kochi: The Ernakulam Krishi Vigyan Kendra of the ICAR-Central Marine Fisheries Research Institute (CMFRI) will organise a three-day ‘Millet & Fish’ festival on December 28-30 in Kochi, with an aim to create awareness about the rich nutritional value and health benefits of millets, as well as their harmonious fusion with fish for a balanced diet. The event also aims to facilitate the development of a robust market value chain within Kerala for millets grown by farmers outside the state.



The festival will feature a variety of activities, including a buyer-seller meet, millet and fish food festival, live fish sale, sale of millets and millet-based products, millet cookery show, millet recipe contest, technology exhibition, product launch, nutrition and health talks and seminars. The fest will also have a Lakshadweep farmers’ stall showcasing indigenous farm produce and food products from the islands. The event, to be held at CMFRI in line with the observance of the International Year of Millets-2023, will offer a chance to explore and relish authentic products and experience the culinary versatility of millets and fish. It will promote a healthier lifestyle by showcasing a fusion of flavours and fostering a deeper understanding of their nutritional ingredients.

“The festival is poised to promote healthy eating habits, facilitate a robust market value chain in Kerala for millets produced by farmers in other states and boost local economies”, said Dr A Gopalakrishnan, Director of CMFRI. The combination of millets and fish is highly prospective as a wholesome and nutritional diet, enriching the diverse tapestry of Kerala cuisine. Creating awareness on tasty recipes and fusion flavours is a crucial step to popularise these dishes, he said.

Millet farmers and farmer producer companies from across the country, millet entrepreneurs, fish processors, self-help groups, start-ups etc. have confirmed their participation. National Bank for Agriculture and Rural Development (NABARD), ICAR-Indian Institute of Millets Research in Hyderabad, National Fisheries Development Board (NFDB) in Hyderabad, Commissionerate of Food Safety Kerala, ICAR-Central Institute of Fisheries Technology (CIFT), National Institute of Fisheries Post Harvest Technology and Training (NIFPHATT), the Society for Assistance to Fisherwomen (SAF), Food Crafts Institute, Kalamassery, Kerala Hotel and Restaurants Association, and All Kerala Bakers Association among many others are partners of the event, which is expected to attract a large number of visitors in and around the city.