

MILLET-FISH FEST CONCLUDES LEAVING FOODIES DELIGHTED WITH HEALTHY DELICACIES



A women selfhelp group in Moothakunnam with live oysters at the Millet-Fish fest at CMFRI

The three-day Millet-Fish festival that featured a diverse array of nutritionally beneficial and healthy food items concluded on Saturday. The fest held at the Central Marine Fisheries Research Institute (CMFRI) attracted many visitors to savour the delight of rare delicacies. Organised by the Ernakulam Krishi Vigyan Kendra (KVK), the festival primarily focused on creating awareness about the rich nutritional value and health benefits of millets, as well as their harmonious fusion with fish for a balanced diet.

Live oysters, made available by the women self-help group in Moothakunnam, was one of the attractions during the event on Saturday. A huge rush was experienced to consume the oyster live. A food item with rich medicinal value, the oyster was brought to the fest from the farm fields after depuration. (Depuration is the process of expelling contaminants from gills and guts of oysters by providing them with good purified seawater before they are used for consumption). According to experts, oysters are rich in protein, lipids, carbohydrates, and minerals.

An entrepreneurship meet held at the fest unveiled promising business opportunities in areas such as millet processing, value addition, branding, packing and marketing. Information on funding support for budding entrepreneurs with innovative ideas, technology incubation facilities and services for food entrepreneurship being offered by various research institutes under the Central Government were discussed at the session. The buyer-seller meet offered an opportunity for consumers, traders and distributors to foster business deals of various millet products. This provided business opportunities for farmer-producer companies, self-help groups, and agri-startups helping them forge direct connections with consumers and distributors. Beyond just millets, the buyer-seller meet served as a comprehensive platform for various stakeholders, including self-help groups (SHGs) and entities involved in the production of fish value-addition.