



Romano De Vivo

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“BASAID's contribution to resilience”

Essential amino acids, B vitamins, niacin, thiamine, and Vitamin C). Breadfruit is also an excellent source of dietary fiber.



ACEITE DE COCO
(coconut oil)
Mostly used for cooking,
especially the frying of
breadfruit and plantains

Flora Quiros Mendez

Jorge Eduardo Mora Solano

- WHAT THEY SELL
- | | |
|----------------|---------------------|
| 1. baby banana | 5. ripe plantain |
| 2. peach palm | 6. breadfruit |
| 3. date banana | 7. Cavendish hybrid |
| 4. plantain | 8. assorted chiles |

PUESTO DE FRUTAS

Roadside fruit stands sell an abundance of fruits gathered from home food forests as well as the surrounding jungle

on the highway near Monteverde,
Siqueres, El Chinamo
Costa Rica

With less amount of food, while releasing energy throughout the day thanks to its complex carbohydrate, fiber, and minerals composition (including potassium, calcium, iron, phosphorus)

Aside from being a wholesome alternative for those with gluten free diets, breadfruit also has the power to satisfy our stomach



Courtesy of The Lexicon
Case Study No. 21:
Breadfruit in Costa Rica
<http://reawakenedfoods.com/>

Breadfruit: 'culinary renaissance' and new source of income

Identify proteins and gluten content to find alternatives for people who suffer of celiac disease.



Nutrients content analysis is a key analysis to prove their value as nutritious and healthy food.



THE WEHABIT VARIETIES HAVE MANY DIFFERENT NUTRITIONAL FEATURES THAT CAN RESPOND TO UN-ANSWERED DIETARY NEEDS.

Looking into Ethiopia's past to rediscover ancient grains

Courtesy of The Lexicon
Case Study 03: Teff and Ancient Grains in Ethiopia
<http://reawakenedfoods.com/>

Seed systems. In some cases a custodian farmer may even serve as an informal seed bank for their community.

Pellakadu
Kolli Hills, Tamil Nadu
India

MANKUTHIR (SEED STORAGE)
All farmhouses in Kolli Hills use mankuthir to store seeds to sow the following year. The most common are made of mud and clay (like the one here), or dried manure, then lime-washed. This structure maintains a constant temperature and humidity to protect seeds from mold or insects.

rice landrace

"In earlier times every house in this village had its own seed storage. When people left farming and moved away, the seed varieties they maintained disappeared. That's why guardian farmers are important. We make sure that no seeds will ever be lost."

— Mrs. Vellaiyammal

மரபு பாதுகாவலர் CUSTODIAN FARMER

(Marabu Padhukavalar)

Custodian farmers collect, store, and disseminate seeds for their community, and are extremely useful for maintaining agricultural biodiversity through both on-farm and in-situ conservation.

CUSTODIAN FARMERS PLAY MULTIPLE ROLES IN THEIR COMMUNITIES: BREEDER, INNOVATOR, SEED SUPPLIER, EXTENSION AGENT, AND CONSERVATION SAFETY NET.



Women in Tamil Nadu are often both commercial and custodian farmers; the economic return they receive from farming helps offset the time and labor needed to advance on-farm conservation practices that both enhance the diversity of local plants and lead to improved local



Millet: one of the oldest cultivated crops made an unexpected comeback

Courtesy of The Lexicon
Case Study No. 14: Small
Millets in India
<http://reawakenedfoods.com/>