

From seeds to SEEDLINGS!

Last fortnight we asked you what would happen to the soaked seeds, packed away in the containers. This is what happened: like tiny sparks in the star lit sky, the seedlings emerged from the seed bed.

SUN & WATER DO THE TRICK

Fangchu was extremely pleased with the efforts he had put in the last two weeks. He had placed all the containers on the window sill that received at least 4-5 hours of sunshine and watered them twice a day. He was careful to keep the soil moist and not drench it with water for fear of the seeds catching fungus. His *Ma* too was happy with the progress. Once in a while she would check on them, and ask Fangchu to do a few things.

SOMETHING SPECIAL

The seedlings had grown at least 3-4 cms tall which *Ma* had anticipated. Few days ago she had got a well-lit patch in the garden cleared and tilled. Fangchu had a hunch. He knew something special was in the offing.

In the last two weeks there was not much activity apart from tending to the seedlings. His anticipation was well rewarded. Around 4 in the afternoon, *Ma* asked Fangchu to get all seed containers to the cleared area in the garden along with a pail of water.

Kia, who was around, was questioning everything!

'How did the seeds turn into leaves?', 'Can trees grow in such small containers?', 'Why have you asked *Bhaiya* to get all the containers to the garden?' and 'What will we do in garden?'

Her questioning took a break when Fangchu asked her to help him. Together they took all the containers to the chosen spot where Tweego stood.

A NEW LESSON

Ma poured some water into the soil at the cleared patch to get the soil ready. She then looked through all the containers and selected the saplings that met her criteria. They had to be at least 3 cms tall. The chosen ones were watered until the soil was drenched.

'Fangchu, would you dig a few holes in the soil?' *Ma* asked. 'Dig as deep and wide as your index finger.'

Kia loved soil. Even before Fangchu could get to the task, Kia was already at it. Tweego joined Kia by digging the whole patch with his paws! It was a muddy bath which both of them enjoyed.

Fangchu exchanged a smile with *Ma*. *Ma* laughed and urged the two soil-diggers to finish quickly.

Her eyes twinkled and glowed with amusement and happiness. The kids saw the love in *Ma*'s eyes and hugged her while Tweego continued digging, wagging his tail profusely.

What new experiment do the kids perform? Will Fangchu's *Ma* teach something new? Find out more in our forthcoming article. If you do know what the experiment is all about, email us at Tweego@EkTitli.Org. Don't forget to mention your name, school and standard you study in

Roots and shoots



Fangchu and Tweego have been co-created by Vinay and Vaibhav of Ek Titli. You will read about their adventures every fortnight in YB. To know more about Tweego and follow his journey, visit www.ektitli.org/tweego



Recipe

Dal-Subz Spring Roll

METHOD

For the dal batter

- Soak whole green gram, split green gram (*moong dal*), black gram (*urad dal*), Bengal gram (*chana dal*) and rice in water for 3-4 hours.
- Grind to a smooth paste of a dropping consistency.
- Add salt to taste, sugar, fine semolina (*rawa*) and finely chopped green chilli.
- Keep the batter aside for an hour.

For the filling

- Boil potatoes and mash.
- Grate carrot.
- Shred cabbage finely.
- Add finely sliced French beans and chopped capsicum dices.
- Mix the vegetables with a dash of salt, *amchur* powder, cumin powder and *chaat masala*.

For the pancake

- Make pancakes using the *dal* batter, on a hot griddle.
- Spoon oil/*ghee* while baking each pancake till golden-brown and crisp.
- Place the vegetable filling in the centre of each pancake. Roll the pancake and then remove from heat.
- Place on a flat surface.
- Cut the rolls into wedges of one mouthful each, or as preferred.
- Serve hot with tomato sauce.

Food glossary

Tempering: Tempering is the final step for making curries in which oil is heated and mustard seeds, cumin, fenugreek seeds, turmeric, asafoetida (*heeng*) and/or curry leaves are added. This enhances the flavour of a savoury dish.

Dum cooking: A process of cooking with heat from above as well as below. For example, *dum biryani* is prepared by sealing the vessel lid with dough in order to prevent steam from escaping.



Warq: A thin foil of silver or gold which is edible and used as decoration for sweetmeats like *barfees* and *laddoos*.



Asafoetida: Locally known as *heeng*, which is a strong flavouring agent used in Indian curries and numerous other preparations. It also acts as a digestive, taken along with buttermilk.

(SERVES 4)



INGREDIENTS

For the dal batter

- Whole green gram 1 cup (100 gms)
- Split green gram 100 gms
- Black gram 50 gms
- Bengal gram 50 gms
- Rice 100 gms
- Fine semolina 2 tbsp
- Green chilli As required
- Sugar 1 tbsp
- Salt To taste

For the filling

- Potatoes 2 (large)
- Carrot 1 (medium)
- Cabbage 100 gms
- Capsicum 50 gms
- French beans 50 gms
- Chaat masala* 1½ tspn
- Amchur* powder 1 tspn
- Cumin powder ½ tspn
- Salt To taste

NUTRITION NOOK

Green gram: It is a rich source of low fat protein. It is also high in fibre. It gets digested slowly and gradually releases glucose into one's bloodstream, stabilising the blood sugar level.

Black gram: Rich in protein, it is known to benefit in the treatment of mild diabetes and some nervous disorders like nervous weakness, weakness in memory, schizophrenia and hysteria. It also helps cure digestive system disorders.

Bengal gram: Highly proteinaceous, it is also rich in folic acid, zinc, copper, iron and protein. It can help stabilise blood sugar levels. It contains both insoluble and soluble dietary fibre, which assists in removing cholesterol containing bile from one's body. The manganese in Bengal gram helps in the body's energy production.

Rice: It is a source of instant energy. It does not contain harmful fats and cholesterol. It is an excellent source of Vitamins D and B1. As it is low in sodium, it assists in reducing high blood pressure and hypertension. It also cures stomach ailments and indigestion.

Potatoes: They are a healthy source of natural starch, useful for energy production. They are rich in potassium and Vitamins B1, B3, B6 and C. They also contain iron, phosphorous, magnesium, chromium, folate, riboflavin and antioxidants.

Carrot: They are a rich source of Vitamin A.

Cabbage: It is low in fat and calories, but is an excellent source of natural antioxidant Vitamin C. It helps the body develop resistance against infections. It also contains Vitamin K.

French beans: They contain protein, fat, calcium, phosphorous, Vitamins A, B, C, D, K, manganese, magnesium, potassium, folate, thiamine, riboflavin, copper, protein, omega 3 fatty acids, niacin, starch and plenty of iron. They are low in calories and contain water and fat soluble antioxidant. They help in improving eyesight, bone structure and haemoglobin count. They also reduce the risk of cardiovascular diseases and the severity of asthma. They help in preventing colon cancer by promoting good colon health.

— LALITA CHIRMULAY

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