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# MILLETS

*A Sustainable Path Towards Nutrition  
And Economic Empowerment*



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# **Millets: A Sustainable Path Towards Nutrition and Economic Empowerment**

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## PREFACE

Millets often referred to as Shri Anna or *nutri-cereals* have reemerged at the forefront of global discourse on food and nutrition security, climate resilience, and inclusive economic development. Traditionally cultivated across arid and semi-arid regions, millets represent a rich legacy of indigenous knowledge systems and sustainable agricultural practices. India is the world largest producer of millet with a share of 38.4% and about 80% of Asia total output. Dr. Kader Vali is known as the millet man of India and Raimati Ghiuria the tribal farmer from Orissa is known as the Queen of millet. The primary millet producing states in India are Rajasthan, Uttar Pradesh, Haryana, Gujarat, Madhya Pradesh, Maharashtra, karnatak, Tamilnadu, Andhra Pradesh and Telangana among these States Rajasthan from India comes in top position for millet producing state that primarily grows pearl millet, Karnataka comes in 2nd position that produces finger millet. Sorgham is known as the king of millet because of its nutritional value. In India Bajara is the most cultivated millet and foxtail millet contains the highest protein. Lahari bai a Baiga women from Madhya Pradesh is the Brand Ambassador of millet in India who preserve more than 150 types of Millet seeds to promote and save millets. 2023 is celebrated as millet year in India and Karnataka host International Millet Festival in Bangalore on 23rd January 2025. In the contemporary context of climate change, rising malnutrition, and rural distress, millets offer a timely and viable pathway toward achieving nutritional well-being and economic empowerment, particularly for small and marginal farmers.

The edited book **“Millets: A Sustainable Path towards Nutrition and Economic Empowerment”** brings together scholarly contributions from academicians, researchers, policymakers, and practitioners to explore the multifaceted significance of millets explore this transformative potential through diverse lenses, from agronomic innovations to policy frameworks. The chapters in this book examine millets not merely as crops, but as instruments of sustainable

development that intersect agriculture, nutrition, health, environment, culture and livelihoods.

This edited book compiles cutting edge chapters that illuminate millets' journey from forgotten crops to super foods. This book provides a comprehensive understanding of the nutritional superiority of millets, highlighting their role in addressing hidden hunger, lifestyle-related diseases, and food insecurity. At the same time, it critically analyzes the economic dimensions of millet cultivation, processing, value addition, and market integration, emphasizing their potential to enhance farmers' incomes, promote rural entrepreneurship, and strengthen local economies. Several chapters also engage with policy initiatives, institutional frameworks, and global as well as Indian perspectives aimed at mainstreaming millets into food systems. Special attention has been given to sustainability environmental, social, and economic. Millets require fewer inputs, are climate-resilient, and contribute to biodiversity conservation, making them an essential component of sustainable agriculture and agro ecological transitions. The book also reflects on the revival of traditional food practices and the role of millets in preserving cultural heritage while adapting to modern consumer preferences.

The editors sincerely acknowledge the valuable contributions of all authors, whose insights and rigorous scholarship have enriched this volume. We also extend our gratitude to the reviewers for their constructive feedback and to the publisher for their support in bringing this work to fruition.

It is hoped that this book will serve as a useful resource for students, researchers, policymakers, development practitioners, and all stakeholders interested in sustainable agriculture, nutrition, and inclusive economic growth. More importantly, it aspires to contribute to the larger movement of repositioning millets as a cornerstone of resilient food systems and empowered communities.

**Dr. Shobha Agrawal**  
Editor

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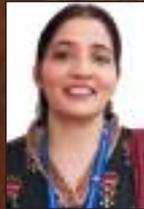
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