

Nature positive food production

DATE-24th August,2021



Nature is the best healer of nature. Nature has sufficient food and water for nature and nature's creation. Only misuse and bad use is the cause of crisis. If it is possible to stop misuse and bad use of food and water may help to overcome the crisis. Nature and climate base traditional food has sufficient immune capacity to prevent seasonal diseases. Nature base traditional food available in the area is easy to produce, cheap and always good for health, easy to eat, easy to cook, tasty and easy to digest. So nature and climate base traditional food production and food practice are the best practice. A hungry people need security of full belly food. So, it is necessary to arrange sufficient food for all to eradicate poverty from the globe. It is possible by nature and climate base traditional food production and food habits. Suppose rice/paddy is the main food of India and other hot areas. Food habits on rice/paddy are cheaper, healthy and easy to cook, easy to digest and tasty also. Pantabhat or fermented rice is one of process of use of rice which is healthy and help to stop food loss. If rice produced area is depending on rice as main food hope that no crisis occurs. Fermented rice is a regional breakfast of West Bengal; a state of India and recognized by the Government of India that Fermented rice is a regional breakfast of West Bengal, now consumption of fermented rice spread all over South East Asia.



(FERMENTED RICE)



Maize

People of wheat, maize, corn etc. are climate base and naturally produced in the area is habituated as main food, hope that no crisis occurs. If we want to habituate the world that wheat, maize or corn are nutritious and healthy food throughout the globe then certainly crisis occurs. People will suffer and crisis occurs by consuming so called good and healthy food. Nature positive food production and consumption will help to overcome the crisis.



DUCK EGG (fertilized)

Now “Food System Hero” suggested egg as a stable food. No doubt egg has quality to be a stable food but that egg must be fertilized egg not poultry made un-fertilized egg. Un-fertilize egg means incomplete egg and full of non-living cell. Regular consumption of unfertilized egg will be created health hazards in future whatever the proteins contains in the unfertilized egg. Unfertilized egg took much more time to digest than fertilized egg. So insisting regular consumption of unfertilized egg may help to increase poultry business but possibility to create health hazards in the society. Apple is the product of cold areas. Regular consumption of Apple in the summer area is not healthy whatever protein contains in the apple. Apple is not naturally produced in summer area and it is nature’s barricade. Winter or cold area’s fish will not live and grow in summer area. Cold or winter area’s trees will not live and same growth in hot areas. Fermented rice is the healthy food of summer area, but consumption of fermented rice in cold area’s people, there is every possibility to attack cough and cold. King always take so called healthy and good food yet King has a special doctor or group of Doctors, but common and general people take general food available in the area has hospital. Protein and calorie contain food are not healthy if it is not produced climate base and naturally. So nature positive food production and food habits will help to live healthy and reach to success of zero hunger program or food for all or eradicate poverty from the world.

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