Food isn't only for survival anymore...
Hello everyone!
And welcome back to Kaleidoscope. This month, we had some trouble choosing a topic but finally settled on Food.
One of the advantages of such a diverse class is we have different viewpoints on everything- especially food! So many cultures and so many cuisines! Here we have everything from recipes, to opinions, to full-scale rants... Brazilian to European to South Indian... healthy food, vegetarianism and veganism... and going local...
You must be licking your lips already so we won't make you wait... hope you don't get a stomach ache!
Enjoy!!
Aiyana, Manya and Moeni

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I don't remember what I usually ate in Korea ; I think I ate everything I wanted to eat. But there is one thing I
never had there and that is Naan. When I came to Auroville for the first time three years ago , I went to Roma's
kitchen with my family on two motorcycles. My Dad was driving me, and my Mom was taking care of my
annoying brother. This was already an adventure in itself, because, in Korea, we would always all go together in a
car, on proper roads, not with motos on a some red earth roads. That is where, I had my first taste of Naans. I tried
plain ones, ones with cheese and also with garlic butter. It was really delicious. But I don't like garlic ones. I
can't explain why. When we went back to Taebaek, my home town in Korea, I was sad because I couldn't eat naan there. So, when my parents told me that we were going to live in Auroville, I was happy because I knew I
would get to eat some Naans again!
Though now I am here, I can't eat the naan as often and as much as I want. Also, since I came to India, I want to
eat Korean food like a vice versa situation. Of course, I will answer "yes" if someone asks, "Do you eat Korean food here?" My Mom cooks Korean food every day. If you ask me: "What kind of Korean food do you want to eat?" I'll say that I want to eat Korean food that my mom can't make here. For example, I want to eat naengmyeon, samgyeopsal and Korean snacks. Naengmyeon is traditional Korean cold noodle. There are two
different kinds of Naengmyeon, mul Naengmyeon and bibim Naengmyeon. Mul naengmyeon is mixed with icy
soup and bibim naengmyeon is mixed very hot and sweet sauce. I like mul naengmyeon. Cold noodles are usually
eaten in summer season. Samgyeopsal is a piece of roasted pork. But I think Korea is the only country that eats pork belly. Taste is really delicious too. When I go to Korea next time, I will make a list of foods I want to eat. And before that, I will have to eat naan here as much as I can. Not to think of naan anymore when I go to Korea...
Facts about some popular Italian food

PASTA

Pasta was introduced to Italy by Marco Polo after he returned from one of his many trips to China. The Greeks also used to make pasta from cereals, grains and wheat. They would make long strings of dough and dry it in the sun. They used to call it Macaria. Then Italians perfected the recipe.

PIZZA

Before pizza there was focaccia "flat bread" and then people started making it flat and round. Then in Naples they started adding tomato sauce and toppings and then it became pizza.

ICE CREAM IS NOT ITALIAN?

Chinese King Tang of Chang had people make him an ice cream like dish, with ice, buffalo milk and flour. Then again like pasta, Marco Polo introduced the dish to Italy and they experimented with the recipe until it came to perfection and became icecream.

LASAGNA

Lasagna actually started in Greece, but they made the layers with pasta and tomato. The recipe travelled through centuries and then Italians made thinner layers and named it lasagna. Later on many countries started fighting over who made lasagna, but in the end it was decided that it was Italy.
Hi everyone, it's me again for a new food critique. For this month, I went to Tanto's Pizzeria with my friend and photographer, Aanya.

We went at 6:43 pm and finished at 8:30. We took an Earth pizza; on it there were: olives, tomatoes, zucchini, cheese, mushroom, and tomato sauce. The service was nice, and the people there let us click some pictures of the food while they were preparing it. The place was pleasing. There were candles everywhere on the tables outside. The pizza was really good and hot, the cheese was good, and the crust was soft. We could feel that the tomatoes were fresh, and the zucchini and mushroom were well cooked. They serve it to you in a steel plate and give you white plates and a spoon and forks. Though, I didn't really understand why they gave us a spoon and a fork.

Hey there, Aanya here. I don't usually write, but I felt that this restaurant was so spectacular that I wanted to write my experience too. As we went down to the restaurant, I instantly loved the whole feel of the place; lamps glowing softly at every table along with the aroma of food, and of course, the sight of pizzas being made right in front of you. The staff was great and very accommodating. We had ordered an Earth pizza which was so good that it was gone in minutes with its crispy crust, tangy sauce, cheesy goodness and just the right amount of spices. Anyway, I think we have established the fact that I highly recommend Tanto for anyone who feels like eating pizza.

And we give a 10/10

Thank you for reading.
-Aanya and Noor

Food Enlightenment
A delightful monthly recipe from Aanya

Vegan, sugar-free ice cream
- cream of 2 tender coconuts
- 3-4 bananas
- 10 to 15 dates (depending on how sweet you want it to be)
- Optional - 2tbs cocoa, Any seasonal fruit
- Directions - Blend the coconut cream with the bananas and dates. Freeze the mixture for 6 hours in a shallow, covered container. Blend again and freeze for another 6 hours. Blend once more before serving.
- Serves about 4 people
My favorite foods from a few countries

Chocolate is best in Paris. My friend gave me a chocolate from Paris. It's really good to eat. Ooh... Pizza is from Italy, The Italians put different vegetables, sea food and sometimes they even put fruit in pizza. Also they put more cheese in pizza. My favorite pizza is cheese and mushroom, and is spicy.

America has sandwiches, hamburgers, soda... I like to drink cool soda. I went to eat sandwich and hamburger with my cousin sister, it's really fun to eat with my cousin sister.

In Indian food... which one is my favorite? I like naan and paneer. While my mom cooks it, it smells so good. I can't wait to eat it, and finally when its ready, I ate too much, it is so delicious. I also like soup, especially Pumpkin soup. When it's monsoon and I feel cold, I don't want to eat cold food. I drink hot soup, and it makes me feel warm.

Yayy!!! Japanese food, I really love sushi. Sushi is my definitely one of my favourite foods. I went to my friends house, They make different kinds of sushi. It was really fun at her house and the sushi was excellent.

Wow! Korean is a really good taste. It's spicy and sweet. I really love kimchi.

Momo is from china. I like momo with chicken and vegetables.

These are all my favourite foods!

Belgian Snacks

So the first thing you have to know is that I am Belgian.

Second, Belgium is the best! We are the ones who invented waffles, Asterix and Obelix, even Tintin!!!!! OK I am going too far... Belgian food is a huge topic but I am going to talk about what you know, but behind the scenes.

WAFFLES:
Waffles in Belgium have this nice and hot taste. In other countries you can't have that. Why? Because in Belgium they are made with a secret ingredient. Waffles were invented in the 18th century by the chef of the prince of Liège Bishop.

CHOCOLATE:
Chocolate did not originate from Belgium but Belgium is known for its chocolate so why not talk about that. The chocolate was invented in... well we can't really say.

But the first chocolate bar was made by Joseph Fry in 1847. He discovered that he could make mold-able chocolate paste by adding melted cacao butter back in to Dutch cocoa. By 1868, he had a little company called Cadbury and they were marketing in England.

MITRAILETTE:
Mitrailette is a sandwich stuffed with meat, sometimes fries, with a lot of sauce. The Mitrailette is not the kind of food you would eat in a regular restaurant. You would find them only in a Belgian restaurant.
Brazilian food

Brazil has many traditional foods which are not recognized around the world. I find it unfair that cuisines such as Italian and Japanese are recognized, but Brazilian isn't! So, that's why I am going to tell you about it.

Brigadeiro:
The origin of the name "brigadeiro (Brigadier)" is linked to the presidential campaign of Brigadier Eduardo Gomes, UDN candidate for the Presidency of the Republic in 1946.
Helôs Nabuco de Oliveira, a member of the traditional carioca family that supports a brigadeiro candidacy, created a type of candy, more different from the previous version made with milk, eggs, butter, sugar and chocolate, and was called the patent of Preferred candidate. The treat, made from condensed milk, butter, sugar and chocolate powder, was made as a way to raise funds for a campaign, quickly gained popularity and spread throughout the rest of the country with the Brigadeiro campaign. As the parties of the co-religionists and cables were much disputed by the population, they soon began to call friends to go to the "sweetie of the brigadeiro". Over time, the name "Brigadier" became so associated with candy that it came to be known as "Brigadeiro"

Ingredients:
1 box of condensed milk.
1 tablespoon unsalted margarine.
4 tablespoons of chocolate powder granulated chocolate.

How to Make
In a deep pan, add condensed milk, margarine and chocolate powder.
Cook over medium heat and stir until the brigadeiro begins to peel from the pan.
Let cool and make small balls by hand passing the dough in the granulated chocolate.

Vegetarianism

I have been vegetarian for a year now. When I came to India I started. Well, to be honest, I tried it three times in Brazil, but it was really hard, so after a month or so, I eventually gave up. There is meat in almost every meal there. But in Auroville, it's not that common. Deepanam doesn't serve non-veg and that made it a lot easier for me to be vegetarian. The main reason I stopped eating meat was because of the animals, like most vegetarians do. More than 56 BILLION animals are killed every year, and I think that is really cruel. I am not trying to say you have to become a vegetarian, I am telling the reason why I am a vegetarian. I know many vegetarians who think everybody should be vegetarian or vegan but I really think it's your choice.

Some people say that children should not take a vegetarian diet, because they should have vitamin b6 and b12 which are both in meat. (But that's not true because I'm a kid and I'm perfectly fine.) Though if you have it in excess, it can cause various diseases. Just as many as you get without them. There are some other food you can eat which have these nutrients, including, eggs, breakfast cereals, yogurt, cheese, bread, soya beans, brown rice, oatmeal and peanuts.

Although, that's not why I started. In Brazil, I was thinking of the animals, but I didn't take it seriously, and just wanted to try. It didn't work well so I gave up. When I came to Auroville, as I said before, people don't eat meat so much. So then my mom and I weren't used to eating meat and when we did eat it, it felt weird. Meat didn't taste that good for us anymore. so we stopped eating it. And then around 7 months later I started thinking about the animals, and became a REAL vegetarian.
Our journey towards healthy living

Dealing with a disease is not easy

Both my grandparents had diabetes, it had come to a point that doctors suggested that they should start testing their blood everyday. But who likes stabbing them selfs with a needle everyday. Am I right?

Walt! There is hope!

Concerned, my mom found a disease-reversal program, the 21 day workshop which taught how plant based diets can help considerably.

It is a place for healing

The place the workshop was conducted was a Eco-resort at the outskirts of Bangalore. It was full of trees and flowers and was beautiful.

Lost in translation

But the workshop was in english and my grandparent’s English wasn’t very good so my mom decided to go along with them to translate and help them.

We tag along

The journey begins!

Me and my sister tagged along and while the adults were learning in the workshop we wandered around exploring, making friends and of course eating loads of amazing healthy food.

The difference is visible

My mom got interested in the concept and later when we went home we tried the plant based diet and gave up all milk products yet we were still, making great food.

It’s the lifestyle

My grandparents diabetes had visibly reduced just in those 21 days of the workshop even the doctors were astonished.

Thank you for reading, Aanya
I love you sweet South India

Last year, for Deepawali, my sister cooked some Mysore Pak. She used milk, sugar, lots of sugar, ghee and gram flour. She put all the ingredients together in a pot and mixed them all together thoroughly that is with a lot of attention. Then, she put it all in a saucepan and cooked it for 15 to 20 minutes stirring it up constantly so that it would not burn. When it became hard enough she took it out of the fire and let it cool down, then, she took some small balls of the mixture that she shaped into rectangles. Finally she let them dry for a while before we could start eating them but she gave me a little piece to try and it was so sweet and yummy. I felt so happy to be enjoying her cooking before anybody else... She made a lot of these rectangles but I only managed to eat five to ten of them because she gave some away to some friends in the village and also for the Puja. I wish I had eaten them all but I guess I would have gotten sick. Actually I also ate those from the Puja and they tasted even better, maybe because they got blessed. I can’t wait for the next Deepawali when she will cook them again. Mysore Pak is my favorite South Indian sweet but I also like Palkova very much as well. It is a Tamil treat and I like them very much when they are shaped like a thick coin. I have not had them in a long time as my sister does not know how to cook these so we have to buy them. There are a lot of other sweets here in South India and Tamil Nadu such as : Kaju katli, Rasgulla, Gulad jamun and Kalakand, Peda, Laddu, Jalebi, Kheer, Soan papdi, Halva, Sweet shells, Ariselu, Bandar laddu to name only a few. It is so nice to live in a place where we have so many occasions to rejoice and celebrate and so many different treats to choose from. Just writing these words makes me smile and salivate.
What about you? Do you have a sweet tooth too?

I love you sweet South India

Why I love Ice-cream So Much...

I like ice-cream because it is so tasty and cold when everything around is so hot. And my favourite one is chocolate, maybe because chocolate makes me happy. On June 16, I went to Solar Kitchen, in Auroville, more precisely I went to La Terrace, which is the café above the cafeteria where many Aurovilians have their lunch. I went there because I wanted to eat chocolate ice-cream. There, they have some and it is the one I like the most. They call it Vegan Chocolate ice-cream because it does not contain any dairy, and personally, even though I am not vegetarian (I love chicken Biryani), I also prefer things which do not have any milk. It is very dark in colour and the taste of chocolate is even more intense. I ordered two scoops in a waffle cone. Between 2 and 2:15, I was in heaven, licking my ice-cream with my friends.
I also sometimes eat ice cream at my house with my mother and elder sister, Uma, and my two brothers, Vijayan and Ganesh. Our mother buys it for us from a shop in Pondicherry. We all sit together and we share the ice-cream with everybody and we spend some time talking and telling each other how much we like ice-cream and our mother.
The other day she baked some really yummy chocolate cake for me. I say the other day, but it was my birthday and I turned 12. Thank you so much mother for making my day so special. I love my mother and my sister and brothers.
When I put ice-cream in my mouth, it is very cold and I can taste chocolate but also it reminds me of how much I love them all.
Does any food do that to you too?
My trip to Japan pt 2

There was an open house on Saturday at my school. I was pretty annoyed that it was on a Saturday, but it was actually pretty fun, ignoring the fact I don't know the directions -North, East, South, and West in Japanese. We were supposed to draw a map from whatever information we had. We were given strips of paper with information. Each had to read it and change the information into their own words. So if it said that "there was an orange house about 300 miles from the Grey house", you'd have to say "there's a house, opposite the color of blue which is 150 multiplied by two miles from the black mixed with white house." It was extremely fun and at the end when the teacher gathered our answers, our group's was the only correct one. We were pretty surprised, but what surprised us even more, was the fact that this question was meant for high schoolers. "Wow! those guys were amazing! " No. In fact, the only amazing one was this guy in the group that had some monstrous amount of smartness. He would usually get 90 points in each test and could pass the test scores needed to pass with just two--four of his test scores. He was pretty snobbish though. "Oh! People who get to go to tuition are definitely on a different level! They're so smart! If I also went, do you think I'd get smarter?" He'd usually ask. The boy in front of him would call him a brat but they were close friends. My group was interesting. I'd changed seats the first week. From the back of the third row to the second front of the second row. My second group consisted of the extremely smart one, two quiet girls with neat hand writings, a noisy and cheerful boy and a bit more of a quiet boy, and me. It was pretty fun. On the second last day, we went on a field excursion to Kawagoe. While we were planning on what route to take, there was a girl who hated seafood in general but suggested jokingly that we should go to an eel restaurant to which the noisy boy started screaming about how kids (he said brats) don't have money because kids are broke. (P.S eels are expensive as heck) One of the kids didn't like fish, one wouldn't eat western food and one wouldn't eat noodles. In the end we chose a decent looking place called Milky Way. Kawagoe was about three train stations away and it was raining so much on the day that my shoes were soaked through and through. Towards lunch, the rain stopped. We went around in our groups. (BTW groups are chosen by seat numbers and where you sit.) It was pretty fun and I really liked the restaurant we chose to eat at. I had omurice which is fried rice wrapped with egg and ketchup. It was so good. I'd go there everyday if I could. The last day of school pretty much surprised me. Unlike elementary, there was no farewell party. I just expressed my gratitude for being allowed to join the school and that was it. As for how I spent my time outside school, I went to an amusement park, an aquarium and a zoo. I didn't get to go to a place called "Shinrin koen" Which is a lovely park that's 65 times the size of Tokyo dome. (304 hectares) with lots of trees, an acrobatic playground and a lot of other things. The aquarium was really fun and there was a dolphin show. The zoo. Yes. That's all I have to say. It was just like most of the zoos in Japan. A load of animals and a petting corner where you could hold little chicks, rabbits and guinea pigs. There were also a few snakes there that you can touch. There was also a stamp rally and a place you can milk cows. The amusement park was extremely fun. I rode this roller coaster about five times. It had a few steep inclines and slopes where it suddenly drops. And then on the third one, it goes into this tunnel that lasts about ten to fifteen seconds so you're in the middle of the darkness while riding a roller coaster while being tilted about 45 degrees. It's really fun. There was another one which had loops. It was my first roller coaster with a loop and was real exciting. Of course I went on many other rides. There was one called mystery house which seemed interesting until we saw a kid come out crying.
Turns out it's like a horror house while you were riding this thing through it. I offered to go alone since it was only my mom and my younger brother Ren and two seats each but regretted it soon after I realized what it was all about. Ren said that he could hear me screaming about how I had a bag and I'd whack the dead bloody ladies and everything. I also kept talking to myself. Something I do quite often. I also went in a mirror house and all sorts of things. I went to the amusement park with one goal. To ride this thing called “flying pirates” which was basically a huge boat swinging to and fro. I was super exited about it, but seeing it face to face, it was HUGE. I had a panic attack as I saw it go to the highest point. I was contemplating on whether to ride it until the end when I decided to ride it. My heart was beating so hard, I almost died before the ride started. When it did start, I was panicking but really excited. What I didn't expect was that the ship would accelerate so quickly, so I was pretty surprised. The security was a big safety lever or something that squashed my legs that it almost hurt. I mean, I wouldn't want to die but I wouldn't want to loose my legs either. When it got to the highest point, I was trying not to scream with each swing but it was near impossible. I had random flash backs of this person screaming so loud while we were up high in the air on a pretty relaxing ride. I tried my best not to, but I'd either scream or yelp. Some inhuman sound I swear. It didn't feel scary. It just felt like I was out of my body, high up in the sky, floating like I'd been ripped out of my body and then whoosh. The ship would swing forward and it feels like you're actually free falling. It was really fun. I was the only one that went on the ship since no one else could. (My mom wasn't up for it and my brother hated rides that went too high.) After that, we rode the roller coaster, went through the mirror house and went back home. After that there were a few more outings but my favorite was when we went for “lunch” (Which we actually ate and then stayed there until 6:00) with my mom's friends. There were two kids around the same age as I was and they were really fun to be with. We played until we were breathless and laughed so much I almost cried. It was really fun and I'd do it again anytime.

We left Japan on the 16th of July. The trip back was also relaxed as we had a 14 hour intermission before the flight to India. When we got back, we asked the airport staff if it had rained and they said no but the moment we stepped out of the airport, I realized it was drizzling. Also, the moment I stepped out I felt like I had just been drenched in water. Why? Well, it's because Japan is so dry and so are the airports, and so, when I stepped out, the air was so humid I felt like I'd been drenched. What was surprising is the fact that I wasn't melting from the heat as I usually do.

-Gayatri
It’s Not Dosa, It’s Dosaiiiiiii!

How do you tell the difference between a North Indian and a South Indian? Ask them: what’s your favourite South Indian food? One will say “DOSA.” the other will say “DOSAI.”

Seriousy, people. It’s not dosa; It’s dosai. It’s not vada ; It’s vadai. It’s not sambhurr; It’s sambar! Another question you could ask is: “what food do you think is MOST South Indian?” 90% of the answers you would get would be “idli!” Only guess what? (Brace yourselves, people.) Idli was NOT invented by Tamilians! When Tamil kings visited Indonesia, they took their cooks with them. And the Tamil cooks may have learnt the recipe for rice idli from INDONESIAN COOKS!

I will give you 5 minutes to recover from the shock. Okay, NOW think about it. Is idli a Tamil food, or Indonesian? Well, in my opinion, idli IS Tamil. It may have been invented by Indonesia, but we totally took over it. (Sorry Indonesia.)

So, what is this thing, “it’s our food”? Have you ever heard of Mysore paak? (a kind of sweet) or Kanchipuram silk? Mysore (or Mysuru) is a place in Karnataka. Kanchipuram is in Tamil Nadu. The reason the places are attached to the names, is because the product is made in a traditional way in that place. It’s kind of like a trademark.

But my interpretation is, it’s a way of telling everyone else, this is OURS! The example of that is, recently, West Bengal and Odisha had an argument over who invented the sweet, rasgullas! (West Bengal won in the end.)

So… why do we care so much? I guess food is an important part of identity. I don’t even like eating idli, but if anyone told me “it’s not actually Tamil” I would punch them in the face!!! One of the things I always say is “I eat to survive.” I really don’t like food much. But… while writing this article, I was forced to admit… food IS important, and for MORE than survival.*

*this doesn’t mean I will suddenly turn into an eating machine. One dosai per meal is my maximum.

-Manya
I Pray for the Kaaphal

This summer my family and I went to Kumaun in Uttarakhand. We reached our homestay, and while we were walking to our cottage, I passed what looked like a carpet of pinkish-maroon berries. I looked up and gazed in awe at branches and branches filled with these berries. "This is Kaaphal," the manager of the homestay said in Hindi, nodding at me. Kaaphal... it sounded vaguely familiar... I reached out and picked one from a low branch. Immediately, dozens of berries rained down on me. I plopped the berry in my mouth. A pleasantly sour, but still a bit sweet, taste spread into me. Slowly but steadily a memory came rippling back to me. A memory of trekking through a jungle in pouring rain, of climbing a tree and dropping sour red berries into the awaiting hands at the bottom of the tree. Later I realised that, Kaaphal wasn't just an empty word to me. Last summer I had tasted a few of the same sour and sweet berries in Garwhal. I learned that Kaaphal is not a berry but a fruit and that it is the state fruit of Uttarakhand.

Kaaphal (also bay-berry in English) is a wild fruit found in the central Himalayas. It's a bit bigger than a pomegranate seed. It has a slight bumpy, yet still even, surface. The colour depends on how ripe it is. When unripe, it is a light yellowish-green. Then it slowly turns to a light pink, and then red. Then maroon, and if unplucked, it turns to such a dark maroon that it may even look deep purple. I find the maroon ones taste the best, and sometimes even the dark maroon ones, as they are sweeter. Though I'm sure the taste varies throughout the Himalayas. Maybe even from forest to forest. I found that the fruit that we had on one trek in the forest were juicier than the ones that we had in the village. The Kaaphal has a bit of flesh but not so much because a hard oval shaped seed in the centre is at least 60% of the fruit itself. At first, I found it tricky to spit out each seed. Then, someone explained to me that the seed doesn't need to be spat out, but can be swallowed. She also told me that the seed has various medicinal properties and is especially good for the stomach. I didn't get a stomach-ache or anything of that sort the whole trip so maybe it did help mine!

It may seem odd that I'm writing about a seasonal fruit when the topic is "food". But, in Kumaun, people often just pluck loads and loads of Kaaphal, mix a plate full with a pinch of salt and a drizzle of mustard oil, and eat it as a meal. It is like a mid-summer treat after a long day working in the fields. And that's when swallowing the seed really comes of use. (When you're eating it in such quantity it would be super hard to spit out each and every seed.) Once I also tried it, and it was delicious. At that time I wasn't very good at swallowing the seed, so I didn't eat much of it prepared like that. After a while I became so used to swallowing every seed of the Kaaphal, that when I ate a cherry a few weeks down, I just swallowed the cherry seed too. I wonder if I would also do that when blackberry season comes in Auroville.

But sometimes I worry for the fruit, for it to survive. Almost every summer-night in the hills we would see crooked orange snakes twisting along the mountains with smoke swirling above. Forest fires. On one of our treks, I spied charred pine cones and half burnt trees. Then our friend told us about a massive fire in 2016 that gutted the forest and also destroyed many Kaaphal trees. I, then realized how important Kaaphal must be to the culture of Kumaun. It is one of those irreplaceable joys for people, both old and young, who still continue to keep the bond with Kaaphal alive. If all these fires continue to rage, this native tree which has stood for so long could disappear. I also understood that species like Kaaphal do not grow and spread like Pine. They are forest trees that are very much part of the Himalayan ecosystem. It would be very sad to lose such a treasure. A world without them, to me, would feel incomplete.

Some of the most memorable parts of my summer trip were when I was on the Kaaphal tree with the mountain breeze on my face. So, I pray for the Kaaphal trees. I pray that they will keep on thriving, for they deserve it as much as we do.
My Comfort Food

I like chicken gravy because it is spicy and tasty. I can even say that it is my most favourite food. I like the richness of its sauce which I enjoy mixing with the rice. I make some small balls in my hand that I gobble down joyfully. I think why I love it so much is because it makes me happy; I eat it with a broad smile on my face. Also when I think about it my mouth waters up. I must admit this is my comfort food. I would always like to have it. I remember the first time I had it, it was at a restaurant in Chennai, I forgot the name of it but I do remember that it was on the rooftop of a building and we had a great view over the city.

My father, who was still there at the time, told me that I could choose anything I wanted on the menu. As I had heard about chicken but never had it before in my life, rather short life as I was only six years old that day, I said that I wanted to have ‘Chicken Gravy’. When the waiter brought the dish to our table I could smell it even before it arrived, I knew already that it would be delicious. And it was! It was so yummy... Till date it remains the best one I had so far. Even though I had quite often afterwards. For instance in New Creation, where I live, they cook some at least once a month. The latest I had was last Thursday for the celebration of Sri Aurobindo's birthday.
I do not know how to cook it myself but I often help the Ammas when they prepare it. I peel the onions that they cut into rather long strips and they start crying and laughing at the same time. I also wash the chicken and the Ammas cut it into small pieces. I also have to wash the vegetables we use: tomatoes, garlic, chili, potatoes. Then come the spices: cloves, cinnamon sticks, star anise, bay leaf and cardamom. We put them in the oil to fry so that they release all their delicious flavours and intense fragrances...
I must stop writing about this now as it makes me too hungry...
Hi I'm back! So, where did I stop? Oh yeah, my mom went to the university and the rest of us went to look around and do some grocery shopping. My dad decided to take a different route from the one he took the day before because that was a very short one and we wanted to look around, since he sounded very confident we said okay. We walked a bit then we went into this island kind of thing. It's in between the river, there are rows of trees on either side, but they are tall trees and quite apart from each other so you can look at the river. There are benches to sit on. It's really pretty and it wasn't very cold; it was nice and pleasant. So basically there is a river and there is a bridge going over the river and the island is in front of the bridge and there are stairs from the bridge to the island, right next to stairs they had this bird house. It was quite big, there were a lot of pigeons and I remember thinking the pigeons are way fatter here (okay, I know I know that it's not important but I kept noticing this, the pigeons were much fatter), my brother was looking at the pigeons. While he was looking at the birds I got bored so I decide to go up, and I noticed that the railings had these locks on them. I didn't know what they were when I took a closer look at them I realized that they had initials on them. Later on I learnt that they were called love locks. They are locks that couples put on the bridge to signify their undying love (I had no idea about this but turns out they are very common and a lot of my classmates knew about them) but there were only a few locks because at some point there were too many and the bridge was about to collapse so now every year they remove the locks which is really sad. After that we took a left from the bridge and we went to this street that had two ice cream shops. TWO in one street, that's crazy. They had a bunch of other shops that were all pretty cool. The route was pretty clear so we just went straight, then we found lush, which is this shop that sells all these bath bombs, soaps, shampoos and stuff like that, but it was really cool obviously me and my brother got excited about the bath bombs there were so many and it was so pretty there were so many and it was so pretty we spent quite some time there. After that we saw this small market kind of place I got very excited because of the berries, especially raspberries (bear with me it was my first day, everything was exciting it lasts for less than a week) because I had never had any but we did not get any. After a while we ended up in the same place. That's when I started questioning my dad's skills when it came to way finding. But my dad decided to deny everything and keep walking, we eventually gave up and went out for ice cream. Because the famous saying goes “when in doubt, eat ice cream”. It was my idea. I'm a genius. We asked the guy at the ice cream shop for directions. The ice cream shop was in this shopping complex. Later on we came to know that there was much bigger grocery store in the shopping complex. But anyway, we finally found the grocery store; bought stuff and went home. We went back for a walk later on in the day with my mom because she wasn't there in the morning. Then we got Netflix and I didn't really do much cause, ummmmm yeah. On Monday we went to the castle, where my mom was teaching, to pick her up. When we were there I realized that my mom wanted to send me and my brother to school because it would be a great experience (she just didn't want me to watch Netflix all day.) and turned out it was going to be possible. I had very mixed feelings first: I just wanted to stay at home and do nothing, then I decided that it might be fun, then I was nervous (I mean my German skills were "guten morgen" and "eis". But it wasn't for sure yet, so I decided not to think about it. Anyway, the next day we went to the laundromat which was in the shopping complex. We had to buy charger adapters because the plug points are different. We asked in this one shop but they didn't have any and gave us directions to shop that was selling them but we got lost; everywhere we asked told us to go to Saturn so we eventually found Saturn (Saturn is an electronics shop). Below Saturn is Rewe which is a supermarket. I didn't do much for the rest of the week then one day my mom said that she was going to go ask for admission in schools for my brother and me. For some reason, till then, I thought she was just joking so I would go for more walks or something but turns out she was serious. Then when she came back home she told me that I got admission and that I was going to school the next day. But for my brother they had to go back the next day because the principle was busy. I was so scared. I had to go to school the very next day. Come on, that's so scary. It's a completely new place new people and they all spoke a different language, I thought I was going to die...

-Kavya
Roll of Thunder, Hear My Cry
By Mildred D Taylor

My rating has out of 5: 5
Age rating: 10+

This book is set in the year 1933, in the south of the United States. Slavery has been abolished, but attitude towards black people has not changed. There are still many laws in place prohibiting black people from entering many of the same places as white people and from looking white people in the eye, etc. This is the only world that 9-year-old Cassie Logan knows. But feisty Cassie is growing older, and as her family fights desperately to hold on to the small piece of land they own, Cassie begins to see the horrors and injustice of the world she lives in. This fierce, rich novel takes you straight back to the 30s, drawing you in until you are a part of the book.
well, we're here to discuss the fact that...

The fact that we're ever so proud you're finally buttoned up your jacket.

I'll start. I'm Ren. I'm the one who cursed you. I'm the owner of this Pet Shop.

Also, before you complain, I'll have you know we don't even know each other's names. I think an introduction would be great.

I'm Jyun. Ren's closest friend. I work in an antiques shop and also as an exorcist. I go help a florist friend of mine sometimes too.

(Also Ren's only friend)

W-well... uh... I'm Sugar. I'm a cat and... uh... I don't have a job because uh... well, I'm a cat.

Oh, and by the way, Ren is actually just the caretaker. He's not the owner. He chose this job because he was too lazy to actually work so he sits all day here.

My handwriting is all over the place. The panels are crooked... I'm sorry! I was half asleep and now it's super sloppy. I'm sorry! (again) Whoops!
Nevermind. I'll just sit somewhere and wait until they're done whacking each other.

The moment Sugar set his eyes on the cat breathing heavily in front of him, he knew he should start praying.

Oh.

Oh gods.

I am so dead.

You tell me to tag along, force me to come and then you abandon me?!

Fern is back! And she's mad.
What is life, but a storm?
A hurling mass of clouds for you to overcome.
For you to dance in the rain;
For you to live through - no matter how hard the hail may be.
For you to fight - even though you can't see;
For you to accept - but also somehow not.

So when the wind will push you down;
Get up bearing no frown.
Just smile at this storm.
And you may find it smiling back at you by revealing a flicker of 7 shades
And this would also be a test - of whether that glint of greed would be spied in your eyes

'Cause if you stomp in the rain,
And curse it;
All you would see are dark gray clouds,
Of nothing but misery and pain.

So live in this storm.
And dance in the rain.
And maybe that flicker of 7 colours;
Won't only be a flicker.

- Aiyana

P.S. Though if you're in an open field with a lot of lightning it is unsafe to dance there, so be sure find a more sheltered place to dance.
Why should we worry about climate change?

As you already know from my previous article, climate change is the change in the world’s climate. It can be natural or caused by humans. In this article, I’m going to focus on climate change caused by humans. In the previous article, I explained what climate change is but in this article, I will say why we should worry about it. Climate change causes a lot of problems for people and will continue to do so probably for centuries if left unchecked. It’s not going to get any better either because as people add more greenhouse gases into the atmosphere, the problems only get worse. We haven’t even seen the worst of it yet. Here are some of the main problems we are experiencing now and will be experiencing in the future:

- Deserts expanding: natural habitats disappearing and water sources shrinking
- Polar ice caps melting: causing sea levels to rise and flooding of coastal cities
- Tropical diseases spreading with rising temperatures: many of these diseases are already causing huge problems so this is not good
- Larger storms: as temperatures rise, storms will grow and destroy homes and cities
- More wildfires: as the climate dries out in subtropical regions, wildfires can get out of hand and burn huge areas of forest, towns and cities.

Although these are the major problems, there are secondary problems. For example, when deserts grow bigger, it reduces the water supply and then with less water, farmers can’t grow as much food which can lead to famine. Larger storms mean that cities can be flooded which can then lead to problems with criminal gangs, spread of diseases and mass migration. Ecosystems can be destroyed by climate change leading to extinction of many animals and plants. Some very adaptable species (there are very few of them) like rats, cockroaches, flies and mosquitoes can spread and end up taking over the remains of an ecosystem. In my next article I will explain how really we are mostly ignoring climate change and we could actually do a huge amount to halt and possibly reverse climate change.
Photo Gallery
Going Local...

The main reason I think eating local food is important is because by doing so you reduce your carbon footprint. Of course, there are many other ways to lower your carbon emissions, but by eating food that is locally grown where you live, the transport that is used for food from far-off states and even foreign countries won’t be necessary. This is a simple way for everyone around the world to do their bit, to help save the world from this climate crisis that we now face.

Also in most places the local and indigenous foods or vegetables are healthy to eat. Nature has adapted to the climate and weather of each season to produce the right vegetables or fruits that will benefit living beings at that particular time of the year. For example, here in Auroville, when the heat of the summer is at it's brim, a simple way to cool your body is to make a syrup out of the nanari roots, which are found nearly everywhere.

Over all these centuries Nature has found a way to survive and adapt, and I feel, that we, human beings, can trust it!

A conversation with Krishna Mackenzie on eating local food

So what is it to eat local food? What is a sustainable palate?

I think it is interesting to approach that question from the other angle, which is, what do we normally eat? None of this is criticism, but if you go and take 50 kids and look what they eat at night for dinner; you're going to find pasta, carrots (carrots are actually not a local vegetable), potatoes, olive oil, some will go to Tanto, you'll find chapati. You'll find all sorts of foods that didn't grow here; around us. And if you look carefully you'll go to the really bad ones, with the Maggi noodles and a packet Lays chips with a coca-cola. and then there are the ones with the organic stamp and they're seen with a bowl of quinoa. But where did that quinoa come from? So, what we have to think about is, why are we so against those foods? Why should we value local food above those?

Well, eating food that is locally grown where you live is healthier because it is more fresh than getting food from outside which is probably processed and packed. And also by eating local food you avoid the travel for the food to be brought from faraway.

Okay, so lets start with travel. There's an really nice word that we use in ecology, food-miles. So if the quinoa comes from Peru to transport it around the world, you'll be using an airplane. What is a plane? How many resources go into a plane? One of the main things is petrol. There is making the plane. And the furniture inside the plane. And there's also the food inside the plane. Each of these things would need and industry to make. Just so we can get a packet of quinoa to India. By letting your food come by plane, you're greatly adding to your carbon footprint. The same thing would happen with any mode of transport.
And then you were talking about packaging. All the food is packaged but if you just go and pluck a green papaya, instead of potatoes and all the foods that have been brought, there’ll be no packaging. And, it’ll be fresh. There won’t be a need for industrializing. Industries all take from the Earth. They take the electricity, the pollute the air, they take oil,. Basically all of the natural resources. This is called extractive-economy. And there’s only one thing which is not extractive-economy, and that is local food.

So, why? Why do we eat food that is not locally sourced? Because we grow up with an education system that doesn’t value these things. There are so many ways to integrate sustainability into a school’s curriculum. For example, lets take the Banana tree. You can study botany with that. And you look at all the cells in the banana stem. And Maths. Price of bananas, export and import. You can connect art with it. Everything can be somehow studied. This is not a subject that can be taught but is something that should be part of our lives. It has to be a way of life.

The colour of a people or race comes from their cultural nutritional identity. "This is what I eat." "This is something we grow. That I can grow." Doesn’t that give you a sense of ownership and pride? In South India they have their own cultural identity and in Gujarat they have another different one. And by keeping the relationship with the nature and the food we grow is what makes us a culture. Without culture we’re nothing. Culture is what separates us from other animals. It’s what makes us human. My inspiration, Masanobu Fukuoka, said "The society that doesn’t know where its food comes from, is a society without culture. And humanity without culture will die." So, we have to have culture.

If you look at Tamil Nadu, it’s like a banyan tree. With strong roots stretching out far and wide. There’s Bharatnatyam and Carnatic music. You look at the language, Tamil. 40 thousand years old! You look at the Siddhar traditions and the thumbprint astrology. It’s amazing. The culture is awe-inspiring. People had relationship with their food and they ate and were well. And the culture grew and grew from the Earth. They were in tune of what was there around them. So what we need is a road back to Nature. And that road back to Nature is so simple, we have to start valuing the nature around us. It’s as simple as that. We have to value local food.

WE HAVE TO TAKE ACTION! "OUR HOUSE IS ON FIRE."*

* Check out Greta Thunberg speech, "Our house is on fire."
Are you nice and full now? Or do you still want more? If you do, maybe you should go to a party- or a celebration- or maybe a festival!!! Sounds tempting? Well you'll have to wait for next issue...