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ORGANIC TREAT

Uttarakhand: The fruit ripening season in the hills starts with the summer holidays in north India, which makes it the perfect time to sample the juicy delicacies. All of Kumaon is dotted with cottages and homestays built on fruit orchards and vegetable gardens. Plan an extended stay on one and go back home with a basket full of crisp pears and plums. The hosts at Himalayan Village, Sonapani, make sure their guests are well fed on nature's treats, and see them off with bags full of their farm's fresh produce. Located near Mukteshwar, this 20-acre organic farm grows apricots, apples, plum, peaches, vegetables and pulses. Almost all the food is prepared from scratch and is home cooked – the breads, cookies and cakes are all freshly baked and preserves are made from fruit plucked straight from their own orchard. Similarly, The Ramgarh Bungalows have expansive gardens of peaches, apricots, plums, pears, and apples. Your stay becomes tastier and healthier with the fresh jams and marmalades made in-house from the malta, lime, gooseberry and strawberries growing in their backyard. While enjoying an orchard stay in Kumaon, a good idea is to try the local fruit kaafal. A tangy fruit, it resembles deep-red raspberries – it is best taken with a sprinkle of rock-salt and chilli powder.

FRUITFUL JOURNEY

Apple-picking treks, picnicking with baskets full of plums and farming on a mango orchard... let your next family vacation be laden with ripe, juicy wonders!



When to go: May-Sept

APPLE CIRCUIT

Himachal Pradesh: Himachal enjoys a special place in 'apple' history. In 1916, Samuel Stokes, a social worker from Philadelphia brought the first apple saplings to Thanedar near Shimla, and one can still see the strikingly beautiful apple orchard he planted there. There are various resorts in the area that can organise camping trips around the 'apple circuit' for you. They will take

When to go: July-Sept

you to apple and apricot orchards in breathtaking locations like Kinnaur, Sangla and Rakham. You could go on an apple picking trek or visit factories that make jams and jellies to learn about apple grading and packing. Nearby Narkanda is also famous for lush apricot and cherry orchards. "The best bit about staying at orchards is that you get to see ripe fruits and eat absolutely organic and fresh produce. Also, a not-to-be missed sight is the fruit picker going about his daily job of climbing trees, throwing the fruits down and packing them," shares Ajay Jain, a blogger and photographer.

Go strawberry picking in Mahabaleshwar and shop for fresh honey or canned jams made from mulberries, blueberries, raspberries
WHEN TO GO: Apr-June

HAPOO-NESS GALORE

Maharashtra: Spend the monsoon gorging on bright saffron Alphonso (fondly called Hapoos) in Ratnagiri – home to the world-renowned mango variety. There are a lot of private farm-stays and affordable government-run hotels that give visitors a

When to go: May-Aug

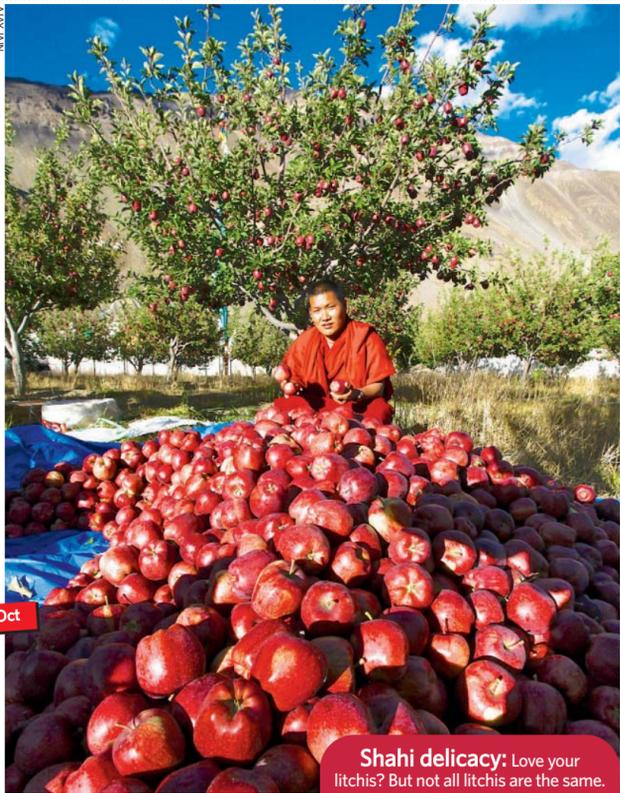
chance to stroll through orchards. Buy cartons of this yellow goodness and throw an impromptu mango party at one of these farms. Kotawade, near Ratnagiri, is high on mango tourism. Orchards here mostly grow the Hapoos with a few cultivating Kesar, Neelam, Vanraj and the small-sized Dudhpeda. At Talawade near Sawantwadi is a 15-acre farm dotted with over 230 mango trees; it has mostly Hapoos, apart from Pairi, Kesar, Ratna, Sindhu, Goa Mankhurd and Neelam.

IN THE BERRYLAND

Spiti: Although Tabo in Spiti is known for its apple orchards, what is of greater interest is the sea buckthorn farming practised here. It is not a fruit, but a wild orange berry, with a unique mix of minerals, vitamins, amino acids and anti-cancer and anti-aging properties. In Spiti's desolate landscape, sea buckthorn grows wild along riverbanks, with locals exploiting the shrub for building fences and sourcing firewood. Dried berry peels are shredded into the rejuvenating tsirku tea. The berry is also used to make oil that is known to have skin benefits. Stay at a sea buckthorn farm, explore fossil sanctuaries and go on yak safaris, visiting high-altitude villages like Langza, Demul, Lhalung, Dhankar (Spiti's old capital) and Komik, the highest inhabited village in Asia. "The berry ripens in August, so one could stay at a local person's farm, helping out with the cultivation and try some of this holistic



When to go: Dec-May



When to go: May-Oct

Shahi delicacy: Love your litchis? But not all litchis are the same. Apparently, Shahi litchi are the early variety that is harvested in late May and China litchi is considered to be the late variety that grows in June. One could learn more nuances about this saccharine fruit that possesses anti-cancer properties, on a trip down north Bihar, exploring districts like Muzaffarpur, Vaishali, Sitamarhi, east and west Champaran, Begusarai and Bhagalpur. Since most of the litchi is grown in a radius of 50 km around Muzaffarpur, this variety is also referred to as the 'Muzaffarpur litchi'.
WHEN TO GO: Apr-June

MANDARIN TRAIL

Arunachal Pradesh: While crossing small towns in Arunachal, you will come across smiling tribal women selling sweet mandarins on the roadside. Sweeping orange orchards and valleys decorate the state. In fact, it is almost customary to carry a bamboo basket full of oranges when visiting a friend in some parts. Aalo (also called Along) is a place in Arunachal that makes for a perfect setting for orange cultivation due to its temperate weather and gentle valleys. The oranges grown here are not big in size, but are extremely sweet and luscious. Another destination for oranges is Dambuk, which also organises the fa-

mous 'Orange Festival for Adventure and Music' in December. The four-day festival takes place in an expansive orange garden at Akoko Village. It is an experience that should not be missed.

food

Alternative proteins



With the world turning veg or vegan, know about some meatless food items bursting with proteins...

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Business magnate Bill Gates has invested in two big plant-based protein start-ups, and gone so far as to declare plant-based protein the future of food. The fact is that simply eating proteins isn't enough in today's world. Where are you sourcing them from matters too.

Is the source environment friendly? Is it cancer-free? Food manufacturers are on the lookout for alternative, second-generation protein sources that are more sustainable, vegetarian, vegan-friendly and non-allergenic.

The key to ensuring you eat sufficient high-quality protein is to include different types in your diet, rather than relying on just red meat or processed meat. Try soy products like miso, tempeh and tofu, peanut butter and peanut flour, Greek yogurt, nuts and seeds. Also second-generation plant proteins (those extracted from well-established plant sources like pea, rice, and canola) are expected to grow at an tremendous rate in the near future.

PROTEIN POWER

Kanchan Patwardhan, clinical nutritionist consultant, says, "Proteins are very essential for our development and self-growth. They are an important component of every cell in the body. Proteins when consumed and digested become amino acids which help in building enzymes and hormones in our body. By eating a variety of alternative sources of protein you can easily meet the adequate amount required for the body to function normally." But all proteins aren't the same – when choosing protein-

rich foods, it's important to look beyond the protein content. Red meat and whole milk dairy products, while rich in protein, also contain saturated fat, the health consequences of which are being debated all over the world.

Eating high-quality protein can help reduce your risk of diabetes and cardiovascular diseases. A diet rich in high-quality proteins can help you think clearly and even improve your memory.

PLANT-BASED v/s ANIMAL

One doubt vegetarians have with regard to alternative proteins like soy and legumes is: Are they as good as meat and eggs? "Yes," says Dhvani Shah, healing diets specialist. "Plant-based proteins are complete proteins if eaten in the right



combination for the right body type. They can work better than animal protein, mainly because of the absence of hormones and enzymes. Going vegan and consuming plant protein has shown extraordinary results in reduction of cholesterol, treating PCOS and preventing menopausal compli-

- **Nuts & seeds:** Apart from being rich sources of protein, nuts and seeds are also high in fibre. Almonds, peanuts, walnuts, sesame, sunflower and poppy seeds provide a good source of fatty acids, calcium and iron too.
- **Soy products:** Tofu and soy are excellent red meat alternatives – high in protein and low in fat. Also try tempeh, a traditional soy product originating from Indonesia, made from cooked and slightly-fermented soybeans and formed into a patty.
- **Chickpeas:** Low in fat yet high in protein, chick peas are a great addition to the diet. They are inexpensive, too. Make a nutritious low-cost alternative to poultry and meat.
- **Quinoa:** This tiny seed is full of protein, easy to cook and very versatile. A cup of cooked quinoa serves up 8 gm of protein.



Pumpkin quinoa salad

"A diet rich in high-quality proteins can help you think clearly and even improve your memory. It can reduce risk of diabetes too." she adds. Athletes and sportsmen all over the world are also turning to plant-based proteins since they are easier to digest and result in less inflammation. Moreover, they deliver all the essential vitamins, minerals, enzymes, fibre in addition to the protein content. "Wheat and grains are good sources of protein. Wheat gluten is high in protein. Legumes, pulses provide the much needed protein in the body, as do nuts and seeds. Soy products contain essential amino acids. Leguminous seeds and beans provide high fibre and anti-nutrients," says Patwardhan.

MORE THAN SOY

Who says meatless protein comes from only bland, unappetising food? Think of creamy hummus, nutty peanut butter, a soothing bowl of miso soup or a cooling scoop of yogurt. Miso, made from concentrated soybean paste, comes in many different types and shades – from dark brown to ochre-red or even white, depending on which grains are added and how long it has been aged. They all have a distinctive taste. Peanut flour, made of very finely ground partially-defatted roasted peanuts, is a low-carb flour that packs in up to 32 gm of protein in each half-cup serving. It can be stirred into your morning oatmeal or scooped into post-training shakes for an extra shot of protein. Greek yogurt packs as much as double the protein as regular yogurt. It's great on its own, with fruit, or as a substitute for sour cream.

CELEB Varun Sharma, actor

— cook-in —

My earliest memory of food | I loved the taste of Cerelac (baby food). I remember eating it way past my childhood.
The word food brings to your mind | Contentment.
My favourite food item | Pizza with loads of toppings – cheese, onion, jalapeños, capsicum, bell peppers and more. There is so much you can add to a pizza. God bless the Italians. We should be indebted to them for creating this gem.
My 'maa ke haath ka khana' | Will always be my comfort food. You can wine and dine all around the globe but the joy of coming back home to a meal cooked by your mom is pure bliss.
A dish no one can make as good as my mum | Jeera aloo. I wonder what she does to make such a simple dish so lip-smacking. And the taste is just so consistent and perfect; it hasn't changed a bit over all these years!
A cuisine that gets my mouth drooling | I have recently discovered my love for Burmese cuisine and I often daydream about it.
I wish to be a good chef | Cooking is one thing I would love to learn but I keep procrastinating. But whenever I cook once in a while, I immensely enjoy the process. I made an exotic egg bhurji the last time.
If you'd enter the kitchen, I'd end up making | Tea. I am very passionate about my first cup of morning tea. I like it in a certain way, so rather than having someone follow my instructions and go through the drill I prefer to just make my own cup of tea.
To impress my woman, I would make | A pasta dish. She would surely be bowled over. It is, anyway, a very sweet gesture for a man to cook a meal for his partner.
On the sets I prefer to eat | Light meals.

Heavy food tends to make you lethargic and can interfere with your whole acting process!
A taste that will linger in my mouth for life | The taste of my sister's rajma-chawal. It's the simplest pleasure of life!
If I had a few dining options, I would any day pick a | Café. There is something very cosy and comforting about cafes.
Restaurants I often visit with my friends and family | In Mumbai, it would be Celine, Grand Hyatt, and Cafe Zoe, Lower Parel. Love the entire menu at both the places.
A dessert I'd never wish to give up | Banoffee pie. You need to try it to understand why. It gives banana its true credit.
My non-food passions | Binge-watching.
— Shikha.shah@timesgroup.com



India's Diabetes Rate up 123% Since 1990

Source: Times of India, DT. 15.06.2015

MANAGE WELL, LIVE WELL!

FENFURO CREDENTIALS

PATENTS GRANTED	Europe	USA
• A Novel Anti-Diabetic Furostanolic-Saponins-Rich (FSR) Fraction From Fenugreek Seeds.	• A Novel Process For The Extraction of Furostanolic Saponins From Fenugreek Seeds.	• An Extract Obtained From Fenugreek Seeds.
Africa	China	
• A Novel Anti-Diabetic Furostanolic-Saponins-Rich (FSR) Fraction From Fenugreek Seeds.	• A Novel Anti-Diabetic Furostanolic-Saponins-Rich (FSR) Fraction From Fenugreek Seeds.	

SAFETY:

- 28 Days Oral Toxicity Study Confirmed Safety of the Product
- Non-Mutagenic-According to AMES Test (Bacterial Reverse Mutation Assay)



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