

| Q. # | Question | Answer(s) in sessions | Classification | Discussed in session | Answers from Dwiji Post webinar first cut |
|------|---|-----------------------|----------------|----------------------|--|
| 1 | are multigrain bread good to consume? | | topical | no | As part of various types yes. But it is not a good idea to think of it as 'if I get this one type all the time, we get everything'. |
| 2 | Are we growing/having wild varieties today | | topical | no | yes, though only in some small pockets for some food items only; but even among those it is reducing very fast as market driven approach is being pushed everywhere |
| 3 | Best way to make flour from the millets at home would be hand-pounding? Any other way ? | | topical | no | |
| 4 | Can two millets be cooked in combination? | | topical | no | |
| 5 | Can we add masala for a better taste while cooking?? | | topical | no | |
| 6 | Do these hold true: 1. Millets can cause thyroid 2. Shouldn't be had by people with thyroid problems If yes any preparation that such people can also consume them | | topical | no | please see https://millets.wordpress.com/2016/04/22/ |
| 7 | Does Dwiji consider maize to be a millet? | | topical | no | It is considered as a coarse cereal in govt. classifications, but no, in general discussions, maize is not consider to be a millet |
| 8 | does open cooking takes longer with millets than rice | | topical | no | In my experience, millets that still have some of their bran still (i.e. natural millet rice) on takes lesser time to open cook than paddy rice that has some of its bran still on. Natural millet rice would take longer to cook than bleached (bran removed) millet rice or bleached paddy rice |
| 9 | Give us few processing steps to improve the digestibility of millet and it products? | | topical | no | |
| 10 | I missed it while you were speaking.. You said that stone ground millet flour is better because grinding is slow. You connected it somehow to the fatty acids present in the bran if I heard you correctly. Can you please explain the connection... | | topical | no | |
| 11 | I missed more than half of the session today due to bad network, request if you could let me know how we can differentiate between the processed and unprocessed millets? How much water do millets consume while cooking? And how does a cooked millet grain feels like when we eat? | | topical | no | For husked millets, dehussing while retaining the bran is what we expect from processing. So if the husk is removed, we know it is processed. Natural Millet rice (rice with some bran still on) takes anywhere from 1:2.5 to 1:4 measures of the millet rice to water Cooked millet rice feels great when eaten ! Eat it to experience it :-) |
| 12 | Is it necessary to soak small millets before cooking in earthen pots? | | topical | no | No. but soaking helps speed up cooking |
| 13 | It is heard that Quinoa is not from India & hence is not beneficial to consume while living in India. Is it true? | | topical | no | Yes, Quinoa is from highlands of the Andes in South America and not from India. The nutrients in the food is absorbed by the body even if the particular item is not from the place where the individual lives. Local foods are any day better suited than foods of foreign origin. But that does not mean we cannot absorb the nutrients in it. |
| 14 | Kindly share some insights on millet milk and value addition | | topical | no | |
| 15 | May I cook (and experiment with) millets, just as I would with paddy-based rice? How about mixing wheat or paddy-based rice and millets? | | topical | no | I would strongly recommend those with picky eaters at home to work millets into their menu gradually increasing the percentage of millet rice in their paddy rice. Millet flour with wheat flour for roti is a fairly standard practice in many himalayan communities. |
| 16 | Please can you explain the steps like washing, soaking etc before we cook millet? | | topical | no | |
| 17 | Sir! Since this generation are more towards processed food, how convenient it is to make a conscious decision for a layman whether to keep bran in the grains or not? | | topical | no | |
| 18 | slide 5: Is all the protein concentrated only in the germ? or some part is also present in the bran and kernel | | topical | no | |
| 19 | soaked water should be discarded before cooking? | | topical | no | |
| 20 | we can make idli, recipes similar to rice with Proso millet | | topical | no | |
| 21 | महोदय आप खाना में भी जाति छुड़ लिया | | topical | no | Food varies significantly between families of different castes. One cannot wish away the impact of caste when working on food, farming, equity and sustainability |
| 22 | Can we freeze the flour? | | topical | no | |
| 23 | Are millets categorised as positive and neutral grains. Is there any scientific study on it. | | topical | no | |
| 24 | Give us few processing steps to improve the digestibility of millet and it products? | | topical | no | |

| Q. # | Question | Answer(s) in sessions | Classification | Discussed in session | Answers from Dwiji Post webinar first cut |
|------|--|---|----------------|----------------------|---|
| 25 | are millets safe for toddlers , or 2 year old ? , generally it is said its hard to digest millets | | topical | no | malted millets are used as weaning food for children in many families even today. Yes, millets can be introduced to children as they start eating food. For most normal individuals, millets are as hard to digest as any other cereal grain. If one finds it hard to digest, please try to see what can be changed in the preparation of the dish that can make it easier on the stomach. The most common reason for not being able to digest probably is using insufficient water while cooking. |
| 26 | Is there any study on soaking of millets before cooking. I have found in many places mentioning that we need to soak the millets for at least for 5-6 hours for more nutrition and easy digestion. | | topical | no | |
| 27 | Which millets should be avoided in hypothyroidism? | | topical | no | please see https://millets.wordpress.com/2016/04/22/ |
| 28 | Can it be explained again how to remove bran at home? | | topical | yes | |
| 29 | can we open boil millets instead of pressure cook | | topical | yes | |
| 30 | Do millets require pre-soaking? incase the millet gets soggy while cooking, can the extra water be drained out? | | topical | yes | |
| 31 | do you need to soak overnight before cooking | | topical | yes | |
| 32 | Has there been any study which conveys some information about the impact on nutritive value of millets as a result of medium of cooking, temperature and pressure at which it is cooked | | topical | yes | |
| 33 | people with weak stomachs or digestive system would be able to digest different millets or it has to be hit n trial ? | | topical | yes | |
| 34 | readymade branded 5 combination of millets are available. Is it good? | | topical | yes | |
| 35 | were it consumed by higher caste people also ? | | topical | yes | |
| 36 | what is difference between Paddy Rice and Millet Rice? Is rice and wheat also a millet? | | topical | yes | |
| 37 | How to confirm the presence of bran on the hulled grains. | | topical | yes | |
| 38 | will bran be washed away, when we clean millets using water | | topical | yes | |
| 39 | Is soaking millets compulsory before cooking, if so for how many hours ? | | topical | yes | |
| 40 | do you have sowing calendar of millets | | other session | no | |
| 41 | slide 7: it would be great if you can share link of any folk songs or stories on millets. | | other session | no | |
| 42 | Hi Dwiji, if there's an opportunity to present, please do share some info about millet market Hotspots in India. Thanks | | other session | no | |
| 43 | Are Millets mentioned in the Rig Veda? | | other session | no | |
| 44 | Can you please share contact details of RRA network Maharashtra? | Mr Sajal Kulkarni. 9881479239. rainfedmaharashtra@gmail.com You can also reach out to Mr Nemani Chandrashekhar who moderate RRA Network google group to become member. chandrasekharnemani@gmail.com | network | yes | |
| 45 | Researchers or any industry from Tamil Nadu can able to join in this network... | Yes. Visit www.rainfedindia.org go to join us-> yes-> fill the google form | network | yes | |
| 46 | thank you for the info-would like to know where I can get recipes | https://millets.wordpress.com/recipes/ Some here to start with | data request | no | And in a lot of different recipe and cooking websites |
| 47 | In the picture what millet rice we can see, is it cooked as whole grain with bran or after removing bran and which millet is it? | | data request | no | natural (bran retained) kodo millet rice |
| 48 | any recommended books on food history? | | data request | no | we shall be putting together a reading list, will make sure to include this topic too |
| 49 | any recommended books on millet history? | | data request | no | we shall be putting together a reading list, will make sure to include this topic too |
| 50 | what is the name of millets on slide 14 | yes they will be sent | data request | no | |
| 51 | Could we also get a recording of the meeting | yes. Will be sent, it shall be posted on YouTube | admin | yes | |
| 52 | if possible please share presentation | Yes will be sent to all | admin | yes | |
| 53 | kindly send the ppt's to our emailID's | live answered | admin | yes | |
| 54 | Missed the first session... Can I get the recordings on n...p@gmail.com | please check ... and bookmark :-) ... the webpage: https://themillet.org/kmw2020/ | admin | yes | |