



## Fonio Millet

[Source: DTE](#)

**Fonio**, an ancient **West African millet** (e.g., Ghana), is known for its resilience to **climate shocks, ease of cultivation**, and ability to grow in **poor soils** with **minimal water requirements**.

- It is often referred to as a **miracle grain** due to its **adaptability and nutritional value**.
- **Fonio** is traditionally cultivated by **Fulani tribes**, the **largest nomadic tribe** in Africa.
  - It is highly **versatile** and can be used in **salads, porridges, pasta, bread**, or served as a side dish.
  - It can be cultivated in **arid and semi-arid** regions and require **low water intake**.
- It is similar to Indian millets like **sikiya and raishan**. Sikiya, a favored millet of the **Baiga tribe**, is cultivated in parts of **Madhya Pradesh**.
- The year **2023** was declared by the **United Nations** as the **International Year of Millets**.
  - **Profit motive** among farmers is leading to **neglect of millet** production e.g., in **Odisha's Niyamgiri hills, pineapple** cultivation for **profit** has sidelined millets.

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# Millets

## About

- Small-grained cereals also known as **coarse grains**
- Often referred to as **'Superfood'**
- Among the **first crops to be domesticated** - evidence of millet consumption dates back to the **Indus Valley Civilisation (3,000 BC)**

## Climatic Conditions

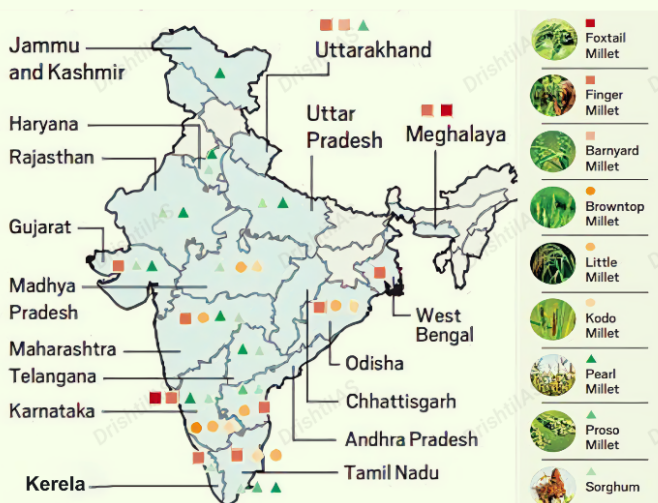
- **Mainly a Kharif crop in India**
- **Temperature:** 27°C - 32°C
- **Rainfall:** Around 50-100 cm
- **Soil Type:** Inferior alluvial or loamy soil

## India and Millets

- **Global Largest Millet Producer:**
  - 20% of global production, 80% of Asia's production
- **Common Millets:**
  - **Ragi** (Finger millet), **Jowar** (Sorghum), **Sama** (Little millet), **Bajra** (Pearl millet), and **Variga** (Proso millet)
  - **Indigenous varieties** (small millets) - **Kodo, Kutki, Chenna and Sanwa**
- **Top Millets Producing States:**
  - Rajasthan (largest), Karnataka, Maharashtra, Madhya Pradesh and Uttar Pradesh
- **Govt. Initiatives:**
  - Initiative for Nutritional Security through Intensive Millet Promotion (INSIMP)
  - **'India's Wealth, Millets for Health'**
  - Millet Startup Innovation Challenge
  - **Hiked MSP** for Millets
  - Agriculture Ministry declared millets as **"Nutri Cereals"** in 2018

## Significance

- Less expensive, **nutritionally superior**
- High protein, fibre, minerals, iron, calcium and a **low glycemic index**
- Help **tackle lifestyle problems and health** (obesity, diabetes etc.)
- Photo-insensitive, **resilient to climate change & water efficient**



## International Year of Millets - Year 2023

Proposed by India, declared by UNGA



Read More: [India's Millet Revolution](#)

PDF Refernece URL: <https://www.drishtias.com/printpdf/fonio-millet>

