

Presented at



Auroville Green Practices

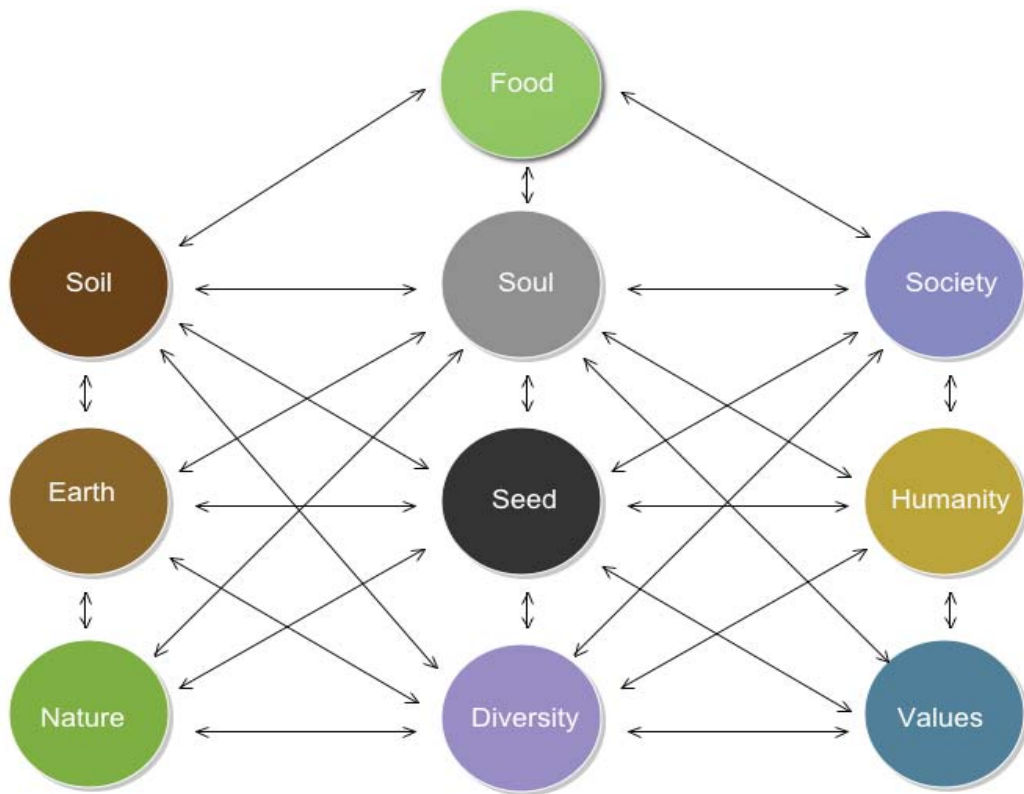
Seminar and Site Visits
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Holistic Food Systems

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Coffee Ideas!



Resources (foot print)
 Agricultural methods
 Food processing



Connection to the Divine
 Inner aspirations
 Transformation



Life style values
 Media exposure consumers
 Empowerment

Food Circles

Community-based food system

Bio centric approach

Based on 4 principles

Principle of Food Circles

Ecological Wisdom

Social Justice

Grassroots Democracy

Common Values

Ecological Wisdom

Food is produced in harmony with nature

Food disposal is transformed into compost

Food is mostly produced locally

Food is packed in degradable materials

Social Justice

Farmers get a fair price for the produce

Consumers & producers are united

All community members have access to healthy food

Grassroots Democracy

Food security must be controlled by the community and not by transnational organizations.

Community supported agriculture decision making process

Common Values

Animals that provide us food are treated with dignity and respect

Members of the community stand for universal values: peace, equality, fraternity, creativity, beauty, gratitude, generosity, compassion....



Ecological Footprint Enquiry

- How are the vegetables I eat grown?
- How is the meat I eat produced?
- Why do I eat?

Agriculture and Husbandry Enquiry

- How much land do I need to sustain my daily diet?
- How much land I am eligible to use today?
- How can I minimize the impact on the environment?
- How many miles does my food travel?
- How much garbage do I generate?
- What can I do with my garbage?



Food Processing Enquiry

How fresh is the food I eat?

What are artificial food additives?

What are the effects on my health?

What are the effects on the planet?



Food and Farming in the 21st Century

Un-sustainable eating and farming habits

Food is processed

Food is packed

Food travels many miles

Eating higher on food chain is less sustainable

Conventional farming is energy intensive

Large farms and mono culture is unsustainable

Consumer and producer are separate

Sustainable eating and farming habits

Food is fresh and whole

Food is sold without packaging

Food eaten grows locally

Whole food plant based diet is most sustainable.

Organic farming does not waste energy or water

Small farms with multiple crops are more sustainable

Consumer and producer are united

Opportunity for a positive change

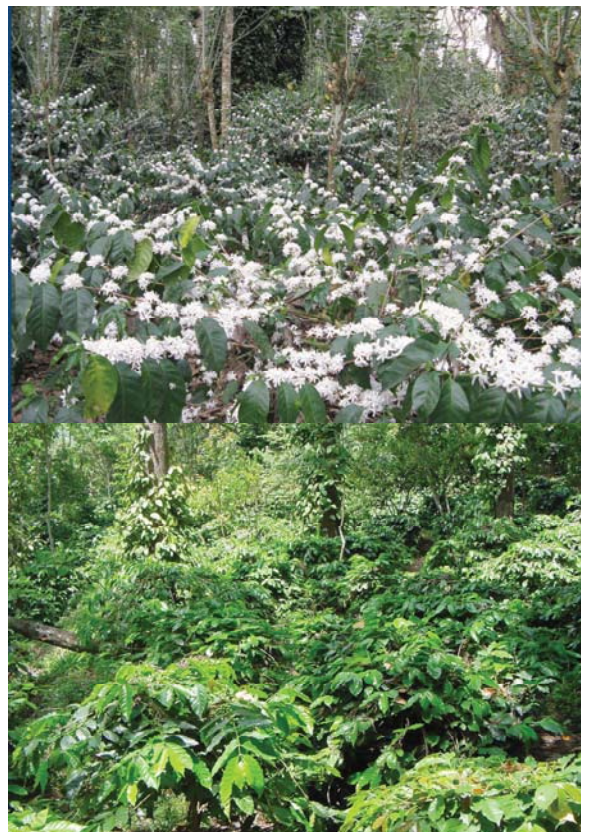
Example: Holistic Coffee System



Coffee Seeds!

The Ecology of Coffee

- Coffee in India grows in the forest
- Co-exists with the indigenous fauna and flora
- Inter cropped with spices and fruits, under controlled shade of large timber trees
- Soil is rich with moist hummus
- Coffee cultivation prevents deforestation and Mono crop industrial agriculture (i.e.: coconut oil)
- Act as a carbon off-setting agent





Your Coffee Foot Print



- If you drink one coffee a day a farmer must maintain 9 coffee plants to meet your demand!!
- 9 coffee plants occupy 180 square meter of forest: What a great reason to have a second cup a day! We cannot say the same about tea!



The Economy of Coffee



- Coffee is the second most traded commodity after oil
- Most of the profit goes away from the producing countries
- Prices fixed by the future markets and not based on real production costs
- Industrial coffee cultivation saturates offer over demand, at the cost of low prices and quality
- Free trade versus Fair Trade

How Ethical is your Coffee?

Enjoy the coffee moment and reflect...
Who are the people behind the cup?

Do you want to know more?



The Sociology of Coffee



- Coffee has become the social drink of the 21st Century
- Café culture spreading fast
- Coffee shops as social platforms



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Coffee Ideas!

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