

# **No Silver Bullet in GMO Golden Rice**

If you are a GMO debate follower, you probably belong to one of four corners in this boxing ring. (Why do rings have corners, you may wonder, but that is a debate for a different time) Anti-GMO: You may believe humans should not

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## **Food Labeling and Genetic Research**

Scientific American is one of my favorite magazines- it educates, informs and occasionally even entertains. The September 2013 special issue on Food is quite broad in its appeal and touches on a host of issues including food

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## **Processed Foods or Prepared foods**

Words are beautiful couriers of meaning. A single word can invoke a smile, ignite love, whet our appetite and even make food taste delicious – all at the same time. Just as easily, they can engender bias- either when used without

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## **Center vs. Center of Gravity**

It is sometimes comforting to know that you have struck a balance in an argument and are able to see the other 2 extremes dispassionately, even though you disagree with both positions to some measure.

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## **GMO Foods – A Note of Caution**

If hybridization was the cornerstone of the Green revolution of the 60s & 70s, some would like to see GMOs (Genetically Modified Organisms) as the trigger for the next agricultural revolution. This paper will argue that it is far from it..

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## **Moringa (drumstick) and the story of Kuli Kuli**

This goal of this newsletter has always been to empower people to eat right for their wellness; to “pay the farmer not the pharmacy” as we say. From time to time, we also want to feature how game-changing entrepreneurs are rewriting the story of our relat

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# Healing food systems known for centuries

The Incas, Mayans, ancient Chinese, Indians, Mediterraneans had long ago figured out that “we are what we eat”, and correspondingly built up a staggering knowledge of plants, nutrition and their impact on our wellness. In many ways scientists today...

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# Farming 3.0: From the hanging gardens of Babylon to artificial intelligence

There is a silent global revolution gathering speed in agriculture. It goes by many names: precision farming, hydroponics, aeroponics, vertical farming, urban farming, indoor farming, aquaponics etc. It represents the convergence of agriculture, genetics

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**Can planned nutrition +**

# **exercise reverse diabetes? Experts say YES!**

It is impractical to count the daily calories we eat. So, the recommended daily allowance (RDA) of 2000 to 2500 calories/day is largely anecdotal. Also, it is crucial where these calories come from: simple carbs or complex carbs, plant or animal proteins,

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## **South East Asia: Global influence and a distinct cuisine**

S.E Asia's 11 countries with 650 million people and \$10 trillion in GDP is a rich confluence of cultures. Despite colonization by the British, French, Dutch and the Spanish; it is the Chinese and Indian heritage that runs deep in its art, culture, ethnici