

Jammu's own Agritech Revolution: From Automobile Expert to Mushroom Maestro

In a remarkable career pivot that echoes the spirit of entrepreneurship, Raman Gupta, once working in automobile industry, has taken a bold leap into the world of Agritech. Gupta, who hails from Jammu, stunned the business community when he announced his decision to leave his well-established Automobile Business and embrace the challenges of sustainable farming.

Inspired by the vision of Prime Minister Narendra Modi, he has set out on a mission to transform his 9-acre land into a thriving agritech startup, focusing on integrated farming practices. His venture, named "Mushroom Farm" combines modern technology with traditional farming methods to ensure sustainability and maximize yield. The farm has implemented state-of-the-art mushroom cultivation techniques, it has 10 fully climate controlled mushroom growing rooms which utilize advanced technology to optimize growing conditions, resulting in a consistent and premium-quality yield. The farm has produced 150 tonnes of mushrooms this year and it is the first time this has happened in J&K. They aim to grow 300 tonnes of mushrooms next year. The help received from the department of Agriculture and the department of horticulture has been instrumental in the farm's success.

However, the farm extends beyond mushrooms and incorporates a diverse range of crops such as organic vegetables, fruits, and medicinal plants. This approach not only enhances the overall yield but also promotes biodiversity and reduces environmental impact. As Gupta navigates the unclear waters of agritech, he hopes that his journey will inspire other entrepreneurs to diversify and contribute to the transformation of India's agricultural landscape. "We need to embrace change and invest in sustainable practices for the long-term benefit of our nation. Agriculture is not just about cultivation; it's about nurturing the land that sustains us all," he asserts. As Mushroom Farm continues to blossom, it serves as a beacon of hope for a new era in Indian agriculture, one where technology and tradition combine to yield prosperity for both the land and its cultivators.

J&K government is emphasizing upon stakeholders for encouraging and promoting Mushroom Cultivation, a potential entrepreneurship for youth in a big way. With the recent government interventions, forest-dwellers in Jammu Shivaliks are being given formal training and instructions about mushroom collection and processing techniques, market knowledge as well as market access, so that their efforts pay them their rightly earned share.

Aside from training and other forms of support, the Jammu and Kashmir government has also been providing a 25% subsidy on the purchase of mushroom-growing racks and a 50% subsidy on a fixed number of ready-made bags for first-time mushroom cultivators.



Kids Craft: Snowman Toilet Paper



You'll need the following:

- 4 Paper Rolls
- Paint – white, light pink and you can get an assortment of colors for the face here
- Red Glitter Paper
- Small Black Buttons
- Medium Red Pom Pom
- Small Googly Eyes
- Cotton Balls
- Medium White Pom Poms
- Black Sharpie

Steps to make:

- Paint the toilet paper roll white.
- Make the earmuffs by gluing the pipe cleaner over the top. Glue two medium sized white pom poms to the side.
- Cut out a carrot nose from orange cardstock and glue down.
- Cut out a strip for the scarf and then wrap around the paper roll and glue down.
- Glue on two black buttons.
- Draw on the mouth and eyes with a black sharpie.



FUN RIDDLES

I sound like I could cut you,
but I'm actually quite comfortable.
I can be green or yellow.
I can be stiff or soft. I am a
friend to bugs and also bare feet.
What am I?

English Proverbs and Meanings

*** An empty purse frightens away friends.**
When one's financial situation deteriorates, friends tend to disappear.

*** Anger is the one thing made better by delay.**
When you are angry, it is best not to speak or act immediately.

*** Any time means no time.**
If the date of an event remains vague, it will never happen.

*** A flower blooms more than once.**
If you miss an occasion, you

can avail of it at another time.

*** A new broom sweeps clean.**
A newly-appointed person makes changes energetically.

*** A stumble may prevent a fall.**
Correcting a small mistake may help you to avoid making a bigger one.

*** Better late than never.**
It's better to do something, even if it's late, than not do it at all.

*** Advice is cheap**
It doesn't cost anything to offer advice.

Dates Almonds Rolls



Ingredients:
For the Dough
Wheat flour, Salt – to taste
Water – enough for kneading into dough
For the filling:
Oats, Dates finely chopped
Almonds, Clarified butter – 1 tbsp

Cardamom powder, Dry ginger powder
How To Make:
For the Dough:
Knead the flour with water to make a smooth dough. Cover and keep aside.
For the Filling:
Add clarified butter to a preheated kadai, kept on medium flame. Add oats and roast on low to medium heat until the oats turn golden and loses its raw flavor. Add dates and cook until it turns pulpy and loses its raw flavor. Add almond powder, cardamom powder, and dry ginger powder. Mix quickly. Keep aside.
How to Proceed:
Divide the dough into 10 equal sized balls. Take one ball, dip in whole wheat flour, and roll out into a thin circle. Cook both sides on a preheated skillet, kept on medium flame. Repeat the same until all the 10 chapathis are made. Divide the filling into 10 equal portions. Take one chapathi, spread ¼ tsp ghee on it, and place one portion on the filling along the sides. Roll the chapathi like a Swiss roll. Place on the skillet and cook for two more minutes. Serve hot with honey drizzling over the rolls.

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Bread Pizza Pocket



Ingredients needed
6 slices bread slices, 1 medium capsicum (green pepper)
1 small carrot, 1 tablespoon vegetable oil
1/2 teaspoon chilli flakes, 2 cheese cubes
salt as required, 1 medium onion

3 tablespoon corn, 3 tablespoon pizza sauce
1/2 teaspoon oregano, 4 cloves garlic
4 tablespoon vegetable oil

Method
Heat 1 tbsp oil in a pan. Add minced garlic and chopped onion. Saute for a minute. Now add finely chopped carrot, capsicum and corn. Saute for 2-3 minutes. Now add salt as per taste, oregano and chilli flakes. Saute for a minute. Lastly, add pizza sauce and grated cheese. Saute for a minute and switch off the flame. Your filling mixture is ready.
Take a bread slice and trim the edges. Use a rolling pin to flatten the bread. Add 1-2 tbsp filling to the bread and spread it a bit. Apply a few drops of water on all the sides of the bread and fold the bread in half.
Press down on all sides to seal the edges. Applying water helps in sealing the pocket properly. Repeat this step to make more such pockets with the remaining bread slices and filling.
Heat 3 tbsp oil in a non-stick pan. Once hot, place all the pockets in the pan. Shallow fry from both sides until golden brown in colour.
Serve the Bread Pizza Pockets with tomato ketchup and enjoy.