



North American Millets Alliance

Information Meeting & Discussion

17 November 2022

About NAMA

- Who: Joni Kindwall-Moore (RN), Jonathon Landeck (PhD), Don Osborn (PhD)
- What: Initiative to promote millets in US & neighboring countries
- Genesis: Idea to take advantage of International Year of Millets (IYM) 2023
- Organization: Flat; as yet, not funded not incorporated, & no host organization
- Approach: Networking, developing plans, ideas, & proposals
- Internet & social media: Developing new website; email list; LinkedIn, Facebook, Twitter presence; internal communications media

Purpose & agenda of this meeting

- Update
- Last call for input on “millet-of-the-month” calendar (not project)
- Pivotal role of small producers & marketers for millets in N. America
- Focus on webinar project
- Round of introductions
- *Following this meeting, most subsequent meetings will be domain specific*

Millet-of-the-month (calendar)

We are proposing a calendar facilitating the “spotlighting” of one (or 2 closely related) millet(s) each month during IYM

Framework could be adopted or adapted in any world region

Revised tentative list on right...

Intersects with WGC’s grains calendar in June & November

Other comments before launch?

1. Jan., proso millet, *Panicum miliaceum*
2. Feb., finger millet, *Eleusine coracana*
3. Mar., foxtail millet, *Setaria italica*
4. Apr., pearl millet, *Pennisetum glaucum*
5. May, fonio, *Digitaria spp.*
6. June, sorghum, *Sorghum bicolor*
7. July, barnyard millet, *Echinochloa spp.*
8. Aug., little & Sonoran *Panicum spp.*
9. Sep., browntop & Guinea, *Brachiaria spp.*
10. Oct., kodo millet, *Paspalum scrobiculatum*
11. Nov., teff, *Eragrostis tef*
12. Dec., adlay/Job’s Tears, *Coix lacryma-jobi*



Discussion of the webinar series

Review & remix of topics, considering format; & advisory team?

Considering the webinar series

- Seeking feedback, and potentially assembling a volunteer advisory team
- Two levels of consideration: topics; and approaches to format of the series
- Agenda today:
 - Reminder of 12 proposed topics
 - Remix under 5 headings
 - Brief expansion of topics
 - Outline of approaches



Webinar topics

Review & remix of topics

Webinar series (draft list, as shared before)

1. Intro & tour of the millets
2. Really Ancient Grains: Millets from the dawn of agriculture
3. Modern history of millets: Trends in ag & food preferences
4. Are millets the ideal crops for Anthropocene conditions?
5. Processing millets: From the field to the kitchen
6. Tasty grains: What millets bring to the table (part 1)
7. Tasty grains: What millets bring to the table (part 2)
8. Millets as nutrition powerhouses
9. On & off the shelf: Millet products in markets today
10. Drink up! Millets beverages, alcoholic & non-alcoholic
11. Not just for the birds: Millets & animal farming
12. Brooms, biofuel, & pillow-fill: Millets' other uses

A remix under 5 headings

WHAT are they?

1. Intro & tour of millets
2. Really Ancient Grains
3. Modern history & trends

WHY they are important?

4. Ideal crops for Anthropocene?
8. Nutrition powerhouses

HOW do they get to us?

5. Field to kitchen (processing)
9. Millet products in markets

HOW are they consumed / WHAT are their culinary qualities?

6. Tasty grains to the table (1)
7. Tasty grains to the table (2)
10. Millet beverages

WHAT more do they offer?

11. Millets for animals
12. Millets' other uses

(Within each grouping, could again “remix,” combine or create topics – how will the episodes work together)

WHAT are millets?

1. Intro & tour of the millets
 - Introduces the series
 - Explains what millets are
2. Really Ancient Grains: Millets from the dawn of agriculture
 - Since “ancient grains” is a known term, use this to discuss how various millets were pivotal to early humans in various parts of the world
3. Modern history of millets: Trends in ag & food preferences
 - How did we get to where we are today
 - Spread of millets (specific attention to North America)
 - Abandonment of millets & effects of Green Revolution
 - Current interest comes from several directions

WHY are millets important?

4. Ideal crops for the Anthropocene?

- Adapted to a range of conditions
- C4 crops
- Several millets do well in hot conditions w/ marginal water
- Some use as catch-crops
- Some harvest issues like shattering
- Farmers' perspectives

8. Nutrition powerhouses

- Generally nutritious grains
- Compare w/ major cereals
- Notable nutrient profiles of selected millets
- Other factors: low glycemic index; gluten free
- What about goitrogenic aspect?
- Nutritionists' & dietitians' perspectives

HOW do they get to us?

5. Field to kitchen (processing)

- Harvest
- Dehulling as a problem with some millets
- Preserving
- Milling
- Creation of food products
- Perspectives of food companies, small & large

9. Millet products in markets

- Origins of millets we can buy (as consumers in N. America)
- Whole grains
- Flours
- Combined in other products (breads, breakfast cereals, snacks, specialties, baking mixes, etc.)
- Consumers' perspectives

HOW are they consumed? / WHAT are their culinary qualities?

6. & 7. Tasty grains to the table (1 & 2)

- How to prepare
- How to eat
- Examples from diverse cuisines and food traditions
- Characterizing the flavors of various millets?
- Perspectives of cooks, chefs, dieticians, & consumers

10. Millet beverages

- Non-alcoholic beverages
 - Malted beverages
 - Experiments with “millet milk”
- Alcoholic beverages
 - Western brewing approaches
 - “Live” fermenting millet beers
- Perspectives of brewers, beverage companies, & consumers

WHAT more do they offer?

11. Millets for animals

- Birdseed (beyond the cliché)
- Which millets in what roles
 - Use of whole plant as feed
 - Use of seed for feed
- Advantages of low-water crops
- Millets & wildlife
- Perspectives of farmers, marketers, natural resources & consumers

12. Millets' other uses

- Tour of diverse other uses, such as:
 - Brooms
 - Proso millet hulls for pillow fill
 - Biofuel
 - Mochi Japanese candy from special waxy starch millets
- Various perspectives



Webinar format

Considering format(s) of the series

Approaches to formatting

- Looking at Zoom-style presentations, with flexibility for some topics (could one of the “tasty grains” episodes be in a kitchen setting?)
- Each episode hosted by same or different people?
- Experienced technical team
- Featured presenters with expertise
- Visuals
- How to generate & handle live virtual audience



Towards a webinar advisory team?

Guiding the next steps

Help on the webinars

- Ambitious concept to bring some clarity on millets to a broad public
- Several perspectives on millets to draw from & use to that end
- Expertise required to do so goes beyond what any individual has ...
- ... but it resides in the diverse community with interest in millets
- Seeking to assemble an advisory group of people with expertise in any combination of the 5 topic areas outlined above, and webinar production (i.e., any of the 6)



Thank you!