NEWSLETTER March 2026

Kerala Food Awareness

Growing the Next Generation of Food Stewards

https://drmanisinsights.com/





A reflection series exploring the connections between soil health, food systems, and human wellbeing, designed especially to inspire the next generation of leaders.

OUR MISSION

To inspire young people to understand that:

- Soil health
- Food systems
- Human health

“Who will grow Kerala’s food tomorrow?”

- Food is not just nutrition.
- Food is culture.
- Food is healthy.
- Food is a responsibility.



“Profitable Farms. Dignified Growers. Safe Food.”

Who Will Grow Kerala’s Food Tomorrow?

Kerala must ask a simple but urgent question:
Who will grow our food tomorrow?
As younger generations move away from agriculture, food production becomes distant from society.
Food security begins with people willing to grow food.

Soil and Water: The Foundation of Farming

Healthy soil and water conservation are the foundation of agriculture.
When rainwater runs off the land:
• soil fertility is lost
• groundwater is not replenished
• farming becomes less sustainable

Food Knowledge is Citizenship

Food knowledge should not belong only to farmers or scientists.
Young people must understand:
• where food comes from
• how soil supports food production
• why sustainable farming matters

Regenerative Soil: Soil as a Womb

Regenerative soil can be understood through a simple human analogy.
A baby in the womb receives nourishment from the mother through the placenta and umbilical cord. During pregnancy we carefully guide what the mother eats because those nutrients directly nourish the child.
Soil functions in a similar way.
Healthy soil acts like a living womb, providing nutrients to plants through microorganisms, organic matter, root systems, and biological cycles.
When soil is degraded or poisoned, we interrupt this life-giving connection.
This insight came to me while reflecting on my daughter’s pregnancy with my first grandchild.
Regenerative farming focuses on feeding the soil so the soil can nourish the plant.

The Need for Food Extension Education

Food knowledge should not remain only with farmers or scientists.

Young people should understand:
• how food is produced
• how soil is protected
• how food systems influence health, sustainability, and national security.

When citizens understand food systems, they become partners in protecting agriculture and ensuring long-term food security.

> “The soil feeds the plant…
> The plant feeds the people…
> And the people must protect the soil.”
> **— Mani Skaria**

What Is Truly an Organic Food?

Organic food is often misunderstood.
It is not simply about avoiding chemicals.
True organic farming is based on:
• living soil
• biodiversity
• ecological balance
• natural nutrient cycles
Certification alone does not define organic integrity.
The real foundation of organic agriculture is healthy living soil.

Failure Is Part of Farming and Progress

Every farmer understands uncertainty.
Weather changes.
Seasons vary.
Crops sometimes fail.
Failure is not the opposite of success.
Failure is the teacher that builds resilience, knowledge, and wisdom.



Soil: The Womb of Life



As I watched my daughter experience pregnancy with my first grandchild, I reflected on something profound.
A baby grows inside the mother's womb, receiving nourishment through the placenta and umbilical cord.
Everything the baby needs for life comes through the mother.
Then I realized something important.

Soil works the same way.
If soil is the womb,
plants are the life growing inside it.
Healthy soil produces healthy plants.
Healthy plants produce healthy food.
Healthy food builds healthy communities.

THE BIG IDEA

If the **soil is the womb**,
then **plants are the life growing within it**.

Just as a mother nourishes a child through the placenta, soil nourishes plants through its living ecosystem.
Healthy soil produces healthy plants.
Healthy plants produce healthy food.
Healthy food supports healthy communities.

REGENERATIVE SOIL

Modern agriculture has often treated soil simply as dirt.
But soil is actually a living ecosystem.
Regenerative agriculture focuses on restoring soil health through practices such as:

- Increasing organic matter
- Protecting soil microbes
- Reducing excessive chemicals
- Encouraging biodiversity

When soil life is restored, the entire agricultural system becomes stronger and more sustainable.

WHY THIS MATTERS

Young people must understand the relationship between food, agriculture, and human health.
Extension education helps the next generation learn:
Where food comes from.
How soil supports food production.
Why sustainable farming matters.
Understanding these connections helps build responsible stewards of the land.



"If we care for the soil, the soil will care for our children."

— Mani Skaria

Dr. Mani's Insights promotes awareness about soil health, sustainable agriculture, and food security for future generations.



Watch Learn



Short Videos on Soil, Food, and Agriculture



Dr. Mani's Insights: PROMO

Introducing Dr. Mani's Insights, a site focused on sharing wisdom gained over a lifetime of knowledge through the lenses science, agriculture. business, and family.

Dr /

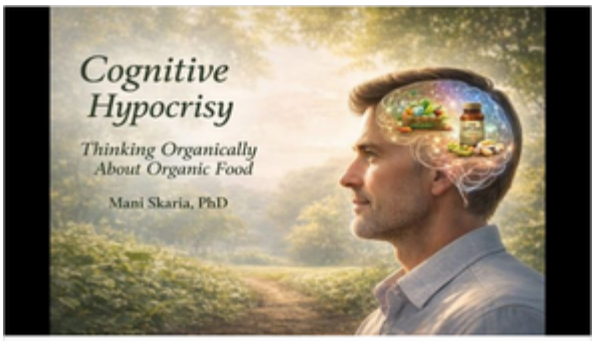


Who Will Grow Food for Kerala?

Kerala is one of the most educated societies in the world. Yet despite fertile land and a long agricultural history, the state imports a large portion of its food. Why is agriculture often considered unprofitable? In this video, I share a real story from…

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Thinking Organically About Organic Food

Organic food has become a label we trust — sometimes without thinking, sometimes without questioning. In this short video, I reflect on what thinking organically really means in the age of MAHA — not emotionally, not politically, but thoughtfully.

Dr /



Dr Mani Skaria | US Citrus | Malayali Behind Micro Budded Orange Revolution | Manorama Online

Dr Mani Skaria is one of those Malayalis who have carved success story in the American land. However, he becomes different in a way that probably no other Malayali would have thought of walking because he wrote the success story in…

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