

Nutri Cereal Crop

Proso Millet

LET'S UNDERSTAND IT'S WORTH



About Us

- A grain crop with many common names, including proso millet, broomcorn millet, common millet, hog millet, Kashfi millet, red millet, and white millet.
- The crop is notable both for its extremely short lifecycle, with some varieties producing grain only 60 days after planting,[5] and its low water requirements, producing grain more efficiently per unit of moisture than any other grain species tested.



Where in India

Proso millet is grown throughout India in more than half a million hectare mainly in the states of Tamil Nadu, Karnataka, Andhra Pradesh and Uttarakhand.



Health Benefits

Stimulates the nervous system and keeps it functioning smoothly.

It increase the good cholesterol (HDL) and lowers the Bad cholesterol (LDL).

Proso millet, being gluten free is a great option for people with gluten sensitive enteropathy or Celiac disease.

