

Coffee table book featuring foods of Adivasi communities in The Nilgiris released

Published - March 05, 2026 05:40 pm IST - UDHAGAMANDALAM

THE HINDU BUREAU

<https://www.thehindu.com/news/cities/Coimbatore/coffee-table-book-featuring-foods-of-ativasi-communities-in-the-nilgiris-released/article70707125.ece>

The Nilgiris district administration on Wednesday released a coffee table book featuring the different kinds of foods consumed by Adivasi communities in The Nilgiris.

The Nilgiris Collector Lakshmi Bhavya Tanneeru told reporters the coffee table books have been designed to document the cuisine of the Particularly Vulnerable Tribal Groups in The Nilgiris, including The Kotas, Kurumbas, Irulas, Todas, Paniyas, Kattunayakans, Alu Kurumbas and Betta Kurumbas.

“The Adivasis consume a wide range of food, including more than 100 varieties of greens. So, the coffee table book is an attempt to preserve the knowledge of their foods by documenting their diets,” said Ms. Tanneeru during the launch of the books in Gudalur on Wednesday.

In a press release, The Nilgiris district administration said that the book seeks to create awareness among tribal youth about traditional foods and their preservation, and said that copies were distributed to Adivasi community members.

“These communities have their own distinct food habits, culture, and way of life. They mainly consume traditional foods such as millets, fruits, tubers, and greens. Various types of greens grow in The Nilgiris district, and the tribal communities are well aware of the benefits and medicinal properties of these greens. Moreover, without incurring significant expenditure on food, they prepare their meals using locally available resources near their homes. This is indeed a noteworthy practice,” said the Collector.

To ensure that the future generations also learn about these traditions, the book with photographs of the different foods consumed by the communities was published, she

said, while expressing her gratitude to the Light and Life Academy for their full cooperation in preparing the book by photographing the cuisines of the communities.

Published - March 05, 2026 05:40 pm IST