

# Millet

- ❖ *Small-seeded hard crops,*
- ❖ *It can grow well in dry zones or rain-fed areas*
- ❖ *It develop from seeds to ready to harvest crops in just about 65 days.*
- ❖ *It can keep well for two years or beyond.*

## *Nutritional Benefits:*

- ❖ *A rich source of :*  
*Fiber, Protein, Iron, Calcium, Magnesium, Zinc, Vitamin B.*
- ❖ *Contain Flavonoids:*  
*Anti-oxidants, Anti-inflammatory, Anti-allergic,  
Anti-carcinogenic & Gastro-protective.*

