

# Spirulina

## Nadukuppam Spirulina:

### Spirulina

is grown in natural sunlight at Nadukuppam Village in the Kaluveli bio-region of coastal Tamil local women's self help groups. This provides a source of income generation for the women and promotes a low cost, highly nutritious food supplement. The unit also provides spirulina for a successful health drink program for underweight students at the local primary and secondary schools, and also for elderly people. Nadukuppam

Spirulina is produced with technical inputs and support from the Kaluveli Environment Education Trust (KEET) and Pitchandikulam Forest, Auroville.

### Spirulina :

Spirulina is a tiny blue-green algae which grows in the shape of a perfect spiral coil. Biologically speaking it is one of the oldest inhabitants of the planet. Appearing 3.6 billion years ago it provided an evolutionary bridge between bacteria and green plants. It photosynthesizes like plants and thrives naturally in the salt and alkaline lakes of the hot areas of the earth. Spirulina has renewed itself for billions of years and has nourished many cultures throughout history in Africa, the Middle East and America. The largest concentrations of Spirulina today can be found at Lake Texcoco in Mexico, around Lake Chad in central Africa and along the Great Rift Valley in East Africa. Uses :

Spirulina is often called a super food because it contains many of the essential nutrients required for human bodies . It is comprised of at least 60% vegetable protein, essential vitamins, phyto-nutrients such as the rare essential fatty acid, GLA, sulfolipids, glycolipids and polysaccharides. Calcium, phosphorus and magnesium are also present in quantities comparable to cow's milk.