

Youth Led Food Systems Transformation for Northeast India

Journeys of Agroecology Jagriks



“commutiny”
the youth collective

Knowledge Partner



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Section I: The Unique Context of Northeast India

I.1 Rich Cultural Heritage:

The North-East of India is a region of unparalleled diversity, home to over 200 ethnic groups, each with its own language, traditions, and way of life. Often referred to as the "Land of Seven Sisters" along with Sikkim, nestled between the Eastern Himalayas and the vast Brahmaputra valley, the region thrives on its deep-rooted connection with nature. This bond influences every aspect of life, from art and festivals to agriculture and cuisine.

Each state in North East India has their own style of preparation, with a mix of fiery and mellow tastes, and showcases a unique culinary heritage. Assam is known for its simple yet flavorful dishes like masor tenga (a tangy fish curry) and xaak (leafy greens), while Nagaland and Mizoram are renowned for their smoked and dried meats. Meghalaya's Khasi community favors jadoh, a fragrant rice and pork dish, whereas Arunachal Pradesh offers satisfying rice and fish; Sikkim, meanwhile, is known for Tibetan-influenced treats like momos and thukpas. In Tripura, mui borok, a traditional fish-based dish, remains a staple.

More than just a reflection of tradition, the region's food practices carry ancestral knowledge systems that directly respond to today's global concerns, like, climate breakdown, nutritional loss, and ecological imbalance. With its indigenous farming methods, minimal-waste cooking, and deep respect for nature, North-Eastern communities offer valuable lessons in sustainable and just living.



I.2 From Abundance to Sovereignty – Why Agroecology is the Path Forward

Building on this foundation of traditional ecological knowledge, Northeast India, rich in biodiversity and traditional wisdom, has the potential to lead a food systems transformation. Indigenous communities have long practiced farming methods that regenerate soil, enhance biodiversity, and build climate resilience, making the region a living model for food system transformation (i.e Agroecology¹).

Many indigenous practices in the region naturally align with agroecology, shifting cultivation enhances biodiversity, mixed cropping increases resilience, and agroforestry fosters long-term sustainability.

With rich resources, it is an exciting time to see how collective reimagining happens in the region where abundance is sustained through just and holistic models instead of promoting monocultures, toxins in the soil, and extractive agriculture. This is where agroecology becomes not just relevant, but essential. Grounded in ecological science and social justice, agroecology offers a framework to build resilient, equitable, and sustainable food systems. Its principles provide both the language and the tools for regions like the Northeast to lead this shift from extraction to regeneration.



¹ Agroecology is not just about sustainable farming; it is a holistic approach that integrates ecological balance with social well-being, ensuring food sovereignty through biodiversity, traditional knowledge, and minimal chemical inputs.

Core Principles of Agroecology

Synergy:

Boost positive ecological interaction, integration, and complementarities among all agroecosystem elements (plants, animals, soil, water, etc.).

Biodiversity:

Maintain and enhance species, functional, and genetic diversity across all scales of the agroecosystem (field, farm, landscape).

Economic Diversification:

Create greater financial independence and value-addition opportunities for small-scale farmers to diversify income.

Co-creation Of Knowledge:

Enhance joint creation and horizontal sharing of knowledge, including local and scientific innovation, especially via farmer-to-farmer exchange.

Soil Health:

Secure and enhance soil function, particularly through organic matter and biological activity.

Social Values And Diets:

Build food systems based on local culture, identity, tradition, and equity, providing healthy, diverse, and culturally appropriate diets.

Fairness:

Support dignified livelihoods for all food system actors, especially small-scale producers, based on fair trade, employment, and intellectual property rights.

Participation:

Encourage greater social organization and participation by producers and consumers in decision-making to support local, adaptive governance.

Recycling:

Prioritize local, renewable resources and close nutrient/biomass cycles.

Land And Natural Resource Governance:

Recognize and support the interests of family farmers and smallholders as sustainable managers of natural and genetic resources.

Connectivity:

Ensure producer-consumer proximity and trust by promoting fair, short distribution networks embedded in local economies.

Input Reduction:

Minimize or eliminate reliance on purchased inputs.

Animal Health:

Guarantee animal health and welfare.

As these principles guide a shift towards sustainability, the region stands at a crossroads. The time is ripe for transformation, but not without its challenges. Continuous exploitation of land and an anthropocentric model of development have led to severe land degradation. Many young people are moving away from farming because the current food system is neither economically nor socially viable, and certainly not aspirational. To sustain the region's natural abundance, it is crucial to address these barriers and foster an enabling environment where traditional knowledge and modern solutions can work hand in hand.

1.3 Challenges to Address:


Transformation takes time, and our greatest opportunity lies with the youth. They bring fresh ideas, energy, and commitment to shaping a more just and sustainable food future. Yet, many young people still lack access to 5th spaces² where they can truly lead, explore possibilities, and co-create solutions. Without enabling ecosystems that offer agency, and meet the needs they have now, working on agroecology/food system transformation may not appear as a viable path forward for them.

Young people are among the most impacted by today's food and climate crises, simply by the scale at which they exist. In India alone, youth make up 22% of the population, i.e. more than 261 million people. And yet, they remain largely absent from the heart of our food systems. The average Indian farmer is 45 years old, while less than 5% of youth are engaged in agriculture, even though over 60% of rural households depend on it in some form.

Those who do wish to engage face multifaceted challenges, such as limited access to land, lack of economic incentives, and little space to lead or innovate. Despite their energy and presence across all parts of the food chain, be it as producers, consumers, entrepreneurs, or storytellers, young people often find themselves without the tools, support, or recognition to shape the system they are deeply connected to.



² The 5th Space is where young people move beyond “Who am I?” to ask “Who are we?”—shaping a deeper connection to the world and their role in it. It nurtures the inner transformation needed to drive meaningful change in relationships, communities, and society. By enriching the other four spaces of their lives, it builds the capacity for responsible and impactful action.



More so, young people today live with a frightening future narrative where the apocalypse is looming large. They are told to lead, sacrificing on their needs now if they want a liveable future. At the same time, the broader ecosystem faces several pressing challenges. Limited infrastructure affects farmers' ability to access markets and reduce post-harvest losses. Soil degradation from years of intensive practices poses a threat to long-term sustainability. Without collective efforts, these hurdles may continue to slow progress toward a resilient and equitable food system.

These challenges are particularly acute in the Northeast:

- 1. Post-conflict trauma and disrupted lives:** The region has only recently emerged from prolonged socio-political unrest. Young people here have not only lost access to education and livelihoods, but many have also been drawn into armed conflict.
- 2. One region, many realities:** The region is often generalized as a single unit, but each community within it holds distinct histories, needs, and experiences. It's essential to recognize and honor these unique narratives.
- 3. Land grabs and extractive models:** Large-scale plantations have been established to exploit the region's fertile lands, often disregarding local needs, ecological balance, and traditional knowledge systems.
- 4. Untapped biodiversity and food diversity:** The region holds over 25% of India's biodiversity, yet monoculture models and market forces often ignore its rich ecological and nutritional assets.
- 5. Poor infrastructure development:** Limited roads, storage, and digital access make it hard for farmers to reach markets, access support, or scale their efforts, slowing progress across the food system.
- 6. Climate-sensitive region:** Frequent floods, erratic rainfall, and rising temperatures make farming increasingly unpredictable, reflecting the urgency for resilient, local solutions.

These challenges are serious, and they make it easy to assume that change isn't impossible. But across the region, young people are showing that transformation can begin even in difficult conditions.

They are finding ways to respond by staying connected to their land, reviving traditional knowledge, and building new solutions with their communities.

Section 2: Meet the Youth Shaping the Future of Food

Across the Northeast, young people are not just participating in the food system, they're transforming it. Whether in fields, kitchens, classrooms, or community halls, they are questioning inherited practices, reviving forgotten wisdom, and imagining new possibilities. These changemakers are stepping beyond conventional roles and reclaiming agriculture as a space of innovation, justice, and joy.

To capture the diversity of their contributions, we've grouped these youth leaders into four powerful archetypes:

- **Agroecology Just Jagriks³:** Youth who practice active citizenship by engaging communities in conscious growing and eating practices through adult designed tasks.
- **Jabardast Jagriks:** Visionaries who have designed their own action projects, mobilising communities and connecting personal values to transformative work.
- **Jeevan Jagriks:** Leaders committed to lifelong efforts in building just, sustainable food systems.

Each profile that follows offers a glimpse into their world, their backgrounds, their breakthroughs, the principles that guide them, and the impact they are making. These are the stories of resilience, curiosity, and courage. These are the youth building tomorrow's food systems, today!

³ Jagrik: short for Jagruk Nagrik, literally means an aware citizen

PROFILE I:

SULAIMAN ALI: FROM RELUCTANCE TO REVIVAL

19 | Student | Jabardast Jagrik

Principles of Agroecology: Recycling & Biodiversity

Sulaiman was never one to stay confined to a single path. Growing up in Khumtai Tea Estate, Golaghat, Assam, amidst tribal communities, he was drawn to movement: traveling, meeting new people, absorbing new ideas. He didn't just want to live in a routine; he wanted to experience the world beyond his village, to understand its complexities. Yet, he never imagined that his journey would lead him to agroecology, a field that would redefine his purpose and identity. He wasn't searching for this path, it found him.

When his college principal selected students for a training program, Sulaiman avoided it at first. He had no particular interest. But when two of his friends were chosen for a trip to Jharkhand and couldn't go, he was sent to their place. It was the first time he stepped out of Assam. Among a diverse group of people, he finally saw the bigger picture of how traditional farming, biodiversity, and sustainable practices all connected.

Back home, he took his first step: gathering 20 rice bags and diving into uncultivated food research. But forming a team wasn't easy. People hesitated.

He had to offer them incentives just to participate. Slowly, things changed. His team no longer needed motivation, they began to believe in the work itself.

Then came Shillong, where he witnessed mountain farming techniques unfamiliar to Assam. Something clicked. **"I don't know exactly what I'm doing, but I know this matters,"** he told his mentor. With a team of nearly **30 people**, he organized recipe competitions, teaching locals about the medicinal value of plants growing in their backyards.



Through agroecology, Sulaiman found respect. Once overlooked, he was now leading. Yet, he saw the challenges: young people glued to screens, disinterested in their surroundings, drawn to quick thrills like tobacco and the "YOLO" mindset. Building a committed team wasn't just difficult, it was a battle against apathy.

But he persisted. His work took him beyond Assam, to Nepal, on his first flight. He realized agroecology wasn't just about farming; it was a form of research, a way to refine agriculture for the future. And he had a vision for creating a space where people could experience agroecology firsthand, a hub blending tourism, education, and sustainability.

For Sulaiman, the real challenge now is making people see. ***"If people don't understand why this matters, nothing will remain,"*** he says. Change, he believes, won't come from words alone, but when those in power acknowledge it, the world will listen. Until then, he keeps moving, keeps building, because someone has to.



His Initiative:

- **Issue:** Youth disengagement from farming, declining awareness of sustainable agriculture..
- **Project:** Empowering young changemakers to revive agroecology.
- **Impact:** Built a **30-member team**, led food research, produced **20 rice bags**, organized a recipe competition

PROFILE 2:

DIMPY MONI DUTTA: FROM FOLK MUSIC TO AGROECOLOGY

21 | Student | Jabardast Jagrik

Principles of Agroecology: Participation & Co-Creation of Knowledge



Dimpy's story begins with a love for arts and culture. Growing up, she was always captivated by folk music, dedicating time to learning and immersing herself in its rhythms. However, it wasn't until she discovered the deep connection between folk music and agriculture that her interest in sustainable farming was sparked. The intricate relationship between agriculture, nature, and people became clear to her, a triangle she would continue to explore.

Her journey into agroecology took a significant turn during her school years, when the Farm to Food Foundation visited her institution, introducing her to the concept of organic farming. Attending presentations and engaging with their work left a lasting impression on Dimpy. As she moved on to study science, botany became her passion, and soon, she was volunteering to understand the practices that connected agriculture to sustainability.

In the northeast, Dimpy found herself fascinated by the region's rich diversity of plant-based foods. Yet, there was a challenge: the growing preference for fast food among the youth, which distanced them from their cultural roots. Dimpy, like many others, had fallen victim to the convenience of fast food, only to later realize the irony of not relying on healthy, traditional foods. This sparked her mission to promote a return to nourishing, culturally significant meals, making food medicine, not medicine food.



However, Dimpy faced multiple challenges. Organic farming, although a solution to the chemical-heavy farming practices, was expensive and time-consuming. The methods that farmers relied on, though harmful to health, were more



affordable and seemingly sustainable. As a student juggling academics with activism, Dimpy also struggled to find time to dive deep into research on northeast farming practices, craving data-driven insights that could drive change.

Yet, Dimpy holds firm to 13 principles of agroecology that guide her work. The principle she promotes most passionately is the concept of participation, engagement from the people is the key to creating a meaningful impact. She knows that farmers in the northeast have unknowingly been practicing agroecology for generations; they simply don't have the vocabulary for it. Awareness, Dimpy believes, is the first step to transformation.

Looking ahead, Dimpy envisions a future where sustainable farming practices are embraced not just by farmers but by the community at large. Her work is driven by the message: ***Make food your medicine, not medicine your food.*** She knows that the northeast, with its treasure trove of medicinal foods, holds the potential to restore health through food and reconnect people to their heritage.



Her Initiative:

- **Issue:** Disconnection of youth from traditional foods, the rising popularity of unhealthy fast food.
- **Project:** Promoting agroecology through traditional food awareness and sustainable farming practices.
- **Impact:** Advocating for a return to traditional food systems, fostering a deeper connection with nature and culture among the youth.

PROFILE 3:

DEBASHISH SAIKIA: FROM SCIENCE TO SOLUTIONS

21 | Student | Jabardast Jagrik

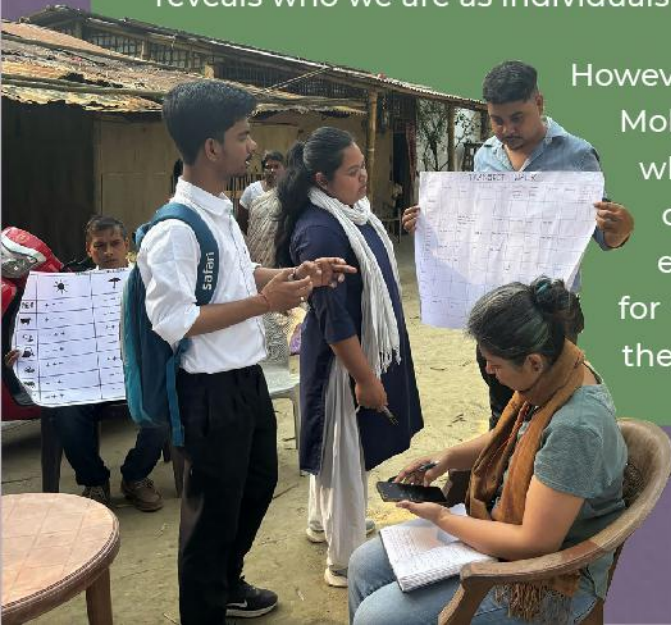
Principles of Agroecology: Soil Health & Participation

Debashish's journey into agroecology wasn't a straightforward one. As a student of life sciences, he was always inclined towards agriculture, but not necessarily agroecology. What truly drew him in was the realization of the profound environmental changes happening around him and the pressing need to change food systems. His path took a more defined shape when he joined the Farm to Food Foundation during his internship. That's when his understanding of agroecology deepened, aligning with his family's agricultural background and inspiring him to pursue this field further.

The turning point came during one of his first major projects. He was tasked with understanding the role of engineers in agriculture, but on the ground, he discovered much more. He witnessed firsthand the dynamics of agriculture, seeing how even landless laborers and small-scale farmers contributed to the land, and the wealth of knowledge that indigenous communities brought to the table. This experience made Debashish realize that he had the potential to make a difference, and he knew he had to continue down this path.

In his daily life, Debashish sees food as the central thread that connects culture, land, and people. Food, for him, is much more than sustenance, it is a reflection of identity, tradition, and the festivals that shape communities. He believes that the way we approach food reveals who we are as individuals and as a society.

However, the challenges he faces are significant. Mobilizing communities is no easy task, especially when it comes to convincing farmers to abandon chemical fertilizers for alternative methods. The economic pressures on farmers make it difficult for them to embrace sustainable practices, even if they are aware of the long-term harm caused by



chemicals. Balancing his academic life with hands-on work in the field is also a struggle, but Debashish's commitment to agroecology keeps him grounded.

To promote change, Debashish takes a practical approach: he speaks directly with the leaders of communities, urging them to start small, to experiment with organic farming and traditional methods on a small portion of land. His pitch isn't just about economics, it's about health. He uses the success of Sikkim's complete transition to organic farming as an example to show that these methods can work on a larger scale.

Debashish has also felt the pain of being a farmer. He knows what it's like to work hard, only to see the fruits of that labor destroyed by climate change. His visit to Nepal broadened his perspective and increased his confidence. Coming from a small town to a city, working in agroecology made him more solution-oriented, disciplined, and a better communicator. His experiences continue to shape his approach to promoting sustainable practices.

Debashish is guided by principles of soil health and community synergy. In his work with engineers and rice-fish culture, he's seen how traditional methods can improve soil fertility and overall farm productivity. He believes that if the government were to actively promote agroecology, it would ease the process of mobilizing communities and make implementation more effective.

Despite the hardships, Debashish is steadfast in his belief that agriculture is essential. Although many are moving away from it, he knows that with the right efforts, agriculture can become a fulfilling, sustainable career. The scope for growth and impact is immense, and it's a future that requires collective effort.



His message is simple yet powerful:

The youth are the driving force for a sustainable future. We need to uplift them and embrace agroecology, for with it comes equity, better practices, and a healthier world.

His Initiative:

- **Issue:** Challenges in mobilizing farmers to adopt sustainable practices, reliance on chemical fertilizers.
- **Project:** Promoting traditional farming methods and agroecology in local communities.
- **Impact:** Raised awareness about sustainable practices, encouraged small-scale adoption of organic methods, and inspired a shift towards community-based agroecology.



PROFILE 4:

ARUNDHATI Boruah: FROM SKEPTICISM TO SOLIDARITY

28 | Student | Jabardast Jagrik

Principles of Agroecology: Soil Health & Animal Health

Arundhati didn't immediately connect with agroecology. In the beginning, while learning the theories and principles, she struggled to see the relevance. But everything changed once she stepped into the field. Working directly with farming communities, the lessons from Partha sir began to resonate deeply. The abstract ideas transformed into real, urgent issues that couldn't be ignored.

She started to realize that this work was far bigger than just an academic project. Agriculture, she saw, was collapsing under the weight of chemical dependence and short-term thinking.

Food security was no longer a distant worry, it was here, and it was now. A trip to Nepal opened her eyes further. **"There's so much work left to be done,"** she recalls. Not just in farming, but across society, people needed awareness, education, and support. That's when Arundhati and her peers came together, not as students, but as collaborators for change.

For Arundhati, the food system is like a chain, interconnected and fragile. One broken link, be it soil degradation, declining animal populations, or chemical overuse, can destabilize everything. **"We've reached a point,"** she says, **"where even if we try to fix 0.1%, it feels too late. But we must begin. From zero, if we have to."** Her call to action is clear: agroecology is the path to secure our soil, our animals, and our food.



Juggling academics with community work has been a challenge. **“People already have their systems,”** she explains. **“Breaking into that, making them listen, it’s not easy.”** Many dismiss her, assuming that as a college student, she has little to offer. But the field has taught her resilience.

Her communication skills have sharpened, her sense of time has deepened, and teamwork has become second nature.

When her peers claim there’s no future in agriculture, Arundhati understands their hesitation. **“It’s true,”** she says, **“agriculture isn’t the most attractive option for the youth today.”** But she has found ways to draw them in through internships, presentations, and real-life experiences. **“Once they try it, something clicks.”**

Outside of agroecology, Arundhati is a trained classical dancer in Assam’s Sattriya tradition, a reflection of her deep cultural grounding. That same connection to heritage informs her understanding of sustainability. The principles she aligns with, that are animal health and soil health, aren’t just scientific, but cultural. They’re about respecting life in all forms.

She knows this work needs more support, in financial, intellectual, and communal terms. **“We need land, funding, and people with deeper agricultural knowledge to guide us. If we’re to teach future generations, we can’t do this alone.”**

As a young mother, Arundhati feels even more urgency. **“Agroecology is not something to be gatekept. I’ll teach my child its value, and I hope other young mothers do the same.”** Her message is one of collective care:

“The Northeast is scattering. It’s time to hold it together, through the wisdom of our elders and the vision of our youth. Now is the moment.”



Her Initiative:

- **Issue:** Disconnect between youth and sustainable agriculture; skepticism around agroecology's relevance.
- **Project:** Community outreach and awareness, engaging students and farmers through practical learning.
- **Impact:** Built confidence through fieldwork, improved team and communication skills, inspired other young women to explore agroecology as a path to empowerment.



PROFILE 5:

TRISHNA Hazarika: FROM CLASSROOMS TO FARMLANDS

25 | Agriculture Professional | Jeevan Jagrik

Principles of Agroecology: Soil Health, Biodiversity, Input Reduction, Social Values and Diets



Trishna's journey into agroecology began early, back in Class 7, when she was first introduced to the Farm2Food Foundation. What started as school-level exposure to nutrition gardens and composting gradually grew into a deeper calling. Inspired by those early learnings, she pursued a Master's in Agriculture, and today, she confidently identifies herself first and foremost, as a farmer.

For Trishna, agroecology was not just an academic subject, it became a way of life. Once unsure of her place, she now leads by example, promoting organic practices in her community. She teaches others, sharing not just knowledge, but her own growth, from a hesitant student to a confident educator. ***“Professional youth often chase money,”*** she says, ***“but agriculture gives us the chance to grow something real, right where we are.”***

Yet, the path is not easy. The perception of agriculture as outdated and unglamorous keeps many young people away. Convincing others that farming can be a powerful, dignified profession has been one of her biggest challenges. But Trishna believes the future depends on shifting this mindset, especially as climate change looms and food insecurity becomes a global concern.



Her hope is to be a bridge: between tradition and innovation, between youth and the soil. She dreams of bringing more young people into the fold, not just to farm, but to lead, to inspire, and to sustain.



Her Message:

“The Northeast is a land of beauty and deep-rooted food cultures. We already have everything, now we need to be conscious about it. Our health depends on our food, and our food depends on our soil. Agroecology is the answer, if youth want to thrive, they must participate.”



Her Initiative:

- **Issue:** Youth disengagement and growing dependence on unhealthy food systems
- **Project:** Promoting organic practices and youth awareness in sustainable agriculture
- **Impact:** Inspiring other youth through hands-on learning, community engagement, and educational outreach, rooted in the belief that farming is not only a livelihood but a leadership path.



Section 3: Conclusion: A Call to Action

Youth are no longer waiting to be given a seat at the table, they are building their own. Throughout this document, we have witnessed how young individuals are transforming the food system through leadership rooted in community, equity, and ecological values. Their work is not supplementary, it is central to the transition towards just and sustainable food systems.

To move this momentum forward, it is critical that all stakeholders, governments, institutions, communities, and civil society, engage with youth not just as beneficiaries, but as partners and leaders in their own right.

3.1 The Way Forward: Enabling Youth Leadership in Food Systems

To create lasting impact, support for youth in agroecology must be systemic, sustained, and inclusive. Below are key recommendations for action:

1. Government and Policy Institutions:

- Recognize and co-create spaces for youth as key stakeholders in agri-food policy development and implementation.
- Ensure youth participation in local governance, agricultural planning, and food policy councils.
- Provide financial support through dedicated youth agroecology funds, fellowships, and subsidies for sustainable farming inputs.
- Institutionalize agroecology in formal education systems and vocational training programs.

2. Educational Institutions

- Promote experiential learning opportunities in agriculture, environment, and sustainability.
- Integrate agro-ecological concepts, traditional knowledge systems, and local food cultures into curriculum frameworks.

- Facilitate student internships, community-based research, and exchange programs related to food systems as a way of bridging the gap between the academics.

3. Civil Society Organizations and NGOs

- Shift toward long-term, youth-led models of social change and leadership development.
- Support youth-led data generation, storytelling, and community mobilization around agroecology and food justice.

4. Private Sector and Agri-Entrepreneurs

- Support ethical, youth-driven food enterprises and market linkages for traditional and organic produce.
- Invest in agri-innovation spaces that combine entrepreneurship with ecological stewardship.
- Encourage youth-led food brands, seed saving initiatives, and sustainable tourism models rooted in agroecology.

5. Communities and Elders

- Promote intergenerational knowledge exchange and mentorship between traditional farmers and young practitioners through beej daan and gyaan daan, where elders share seeds and pass on their wisdom to the youth. These young people bring their energy to the field.
- Encourage land-sharing, seed-sharing, and co-learning practices that center youth participation.
- Recognize and support youth-led initiatives within community structures.



3.2 Invitation to Collaborate: Building a Collective Future

Youth cannot and should not carry the responsibility of transformation alone. The complexity of the food system crisis demands collaborative solutions that bring together the insights of lived experience, academic knowledge, and institutional support.

This is a call for collaboration across sectors and

- Partner with youth-led initiatives to co-develop localized, community-based agroecology models.
- Support platforms that amplify youth voices in food governance, advocacy, and research.
- Align national and local policies to better reflect the goals and values of youth-led food movements.
- Co-create spaces for policy dialogue, funding exchange, and capacity building that include young people as equal stakeholders.

Youth leadership in agroecology is not aspirational—it is already underway. What is needed now is recognition, investment, and solidarity. By supporting the next generation of food system leaders, we are not only strengthening food security, sustainability, and resilience, we are creating a future that is equitable, diverse, and rooted in justice.

**This is the moment to act.
Let us move forward, together, with conviction and clarity.**

Annexure:

Principle	What It Means	Example / Reflection
N urture holistic needs	Support youth in balancing learning, livelihood, health, and belonging, together.	What would it look like if agroecology supported your whole life, not just your income?
O nboard intersectionality	Highlight the connections between food, climate, gender, and indigenous knowledge.	Can you trace how climate and gender impact food access in your village or city?
U ncover hidden layers of mainstream	Challenge deep-seated narratives that make farming feel undignified or irrelevant.	What stories did you grow up hearing about farming? How did they shape your choices?
R ealise short- and long-term goals/mindsets	Create opportunities for quick wins while building toward systemic transformation.	What's one action you can take this month that feeds a bigger vision?
I nspire influencers and insiders	Encourage families, schools, governments, and media to act on their good intentions through youth partnership.	What does it take to make your family or college support your agroecology work?
S park new ways of seeing, being, doing	Build shared imagination and community, where youth don't compete but co-create.	Who is one young person you've supported in their food system journey, and who's supported you?
H arness hope and agency	Fuel action not from fear, but from a sense of power, purpose, and belonging.	What gives you hope today? What would you say to someone just beginning this path?

“

The Northeast is a land of beauty and deep-rooted food cultures. We already have everything, now we need to be conscious about it. Our health depends on our food, and our food depends on our soil. Agroecology is the answer, if youth want to thrive, they must participate.

”

-Trishna Hazarika

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scan the QR code below:

