

THE NOURISHED ROOTS JOURNAL



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Food Was Never Just About Food

*On what happens when a simple question about
ingredients leads somewhere much bigger.*

The Nourished Roots

GOODNESS WITHIN

By Pooja Kothari

Founder & Curator, The Nourished Roots

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 OPENING NOTE

When I started The Nourished Roots, I thought my work was about food. Good ingredients. Better choices. Nourishing people.

But the deeper I went, the more I realised that every conversation about food eventually leads somewhere else.

“Because food was never just about food.”

Where It All Leads

Every conversation about food, followed far enough, eventually leads somewhere else.

- Health
- Farmers
- Soil
- Biodiversity
- Local economies
- Culture
- Climate resilience

“

*I don't have all the answers.
But I'm committed to learning,
collaborating, and contributing
wherever I can.*

A Journey Behind the Plate

What started as a journey to understand what's on our plates has become a journey to understand everything behind them.

The way we grow food. The way we consume it. And the impact those choices have on people and the planet.

III.

An Open Invitation

If you're working in this space — or simply curious about the future of food —
I'd love to connect.

*“Because food was never just about
food.”*

Pooja Kothari

Founder & Curator, The Nourished Roots

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Thank you for reading.

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