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The Wait

*On slow food, fermentation, and the patience we traded
away.*

The Nourished Roots

GOODNESS WITHIN

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The value of slow food isn't just better digestion or better flavour.

For most of human history, food simply took time. Bread didn't rise because someone added instant yeast. It rose because wild microbes in the air slowly transformed flour and water into something alive. What we now call sourdough was once just bread.

*“Fermentation wasn't a trend.
It was everyday wisdom.”*

Everyday Wisdom

Across cultures, people relied on time and microbes to make food more nourishing and easier to digest.

- India — batters for idli and dosa rested overnight; clay jars of kanji slowly fermented in the sun.
- Korea — vegetables transformed into kimchi.
- Europe — grains became long-rising breads.
- Many homes worldwide — tea quietly turned into kombucha.

“

*No rush.
Just patience.*

What Our Ancestors Knew

Today we often speak about fermentation as if it were a modern discovery.

But our ancestors practised it without the language of probiotics or gut microbiomes. They simply noticed something.

Food prepared slowly felt different in the body — lighter, easier, more sustaining.

When Food Stopped Waiting

Somewhere along the way, food stopped asking for our time.

Fermentations that once took days are now often rushed. Kombucha that once quietly fermented in jars is sometimes carbonated with gas. Bread that once rose slowly is pushed quickly with commercial yeast.

Food became faster. But something quieter disappeared with that speed — the patience that traditional food quietly required of us.

“

*The patience that traditional
food
quietly required of us.*

A Pause Before the Plate

Many cultures also had a simple ritual before eating — a pause, a prayer, a moment of gratitude. It created a moment of presence before nourishment.

Today we rarely pause. We rush.

One Thing That Cannot Be Rushed

Maybe the solution isn't to change everything we eat. Maybe it's simpler than that.

Every couple of weeks, make one thing that cannot be rushed. Not just for our gut — but to remember something simple.

- A loaf of bread
- A jar of kanji
- A quiet fermentation waiting patiently in the corner of the kitchen

“

*The most important ingredient
in slow food isn't the microbe.
It's the wait.*

*“What is one food
that still asks for your patience?”*

Pooja Kothari

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Thank you for reading.

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