

HOW THE HISTORY & GEOGRAPHY HAS IMPACTED THE CULTURE AND CUISINE OF GOA



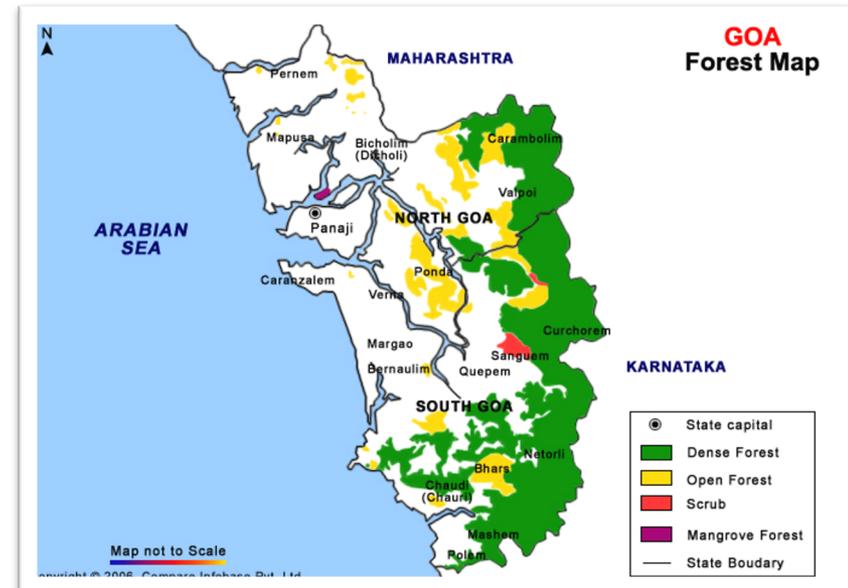
Project by Daanya Purohit

Age: 11 years • Class: 6 • School: Homeschooling

Category: Jr. 5 to 7

Geography of Goa

- ❖ Goa is situated on the south-western coast of India known as Konkan
- ❖ Goa shares its borders with the states of Maharashtra and Karnataka
- ❖ Goa is separated from the Deccan Plateau by the Western Ghats .
- ❖ Goa is bordered by the Arabian sea in the west
- ❖ Goa has eleven rivers, Zuari and Mandovi being the most important
- ❖ Goa has some of the oldest rocks of the Indian subcontinent



Climate • Soil • Crops



- ❖ Goa has tropical monsoon climate, which is high on humidity, high on temperature. It is very hot during the summer and has heavy rainfall during the rainy season.
- ❖ Goa has mostly red soil which is rich in iron oxide making it rich in mineral ores and very fertile for crops
- ❖ .Goa grows
 - ❖ Fruits like Mango, Cashew, Coconut and Banana
 - ❖ Crops like Rice, Ragi, Sugarcane, Groundnut, etc.
 - ❖ Vegetables like Brinjal, Lady Fingers, Chillies

How geography impact culture

Culture is the ways of living that is unique to a particular group of people. Language, religion, cuisine, art, handicraft, music, dress, are all components of culture. Geography of a place plays an important role in forming its culture.

As Goa is by the sea and has many rivers, most of the Goans are fishermen. Many work in farms growing cashew nuts, paddy, fresh fruits and vegetables. Goan craftsmen make jewellerys and artefacts out of sea-shells and coconut-shells.

Now-a-days many people in Goa also contribute to the tourism industry by promoting their hotels, beach resorts and giving houses for rent to the tourists in Goa.



People of Goa mostly wear cotton clothes as the climate is hot and humid.



Handicrafts in Goa use material that are naturally available like clay, sea-shell, coconut-shell and bamboo.

How geography impact food & cuisine



Kokum - the local berry of Goa



Sola Bhendi
Lady fingers cooked with
Kokum and spices

Since ancient time people have been eating fruits and seeds that naturally grow in their area. Farmers grow crops that are suitable for the soil and temperature of that region. Like kokum and lady finger in Goa.

Kokum is a very important ingredient in Goan cuisine. One of the popular goan dishes is the Sola Bhendi, which is lady fingers cooked with Kokum and other spices. Both Lady Finger and Kokum easily grow in this region. Other dishes cooked with kokum are solkadhi, fish and meat gravies.

Kokum is easily available in Goa region as it grows as a wild berry in the forests of the Western Ghats. **Kokum is also one of the best natural coolants for the body.** As Goa has a hot and humid climate local people eat kokum to keep their body cool and to avoid heat rash.

History of Goa

- Goa region was called 'Gomantak' in the epic Mahabharata, meaning the fertile land.
- In 2200 B.C. Sumerians had trade contacts with Goa and many Sumerians settled in Goa and along the Konkan coast. Their writing in cuneiform refers Goa as Gubio. Sumerians modified many local customs and introduce their own systems such as their style of temple architecture and, influenced the language.
- Goa was a part of the Mauryan empire of Emperor Ashoka. Many Buddhist caves are still found in Goa.
- From the 1st century BC to 1500 AD. for 700 years, a lot of Hindu dynasties ruled Goa region, and their influence can be found in Goan culture even today.
- In 1469 Goa was captured by Bahmani king, Muhammad Shah II, and the Muslims ruled the region for 100 years and built many mosques.
- In 1510 Portuguese came to Goa and ruled for 450 years. Before the Portuguese arrived, Gove or Gowapura, was the name only of the port town near the mouth of the Mandovi River. Portuguese brought in Christianity to Goa and built many churches. They also influenced goan food, clothing and customs.

How history impact culture

The culture of Goan Catholics is a blend of Portuguese and Indian cultures.



ARCHITECTURE

The design of the beautiful Church of St. Cajetan in Old Goa is inspired from the design of Basilica of St. Peter in Vatican City, Rome.



MUSIC

Goan music and dances are inspired by Portuguese Fado music and dance



THE GOA CARNIVAL

The carnival was introduced by the Portuguese and has been celebrated since the 18th century. One of its most popular feature of the festival is the grand parade, which has floats from local villages and culture groups and is a great example of a Portuguese festival celebrated in Indian style.

How history impact food & cuisine



CASHEW

Before the 16th century, there were no Cashew trees anywhere in India. Portuguese first brought cashews to Goa. Now the plant grows everywhere and also is the state fruit of Goa. Cashew is used in goan curries, sweets and drinks.



BEBINCA

This is the Queen of Goan Desserts. It originated in Goa but is prepared in Portuguese style.



VINDALOO

Vindaloo is a staple curry of Goa. It is usually made with meat. The name vindaloo is derived from the Portuguese dish “carne de vinha de alhos.” However, in Goa the original spices got replaced with Indian spices making it a unique dish.