

Hand grinder in operation

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Jas, a trekking guide, demonstrates the use of a hand grinder. The grinder is a very simple apparatus consisting of two parts: a spindle which is fixed to the floor, and a heavy stone disk which is fitted over the spindle by a hole in the center. The stone disk is rotated to crush the grain beneath it. Water-powered mills -- called ghatta -- and gasoline-powered mills are also used to mill grain in Nepal.



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