

## **30) Regenerative Fashion and Rebuilding a Seed-to-Sew Supply Chain with Nishanth Chopra of Oshadi [TRANSCRIPT]**

### **ELIZABETH**

Hey there and welcome to the second season finale. As you probably know by now, this season was focused on circular fashion.

And in the past 15 episodes or so, we talked about secondhand, swapping, renting, slowing down production, repairing, mending, recycling and upcycling. And beginning in last week's episode, looking into the concept of soil-to-soil circularity and compostable clothing.

We will be continuing that conversation today and also discussing regenerative fashion and regenerative agriculture a bit more. I am going to be interviewing Nishanth Chopra, who is the founder of Oshadi Collective, an initiative that is re-creating a circular and regenerative seed-to-sew-supply chain that is rooted in ancient Indian agricultural practices and artisan heritage.

Oshadi is truly breaking molds and boundaries and re-imagining a better fashion future that can uplift rather than degrade; regenerate rather than destroy; celebrate rather than exploit.

And so I was so humbled that I had the opportunity to talk with Nishanth all about Oshadi's seed-to-sew supply chain and discuss their approach to regenerative fashion, and circularity, and building a more equitable fashion supply chain. Nishanth had some really interesting points about minimum wages and living wages in this interview that really got me thinking and I think it will have a similar impact on you. Like thinking about who gets to determine what a minimum wage is and that sort of power dynamic but I won't get too much into that because it's in the interview and Nishanth articulates it better than I'm saying it right now.

But anyway, I hope that you enjoy this episode. I actually did this interview a few months ago, but I decided to leave this episode for the very end of this season because as I said, Oshadi is just doing so many incredible things that provide a great blueprint for what a more positive fashion system could look like.

And I thought it would be really incredible to end the second season with such an inspirational episode, so I hope you enjoy it!

Let me know what you think on Instagram. You can find me @consciousstyle. And you can always send me a DM. I will respond to that. If you enjoy this interview, definitely hit subscribe if you're not already subscribed. If you are a subscriber, and you're enjoying the show, I would really appreciate it if you took a moment to give a rating and/or a review on Apple Podcasts because this can really help the show reach new audiences and help me get even more incredible guests on this podcast.

And then the final little note that I want to make before we dive in, is if you are wanting more conscious fashion content, you can subscribe to my weekly newsletter where I share what I'm reading, listening to, watching, supporting, and all of that good stuff. And that newsletter is at [consciouslifeandstyle.com/edit](https://consciouslifeandstyle.com/edit). And you'll also get a free 10-page list of sustainable fashion resources to check out as a welcome gift!

Alright. That's all from me. Now let's get into this episode. Nishanth is going to start us off here with a bit about his journey to creating Oshadi Collective.

## **NISHANTH**

Thanks Elizabeth for having me on your show. Yeah, I can describe how we started. And we started in 2015. End of 2015, early 2016, we launched as a women's wear brand. And the goal of the brand was to start looking at an alternate way of making things. Because I was brought up in this textile hub. I grew up with looking at the systems, which were for me about to mechanize to industrialize, like there was no soul. The environment was badly affected. The people were like, there was no humaneness in the work. It seemed very robotic.

And yeah, and I thought maybe there's another way to do things where like, you know you can do things fairly and still make clothes. You can pay people fairly and still make clothes. You can be fair to the environment and still make clothes. You do all these things and you can have a good time. You can make a profit. You can do all of these things by being fair to everything you interact with and everything that's around you.

Because the first thing was looking into different markets. And we saw, I wanted to do womenswear because at that time, the designer we were working with was really good at designing women's wear and we connected traditional artisans and you know like through the fabrications and we were like working with handweavers, natural dyers to somehow like you know, make like these dresses, beautiful dresses.

And you know, finding work from different small villages around India; the crafts around India and trying to have a modern fabric manipulation and making a dress and a jacket and stuff like that. So I think we started that way and out of curiosity, we explored different aspects of supply chain and that's how we began.

## **ELIZABETH**

Yeah, that's so interesting to hear about your journey and the inspiration behind Oshadi. And Oshadi has definitely evolved since you first began and now it really encompasses the entire production, from seed to sew, which is how you put it on your website and everything. So could you tell us what this seed to sew supply chain involves, and how you got there?

## **NISHANTH**

It was a really organic growth to get here. It was not an overnight thing. We started as a womenswear brand. And then we were really curious. We were working with the artisans and we have traceability to the weaving and what happens next? Where's the fiber coming from? Or like what kind of dyes is it being dyed with? Do these dyes toxicate the environment? And what is an alternate option? Do we have natural dyes? Are natural dyes really natural or like is there something more about it. If this is really metallic, is it good to use natural dyes?

And there are so many questions like, if it's organic dyes, is the water being treated in an effluent treatment system so like the water is not let into the environment, or like, you know or the farmlands, and plants and stuff. And, you know, is waste ending up in landfills?

Like one step one step, just trying to find an answer and of course the start of it is like farming the land. And, you know, we started looking into the farming possibilities, and maybe just seeing like, hey, could we start doing like a couple of acres. See how the cotton, if we can really grow organic, regenerative cotton. And, you know, if that actually works. Like, if it's workable, why aren't many people doing it? So why don't we try it ourselves, and see if it's workable.

At that time, I listened to a podcast by Rebecca Burgess. And, what I was trying was already being practiced by Fibershed in LA. And yeah, I read through some Indian textile articles. And I realized, like, even the Indian textile systems back in the day were like that.

Like everything from seed to sew. Not just seed to sew but even the sale was in the same area. Like it was grown, spun, woven, dyed, like, made into a garment and consumed... everything in the same place.

That's like hundreds of years ago, and now we live in a very globalized world. We are so connected. And so we thought seed to sew is a good option, because from there, like, you know, a lot of people can have options around the world by it. And Rebecca connected us with Christy Dawn. At that time, they were also trying to find an alternate supply chain, where they can be deeply involved with regenerative farming practices. And we connected, we started growing real organic cotton through a partnership with them.

We started with a five acre plot of land, you know conventionally farmed land and see if we could, transform that land into a regenerative land. Regenerative land transformation is not an overnight thing. It happens over a period of years.

But we saw if we could start the transition, and if it's actually possible to get a yield and make it profitable, so that we can actually start putting the project and that was our journey from seed to seed, I would say.

### **ELIZABETH**

Mhm that's really incredible. And there was so much there that we could dive in to more, but first maybe to start with the foundations, could you break down what regenerative farming is and how that differs from organic farming? And then you know why did you decide to return to these traditional Indian farming practices instead of going the route of organic cotton certifications?

### **NISHANTH**

Most certifications are just like paperwork. And I always thought because, like, you know, I worked for factories. I know how it works. It's just like a system you follow, you like read the papers. But what really matters for me is, like it was intentional. Like, I can always [do] paperwork right? But am I doing the right thing? Like, is it actually what it says it is?

And organic farming is basically in India, organic farms have been regenerative farms for like years. The idea of organic farming was a spin off on regenerative farming.

It just emerged because it was an easy way to do things and say it was organic, and you know, like, people practice this organic farming for the last 50 years, or 100 years or something. But like, what existed before organic farming was regenerative farming.

And regenerative farming is a holistic farming practice where you know, it's not just about just not using chemicals, but it's about the biodiversity and the livestock and how you treat the soil.

Are you actually building back the depleted soil? Are you giving back to the soil what you take out of it? Are you trying to save the rainwater and do rainwater harvesting? Are your animals free grazing? And do the animals compost the land with the waste? Do you have green manure crops? Do you have a variety of crops on your cotton farm? Is there a diversity of crops? And in that case, do you have native plants and do you have native animals on the farm?

So there are so many different things. It was not called regenerative farming back in the day. It has of course, like in the last couple of years, it has somehow emerged as this but regenerative farming was the seed for organic farming. You see what I mean?

People always think organic farming came first and regenerative farming is following it. But no, like, regenerative farming was organic farming was taken as a piece of... taken out and just practiced to make things easier.

### **ELIZABETH**

Yeah that's really interesting. And I haven't thought about it in that way before, but it makes complete sense. And now I'm like why didn't I think of it that way before? Because yeah regenerative farming is really traditional farming or ancient farming, and then all of these

chemicals and inputs came into place. But that's definitely not how it's portrayed in the fashion industry or elsewhere. So could you go into that a little bit more and expand upon that?

## **NISHANTH**

It was regenerative farming, and then there came conventional farming. And to put like, blind side on the conventional farming, like organic farming was introduced with certifications and etc, etc. just to like, cover up on what conventional farming was doing and making it look a bit lighter. And making it easy for people to call it organic, things like that.

But I think that was evolution. Like regenerative farming for hundreds of years and you know, then since probably we existed or something and then there's like, people knowing or unknowingly like they were practicing regenerative farming back in the day. Because like, no one was doing monocropping. There were no systems, they were not machines to do monocropping. People didn't have the equipment to do monocropping.

And like when there was an agricultural revolution around the world. Then, they got like this idea of doing just one crop in one space, and just having an industrialized animal cattle farm or like poultry and stuff like that.

People, as we advanced, we kind of like creating the systems of like, doing things more yield per acre. More animals per square foot, and that kind of stuff. And then from there, like from regenerative, it kind of went to conventional because that became conventional. Industrialized farming became like conventional.

To cover up on conventional farms, these certifications and all these things like, came up and like, hey, you know, what we can do is, we can make partly conventional stuff organic if you follow just like these small changes.

Just don't use chemicals and use this, but you can still call it organic. And, there's like, a sudden awakening among people in like, they're like, oh, shit, what is this? Like, you know, we were doing this and we were doing regional farming back in the day. So this is it, like, it's coming full circle.

Coming back, you make a mistake, and you know, it takes like a few hundred years to realize, like couple years, 300 or 400 years to realize, like, oh, it's a mistake. And then you come back. It usually takes like a couple of generations for human beings to understand the kind of impact they're having with the changes and when they realize it's happening this way, and now it's time for the next maybe like 50 years or something, things would go back like it's going to be the transition back into the age old way of doing things.

## **ELIZABETH**

Right, yeah. It's definitely time — or past time — for a transition back to these practices. Though it feels like we have a very very very long way to go to get there. But you are offering a pathway forward, a vision forward, with Oshadi Collective. So can you tell us how your regenerative

seed-to-sew and localized supply chain differs from the so-called conventional fashion supply chain and you know what we can learn from that?

## **NISHANTH**

I mean, there are so many aspects to it. Like it's different starting from the farm to the practices we have with farmers. With the farms like you know, before all these principles, we just spoke about. Like the soil health, the multi-crops, the livestock and the water management and stuff like that.

The cotton supply chain is known for exploiting farmers. It has this history of relying on colonialism and slavery and stuff like that. And it's still prevalent that way. It's like modern day slavery that goes on where like, cotton is like harvested and the cotton farmers basically take it to a big market and the markets don't think like, how much would the farmers need to cover up on a cost and make a profit this season?

But rather it's controlled by big mills, and they have a buying purchase power, because [cotton] is like a commodity in the market. And they say like, hey, no, this is what we can buy it for.

But what happens when like, no, this there was a monsoon, like a heavy monsoon, and we had a lesser yield. So the price of the cotton should go up, right? No, but it won't go up. It will go down, because like the yield is low and the spinning mill people or like the big mills more want to price it like high. So you see what I mean? Like, they pay less money to the farmers.

And farmers, they don't have a way to go back and store the cotton because all the money they've invested in the last six or seven months is in the form of cotton. So they need cash immediately to come out of that, like it's kind of a vicious circle of this cotton slavery or things like that.

It just keeps, like continuing and we just kind of broke that. And we were like, we have to figure out like every season, how much the cotton costs based on how the season's yield is per acre per year You're going to keep doing that.

And like, as we keep doing that per year, per acre, and all that stuff. We did that for six seasons. It started working out. The brands were making profit out of that. Farmers were getting at least two to three times more income than what they normally make. And you know, we started getting more interest from local farmers. Like a lot of the organic farms, if you go and see like the farmer is still poor; the farmer is still struggling and he's been organic farming for five years. So what's the point like, in doing organic farming?

It just makes absolutely no sense. The person who's practicing it is not getting a yield or like, you know, it's for reciprocity. It's got to be an exchange, like, you know. You're trying to do something good, and it's got to come back.

Until now like through the certification, it was just paperwork. Like hey, I'm doing this, but, what's the impact? Can you tell us, give us the impact metrics. How many farmers have benefited? What is their income level? Have they become independent? How's the soil health? Like what are the numbers with soil health? Have you seen increasing biodiversity? Like, that sort of stuff.

Yeah, I think we focused more on metrics, on the real impact on the ground, then focusing on like, getting, like some certification and getting like credibility based on some certification that certifies basically the farming principles of ancient India, you know? There's like a third party certification is from Europe, coming into India certifying something, which is Indian, and charging Indians to like, follow that, like, you see what I mean? Like it's crazy...

### **ELIZABETH**

Yeah it really is. And it points to how colonialism is still very embedded in the cotton supply chain, even what may be advertised as a more sustainable cotton supply chain.

And that's also why it's really crucial to not leave people out of the sustainability conversation. Though that's often the case when we look at big fashion. When they talk about sustainability or circularity — it's really just like the materials and saying nothing about any of the people involved in that whole process.

But something that is also really incredible with your work at Oshadi is that you are redesigning the system to be more equitable for everyone in the supply chain: farmers, weavers, garment makers... so can you tell us about that.

### **NISHANTH**

Yeah you know we don't have a fixed set cost. The brand partners of course, play a big role because they completely support it through these processes. Because they get involved from the farming side of stuff, like, you know, they're, they know what's going on, what's the yield per acre. So let's say like, this year, it's going to be an absolutely crazy harvest, there's a minimum with brand's promises that you know, this is going to be the payment.

So if the farmers have a bad yield, they still get like a minimum payment to cover up all the costs and maybe giving them a little bit more from what's happened.

Fortunately, that has never happened to us. Since we've started like four or five, six seasons, maybe it's like six seasons now I'd say. Since we started we always consistently have normal harvest and surprisingly this season, like this past season, we had a really good harvest.

But you know, I'm just waiting for that phase. Like you know, hopefully it never comes but coming back to like the people. The farmers normally would get \$500 a year approximately, but the farmers who work with us, they get \$1,000, after all of the expenses are done.

It's a couple thousand dollars like but the expenses and stuff like you know, they end up saving \$1,000. That's probably like four times more income or like three times more income and like all the farmers who worked with us, they are continuing working with us.

It's the third year. We have a strong support system where like with the compost and you know, we have people visiting farms literally every day. So farmers are not educated on like regenerative farming things. Like what are the compost teas you should be using? What are the pest repellents you need to be using? What time of the year should they possibly spray these things?

So there's so many things like and we have a group of people who we work with and you know, they are always on the ground trying to figure out, meeting farmers, getting a record of what's going on. And what they are finding, what is a hindrance in transition, and we kind of go and sort it out.

Or like, it's a couple thousand dollars per acre plus, I think, like in terms of income, I would say that. But other than that, like, we are just like walking with them, you know?

We don't demand things like certifications. We don't go to the farmers and say that, hey, you need to, like get the certification, get these are the list of things you need to check all these boxes. Like that's not how it works. We go and we say like: I know, you don't know how to do this, but we can work with you to get this done. And, you know, let's do it together.

Yeah, I think that's how we do things.

And also another thing we do very differently is like the harvest side because harvesting current like is it happens for a couple of months basically. And in a normal farm, the farmer would harvest the cotton and take it back home and store it there for like three months, until the entire harvest is over and it would go to the cotton market and someone would buy that in months. So the farmers' cash is held up for such a long time.

Whereas for us, we start incentivizing like farmers from the very beginning, like with seeds, land preparations at a subsidized rate, and making sure we pay for the harvest. So we have like a group of farmers we work with who go and harvest stuff. It's all taken to a like a warehouse that we have and it's stored to make sure that the quality is consistent. It's dried in a consistent way, it's stored in a clean place. Like there's no contamination. Yeah, I think all of that stuff.

## **ELIZABETH**

Yeah. yeah I really love that with coming to the farmers and saying let's work this out together instead of ordering them to do X, Y, Z with no context, or no empathy or understanding and cooperation. So that's really cool and definitely provides a model for what a more sustainable cotton and just in general fashion supply chain (or any supply chain) should look like.

And what you are doing in this space is very different from how things have been done in today's globalized fashion industry. So how do you communicate that to your brand partners? Like has that been a challenge? Has there been any resistance to it or has that not been a problem?

### **NISHANTH**

I think like brand partners, fortunately, we've had some really amazing..., you know, started with Christy Dawn. And, you know, the other brands we're currently working with, like, all those brands are like having really understanding.

We are working with like minded brands who want to do what we like, we all have same goals. We make things consciously, thoughtfully. Brands have been really supportive. I think it's not working with brands, necessarily, like it has not been a difficult task for us.

Because I think like, at the end of the day, we are also producing really high quality fabrics from the stuff we make. So the product speaks for itself. I think if you had like, lower yield, or like if there was a problem with the quality or like, if there was something which was not selling for brands, they would think otherwise.

But, since it's all working well, like, you know, the quality is great. Our yarn has one of the best qualities and like you know, it has one of the highest forms of long staple you can possibly get using an organic yarn.

The quality speaks for itself. When the end consumer buys it, she doesn't see a farm there, she sees the dress. And if the dress is beautiful, and at the end of the day, if they love the purchase or if they love the dress they buy, that's going to speak for itself.

And of course, like doing things this way from seed to so regenerative farming is going to be the icing on the cake. Working with brands and making sure brands understand this has not been a problem because like we all come from the same place and we are all going towards the same goal. And our quality has been good since the last five or six seasons. So I think that's not necessarily our big hurdle or the difficult part I would say.

### **ELIZABETH**

Yeah that makes sense. So kind of going back to something we were talking about before, which is the people side of a sustainable supply chain. Something I've heard you speak about in several other interviews you've done — you know on the Green Dreamer Podcast, on the Conscious Chatter podcast, and in an interview with Holly Rose, is wages. And I think my listeners would also be really interested in hearing your thoughts on this. So could you share your point of view on a minimum wage and a living wage and how you address the issue of wages in your supply chain?

## **NISHANTH**

No one has a right to decide what's the minimum wage for someone to live on. I can't decide, if someone came to me, like, hey, we are going to give you a minimum wage of thousand bucks a month. And you have to live within that means, you know, that would be really offending for you to possibly decide.

But somehow, our system is built that way. Sometimes when I think about it's like, really bizarre, like, how are we doing this? Like if someone came and told me, like you've got to live within this means? And you can't go beyond that, like, I'd be really pissed off. How could I possibly decide that for someone else if I don't accept that fact?

And we always thought, when we, I looked at the local wage for what like a good seamstress or like an artisan was possibly getting. And then from there, I figured out like, what more would we have to pay so they have really good access to like really good healthcare, access to education, access to good housing and all of that stuff. And after that what would we have to pay so that they also end up saving some money?

And if these things would work, like, you know, that would be the wage we would set. And of course we look at the local market standards, because, we can't charge like \$1,000 to make a dress. We would have no brand partners, if we charged that.

We see like, what is a good amount that we could possibly pay that everything is covered for the people we work with. But at the same time, it doesn't become too expensive for a brand to work with us. Like you see what I mean? Like, it's gonna be a balance between that.

## **ELIZABETH**

Yeah, yeah, I see what you mean there. And wages are always I feel like this tough question or debate in terms of that balance: paying people a living ethical wage while also keeping the product affordably priced so that people can access it.

But then you know what's considered affordable is based on the income or the wages that the potential customers are making in their jobs. So it's sort of this whole system problem. Especially when we look at how wages haven't really kept up with inflation. So people may not be able to afford the same things that they could even a decade ago. So it gets complicated I think.

## **NISHANTH**

Yeah, just like this concept of wage and all these things were created, you know, just to create this capitalistic economy so, someone sitting up top can have more and more and more. It's really bizarre like when you think about it. But it was that way.

You can't change it overnight. You know, you start somewhere, you leave it somewhere, you know, someone takes over from there and you know, improves it. And you know, that's the point of it.

## **ELIZABETH**

Yeah. That's really important to remember that all of these changes are... you know we're pushing for change slowly but surely and we might not see the final result of all of these changes. We may not see the future we hope. But we can push it closer to that vision. And leave it for the next generation to continue. I think that's a really beautiful way of putting it.

So kind of shifting gears a little bit. This season of the Conscious Style Podcast is all about circular fashion, because it's this big buzzword in this industry. And I think that we're not really on the same page with what that means. It's being co-opted by a lot of big fashion brands who want to say that oh 'we're part of the circular economy' or 'we're circular', but they are continuing to overproduce fast fashion, pushing overconsumption, trend cycles are getting faster... and I shared a lot more about that in the *What is Circular Fashion?* episode. I think that's episode 16...

But anyway, I wanted to get your view of what circularity is because it's part of your mission statement or vision for Oshadi to create a regenerative and circular supply chain. So can you tell us about your approach to circular fashion?

## **NISHANTH**

Yeah, I think circularity is, you don't leave a loophole for things to fall out of the supply chain. It just goes round and round. Like in the farm, are you not leaving it as a waste and you're sort of bringing it back as a compost and using it in the soil? The only thing that leaves our farm is a cotton fiber or like the produce from different intercrops.

From there, we make clothing and what do you do with the waste? We're now working with brands to reuse the waste with applique patchworks.

We also recycle the fiber to make recycled cotton, and we make recycled cotton T shirts now, from the waste. And we take different scraps from cutting waste, and what do you do with the waste? We are working with brands to make quilts and, and things like that.

And also, this is a really new project we are working on on the farm, like, what do we do with the different intercrops? Why don't we grow natural dyes on the farm? And you know, make sure like, the cotton, which is grown on the farm is dyed with the flowers that grow on the farm. And what do you do with the waste after dyeing? Like, can we use that waste to make compost?

Every time you figure out, there's a loophole, there's some leakage, or some sort of stuff within the supply chain, you fill it in with something that builds it back, that gives it to meaning, like gives it a meaning, that repurposes that stuff, that rebuilds something, that recreates reciprocity, like, you know, also it is adding value, like repurpose, until it goes back on.

And hopefully, like in a few, like, you know, in a couple of years, the goal would be to have a return program where the brands would be able to send us back, like the old garments, or like

the garments, which have been not sold, and we could possibly recycle it for them, and make something new and new for them and things like that.

**ELIZABETH**

Cool. Yeah that all sounds really incredible and also exciting to hear about your future ideas for circularity as well. So can you tell us more about the recycled cotton and the recycled cotton T-shirts and how that process works?

**NISHANTH**

Yeah, so we figured out that when you spin a cotton yarn, you only get like a realization of 60%. Or maybe 65% depending. So it just varies with different counts of yarn we possibly make.

But out of 40% remaining, like 5% is invisible waste, it goes through the air or something that cannot be calculated. But the other stuff like around 30 to 35% is visible waste that comes out of the process, and we realized there was a big amount of waste. And you know, what could we possibly do?

So we worked to figure out if we could possibly make recycled yarn or that and what we could do with the recycled yarn. So we figured out like if it is a thick yarn, you could possibly make T-shirts. And we started making T-shirts with that.

And we took the recycled cotton and naturally dyed it and we started making T-shirts and the brands we work with, they're going to launch our T-shirt collection of this recycled cotton and yeah, it's going to be a lot of things is like natural dyed T shirts, block-printed T shirts using recycled yarn.

**ELIZABETH**

Those sound amazing. I will definitely keep an eye out for those recycled cotton t-shirts. That sounds really really incredible.

So you are always working on something else with Oshadi with your regenerative cotton farm, with your seed-to-sew supply chain, and also your circularity efforts. So do you have any other future projects that you're working on that you would like to share with us?

**NISHANTH**

I think we have laid a foundation for different things. And you know, it's just building, making sure the building blocks are solid. Like we make sure we have solid testing parameters for soil. Just like analyzing, like how much biomass is on the land, and analyzing what kind of different indexes. How is the biodiversity actually improving? And bringing out actual metrics.

When it comes to the farm side, finding more options for brands to have access to, if they come into the supply chain, different fabrications, and what are more sustainable techniques? Can we grow these flowers, so that it's not just farm to closet cotton, but it's farm to closet everything, because the dyes would be coming from the farm as well. So, okay, is that really possible?

So we've sown seeds for these different things. And, you know, you see, like, what grows out, and take care of that growth from there.

There's so many different projects we are working on at the moment, and everything is in like, very initial phases. Three years is not a lot of time, but everything is just beginning.

So, you know, just making sure like, as things grow, we ensure consistent quality, you know, that's like our top priority. If the quality is compromised somewhere you know, the entire project has.... that's what people see; that's what the customer sees: the quality.

Finding different ways to improve quality or the fiber on the form of the yarn in the mills of the weaves on the looms of the day is, the dyeing process, of the construction of the garment, the sewing, we are going to be completely.

We became plastic free two months ago. The only plastic we use is the plastic which DHL brings in to pack stuff or to take it but other than that, I don't think we use plastic. We use cornstarch to pack everything. So yeah, just making sure we don't work with plastic.

Also, we are going to replace all the polyester threads, which we used to work with, with organic cotton threads. It took us a long time to get there. Like it's been three years, like I've been consistently searching for a high quality, really strong organic thread. I think we are almost here.

Like these things. So there are different things we work on making sure like what are the buttons we are using like can we find sustainable alternatives to plastic? Or what kind of zips? We started using these recycled polyester zips recently.

So these are like different things we want to change and you know, like, and these small small changes kind of like can make a different changeable project. You see what I mean? Like

### **ELIZABETH**

Yeah. Wow you've really a lot in just a few years. I am really impressed by all of this and very inspired by this conversation with you. I think that Oshadi is just really offering a blueprint for what a better future for fashion could look like. So I'm going to put all of your links in the show notes so people to learn more about what you're doing.

But before I let you go, I do have one final question for you that I ask every guest on the podcast: what does a better future for fashion look like to you?

### **NISHANTH**

S etter future of fashion is having just the right attention and just like trying to be considerate and thoughtful about... just not being ignorant. You have to take everyone into consideration when you make stuff like, you know. Just because you make a sketch in your design room,

doesn't mean you have to compromise on different things like to make that sketches to come to life, you don't really have to use toxic chemicals to make that stuff.

Just being very thoughtful about what you're doing. That *has* to be the future of fashion, otherwise the future of fashion is bleak.

## **ELIZABETH**

And that's a wrap for this episode, be sure to take a look at the episode description in your podcast app for the links referenced in this episode, as well as the various links to learn more about today's guest. For the full transcript of this episode, you can head on over to [consciouslifeandstyle.com](https://consciouslifeandstyle.com) and navigate to the podcast section of the site. The link to the full show notes should also be linked in whatever podcast app that you are listening on.

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