

“Survey Of Ethnobotany And Biocultural Heritage Of Wild Vegetables Used By Tribal Communities Of Dahanu Taluka, Maharashtra, India”

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The tribal communities reside along the Western Coastal Region. The region of Dahanu Taluka of Palghar District, Maharashtra is known for the tribal communities viz. Warli, Dhodi, Dubla. These communities consume locally available wild vegetables by cooking them in their heritage way for their palatability and also to alleviate health problems. Wild vegetables are naturally grown plants generally found in forest. These plants grow naturally by seed germination. Therefore, these plants contain minerals, essential elements and highly useful biochemical. Wild vegetables also possess many medicinal properties and are eaten sparingly. Present study focused on the documentation and analysis for the nutritional value of 20 such wild vegetables through their traditional way of cooking. In present study, more than 170 tribals were interviewed to understand their folklore knowledge of these vegetables. The study also revealed that the knowledge is vanishing due to changing social values and non-participation of younger generation in collection and processing of such wild vegetables. The recorded biocultural heritage aims to explore the biodiversity and also to improve the wild vegetables status whose potential as a source of nutrition is undervalued.

Key Words: Ethnobotany, Wild vegetable, Nutritious value

Introduction

Ethnobotany, is a “science of people’s interaction with plants” (Turner, 1995). Ethnobotany plays an essential role in the discovery of plant sources and bioactive molecules (Bhattarai and Karki, 2004). It helps to record relationship between native communities and native plants. The use of natural products with healing properties is as old as human civilization (Arekar, 2019). Biocultural heritage recognizes the inextricable links between biodiversity and people, and the critical role of Indigenous people in conserving nature. In contrast to Western conservation approaches that often assume that people have to be separated from nature in order to protect it, biocultural heritage puts people at the center of conservation. The term “heritage” reflects the ancestral rights of Indigenous people over the biodiversity they have conserved for generations, and the responsibility to continue to conserve biodiversity for future generations. It fosters strong community ownership, a bottom-up approach to conservation, that reflects the Indigenous peoples’ own holistic worldviews.

Wild vegetables are naturally grown plants generally found in forest. These plants grow naturally by seed germination. Therefore, these plants contain minerals, essential elements and highly useful biochemical. Wild vegetables also possess many medicinal properties and are eaten sparingly. These wild vegetables are utilized mostly by the tribal communities of our study area- Dahanu Taluka. Main tribal communities present in this area are Warli, Dhodi and Dubala. They utilize all the natural resources for their daily life purposes. Due to the development of modern agriculture, urbanization and globalization, the populations are becoming more and more distant from their environment (Turner and Turner, 2008) and the transmission of knowledge between older and younger not always assured (Agea et al, 2011) (Hopkins et al, 2015). So, current research was done to explore the biodiversity and also to improve the wild vegetables status whose potential as a source of nutrition is undervalued.

Material and Method

Current research was carried out in Dahanu taluka, dist. Palghar of Maharashtra, India. On 1 August 2014, the talukas of Mokhada, Jawahar, Talasari, Vikramgad, Wada, Dahanu, Palghar and Vasai were separated from the erstwhile Thane district to form a new district Palghar. Total number of villages in this Taluka are 171. Dahanu is located at 19.97°N 72.73°E. It has an average elevation of 9.89 MSL. To the west of the town is the coast of the Arabian sea while the east is lined with the Sahyadri ranges. It is a coastal town and a municipal council in Palghar district of Maharashtra state in Konkan division. It is located 110 km from Mumbai city. Dahanu is located 65 km north of Virar on the Western Railway line of Mumbai Suburban Railway. It can be reached from National Highway NH-8, 24 km off from Charoti Naka. It is 22 km North of Boisar on the Western Railway line. There are mostly Warli, Dhodi, Dubala tribes in Dahanu. The people in Dahanu taluka are mostly tribals, mostly inhabiting rural areas and having daily commute to urban areas for work. Tribal culture is dominant in the talk and customs. The tribal art most predominantly shows village life and the day-to-day functions. The original people of this land are tribals. World-famous tribal art "Warli art" originated here from Warli tribe. Dahanu's landscape includes a pristine coastline, meandering estuaries and large areas under agriculture and horticulture. Famous for its chiku fruit, Dahanu's horticultural economy also includes coconuts and mangoes to the surrounding areas. Besides the forest-dependent tribals, it is also home to a large fishing community living along its 35-kilometre-long coastline. In the current study, survey was done to know about native wild vegetables from March-2019- December 2019. Data was collected using preparation of questionnaire in local language. Around 170 tribals were interviewed to understand their folklore knowledge of these vegetables. The part of the vegetables which they utilize to make traditional recipes by which they cook was noted. Total 20 wild vegetables data were gathered in this research.

Result and Discussion

The data collected through interview was enumerated in form of- Scientific name, Local name, Family, recipe and its medicinal uses. Total 20 wild vegetables data was gathered and studied to understand the biocultural heritage. Table 1 depicts the data and figure 1,2,3 shows the images of selected wild vegetables.

Table no. 1- List of wild vegetables

Plant name	Local Name	Family	Recipe	Ethnomedicinal use
Amorphophallus commutatus L.	Shevale, Mogari kanda	Araceae	<p>Ingredients: Shevala 1 bunch, Kakde 8-10, Onion 4, Garlic 7-8, Chilli powder-1 tsp, Salt to taste, Oil-2 tsp, Mustard Seeds 1 tsp, Asefotida ½ tsp, Garam Masala 1 tsp, Turmeric Powder 1 tsp, Grated coconut-2 tbsp.</p> <p>Method: Discard the lower part of the veg and take only the upper portion.</p>	It helps in restoring the gut bacteria and is also helpful in boosting immunity and micronutrient (B12, D) assimilation. Rich in fibre content, this seasonal vegetable is also effective in weight loss.

			<p>Cut into small pieces. Also, take kakde, remove the seeds, grind in a mixer. Take a pressure cooker, add oil, add mustard seeds till splutter. Add hing and turmeric powder. Add mixture of cut shevale and kakde paste. Then, add chilli powder, garam masala, grated coconut and cook in the pressure cooker.</p>	
Chlorophytum tuberosum (Roxb.) Baker	Phodshi	Asparagaceae	<p>Ingredients 2 bunches of Phodshi ½ cup split Bengal gram (chana dal) 1 large onion, chopped 3 to 4 cloves of garlic, chopped 1 tsp mustard seeds 1 tsp cumin seeds 1 tsp turmeric powder 2 tsp red chilly powder 1 tsp cumin-coriander powder ½ tsp garam masala Salt as per taste 1 tbsp oil Method Wash and soak chana dal in water for 3 hours. Wash phodshi leaves, trim off the white bottom and chop them. Heat 1 tbsp oil in a pan. Add mustard seeds and cumin seeds. When they start crackling, add chopped garlic. Saute for a few seconds. Add chopped onions. Saute for a minute. Add soaked chana dal and saute. Add turmeric powder, salt and cook covered till the chana dal is partially cooked. Now, add the chopped phodshi and mix. Cook covered for 8 to 10 minutes, stirring intermittently. Add red chilly powder, cumin coriander powder and garam masala. Give it a mix. Cook for another 2 minutes.</p>	To treat various ailments like diabetes, diarrhoea, cholera, leucorrhoea, kidney stones, sexual disorders, general debility

Bambusa vulgaris L.	Bamboo	Poaceae	<p>Ingredients: 2 cups Bamboo shoots, julienned, 4 Spring Onion (Bulb & Greens), finely chopped, 1 tablespoon Oil, 1- 1/2 teaspoon Red Chilli powder, Salt, to taste</p> <p>To start making Bamboo Shoot Fry, Heat up a cast iron skillet on medium heat. Add oil when it's hot, add chopped spring onions and saute for 2 minutes. Add bamboo shoots and cook for 2 minutes. Add salt, cook until all the vegetables are cooked but crispy. Sprinkle chilli powder and stir for a minute.</p>	<p>It helps in improving appetite and digestion, weight loss, and curing cardiovascular diseases and cancer. The shoots are reported to have anticancer, antibacterial, and antiviral activity.</p>
Cassia tora L.	Takla	Fabaceae	<p>All parts of takla can be eaten; tender leaves are stir fried with onion, garlic and red chillies, while the flowers are fried and eaten as a medicine for asthma. The tender beans and soft seeds of the bhaji are cooked in stir-fried preparations; mature seeds are ground and made into vadas or</p>	<p>The leaves and seeds are acrid, laxative, antiperiodic, anthelmintic, ophthalmic, liver tonic, cardiogenic and expectorant. The leaves and seeds are useful in leprosy, ringworm, flatulence, colic, dyspepsia, constipation, cough, bronchitis, cardiac disorders</p>

			ground with wheator sorghum (jowar) for makingchapattis. The tribal people warn that since tarota bhaji is warm, it should be consumed in small quantities at a time—too much inone go could cause diarrhoea.	
Celocia aregentea L.	Kurdu	Amaranthaceae	oil 2-3 tbsp asafetida a pinch cumin seed 1 tsp mustard seed 1 tsp red chilli dry 2 nos ginger chopped 1 ½ tbsp garlic chopped 1 ½ tbsp green chilli chopped 4-5 nos onion chopped 2nos kurdu leaves 4 bunch yellow moong dal soaked 1 cup salt to taste turmeric powder 1 ½ tsp red chilli powder 2tsp dry mango powder 1 ½ tsp, fresh coconut grated(optional) ¼ cup + for garnish	It is used in the treatment of blood-shot eyes, blurring of vision, cataracts and hypertension but should notbe used by people with glaucoma because it dilates the pupils. The leaves are used in the treatment of infected sores, wounds and skin eruptions. The whole plant is used as an antidote for snakebites.

			<p>roasted peanut 2 tbsp Method:</p> <p>Wash and rinse the kuradu bunch, keep it aside.</p> <p>Fetchout the leaves from the stem and keep it apart. Heat a kadhái , add oil , asafetida, cumin seed , mustard seed , dry red chilli , allow it to splutter. Now add ginger , garlic and sauté it nicely on low flame for 30 seconds . Now addgreen chilli , onions sauté it for 3-4 mins until its translucent . Now add kuradu leaves , compress and mix it well slowly.</p> <p>Now add moong dal , salt , turmericpowder , red chilli powder , dry mango powder andmix it well for 30 seconds . Close with the lid and cook it for 15-20 mins on low flame, stir occasionally.</p> <p>Now add grated coconut, roasted peanuts and mix it well Transfer it to serving bowl, garnish with grated coconut .</p>	
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Clerodendrum serratum L.	Bharanga	Verbenaceae.	<p>Ingredients – Bharanga leaves, onion, garlic, dry red chillies, lemon (optional).</p> <p>Preparation – Boil leaves, drain. Heat oil in a pan, add onion, garlic and pieces of dry red chili. Stir fry until lightly browned. Add Bharangi leaves and cook for 5 minutes. Add salt to taste, Serve with a dash of lemon.</p>	The leaves are used as a vegetable. The root of this plant is used for treating respiratory disorders.
Chlorophytum borivilanum Sant. F	mulshi	Liliaceae	<p>It can be cooked similar to Bharangi.</p> <p>Coarsely, ground raw soaked chana dal can be added; onions are optional.</p>	<p>It is used as a curative of Natal and Post Natal Problems and a cure for Diabetes and Arthritis.</p> <p>Its root powder is fried in the ghee and chewed in case of aphthae of mouth and throat. It is effective in curing rheumatism and joint pains.</p>
Basella alba L.	Mayalu, Malabar spinach	Basellaceae	<p>Vali ambat / Malabar spinach curry</p> <p>Ingredients: Malabar Spinach – a bunch, Toor Dal – 1/4 cup, Onion – 1 medium sliced (2 tablespoon finally chopped for seasoning) Grated coconut – 1 cup Dry red chilly – 5-</p>	<p>Decoction of the leaves is recommended as a safe laxative in pregnant women and children.</p> <p>Externally, the mucilaginous leaf is crushed and applied in urticaria, burns and scalds.</p>

			<p>7 Tamarind – 1/2 tsp Salt Oil Method- Wash and roughly chop the spinach leaves.</p> <p>Wash toor dal and pressure cook it. Mash it and keep it aside. Now for masala, grind together coconut, red chilly tamarind with enough water into a smooth paste. Take a pressure cooker and cook chopped leaves with onions. When the leaves cooked enough, add the ground masala, toor dal, and salt and mix well, and cook for few more minutes. Then switch off the flame. Now take a small pan and heat oil. On low flame, fry finally chopped onions till it turns brown. Add this seasoning to the cooked curry.</p>	
Tamilnadia ugliginosa (Retz.) Tirveng. & Sastre	Pendhra	Rubiaceae	<p>Pickle- Collect the fresh fruits from the Pendhra plants. Wash it and dry the fruits. Cut it in to 4 halves longitudinally and remove the seeds. These halves boiled in water. Procedure Dried mango pieces boiled in small quantity and prepare paste from it. Boiled the oil very well Take large vessel add pendhra fruits and all above ingredients and half quantity of boiled oil (add after cooling 500gm) and mixed well with spoon. After cooling filled it in clean, aseptic glass jar, add remaining oil and try to cover the entire surface with oil, to avoid the contamination of fungus and moulds. Cover with clean and tied lid. Placed in cool place. Avoid direct sun light.</p>	<p>Roots - Diarrhoea, Aphrodisiac diuretic, biliousness</p> <p>Fruits : Astringent, used as vegetable also. The raw fruit extract is used against diarrhoea and dysentery.</p> <p>Fruit pulp is applied for curing boils. The fruits are rich source of carbohydrate and possess insecticidal properties. It cures abscess, ulcer, inflammation, wounds, tumour and skin.</p>

Colacasia esculenta L.	Alu	Araceae	<p>2 bunch tender colocasia leaves (alu) with stems ½medium white radish (mooli) ¼ cup-soaked Bengal gram (chana dal) ¼ cup-soaked raw peanuts 2-3 green chillies, broken 2 tbsps gram flour (besan) 2 tpsps chopped jaggery 2tsp tamarind pulpSalt to taste</p> <p>Tempering 1½ tbsps ghee ¼ tsp fenugreek seeds (methi dana) 1 tsp mustard seeds ¼ tsp asafoetida (hing) ¼ tsp turmeric powder</p> <p>Method 1. Peel the colocasia stems, make a cut in the centre to separate the leaves and the stems. Shred the leaves and finely chop the stems. Peel and slice the white radish. 2. Transfer the colocasia leaves and white radish into a pressure cooker, add Bengal gram, peanuts, green chillies and ½ cup water. Cover and cook under pressure till 3 whistles are given out. 3. Open the cooker once the pressure has reduced completely, transfer into a deeppan. 4. Add gram flour, mix and cook for 1-2 minutes. Add 1½ cups water, mix and cook till the mixture comes to a boil. 5. Add</p>	<p>The herb has been known since ancient times for its curative properties and has been utilized for treatment of various ailments such as asthma, arthritis, diarrhea, internal hemorrhage, neurological disorders, and skin disorders. The juice of CEcorm is widely used for treatment of body ache and baldness.</p>
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			jaggery, tamarind pulp and salt and mix well. Cook for 1-2 minutes and take the pan off the heat. 6. For the tempering, heat ghee in a small tempering pan, add fenugreek seeds, mustard seeds and let them splutter. Add asafoetida, ¼ tsp turmeric powder and mix. Pour the tempering into the cooked mixture.	
Caralluma fimbriata R. Br	Shindal makad	Apocynaceae	Cut into pieces and boil it in water till it becomes softer. Add 1 tablespoon oil to pan. When oil is hot add mustard and cumin and little garlic then sauté then add one teaspoon of turmeric and then add shindal makad. sauté it for 5 min then add red chili powder, roasted peanut powder and salt to taste.	To decrease appetite or hunger, especially during times of food shortages, for obesity, and for a rare, inherited disorder that causes obesity, to control sugar, short stature.
Momordica dioica Roxb. Ex Willd.	Kartule, Kantole	Cucurbitaceae	Ingredients: 200 gms kartoli/kantola/spine gourd, ½ tsp turmeric powder/haldi, ½ tsp black pepper or ½ tsp red chili powder (to make more spicy, increase the black	Fruits, leaves, and tuberous roots of Momordica dioica are used as a folk remedy for diabetes mellitus (DM) in India. The aqueous extract of Momordica dioica fruit possesses very good anti-diabetic activity

			<p>pepper or red chili powder), 2 tbsp oil, salt as required</p> <p>Instruction: Rinsethe kantola in water, drain and then slice them.</p> <p>Remove seeds if tough and if soft ortender chop and add it in the mixture.. Add turmeric, black pepper powder.</p> <p>Mix the spices with the sliced kantola and marinate for 10 to 12 minutes. Heat 2tbsp oil in a shallow frying panand add the kantola. Stir and saute and let them cook on a low flame. Add salt when half cooked.</p> <p>Continue to saute until brown and are slightly crisp.</p>	
Boerhavia diffusa L.	Satodi, Ghetuli	Nyctaginaceae	Its roots are mixed with milk to cure fever.	To cure disorders like intestinal colic, kidney disorders, cough, hemorrhoids, skin diseases, alcoholism, insomnia, eye diseases, asthma and jaundice

Portulaca oleraceae L.	Ghol, Chival	Portulacaceae	Wash and drain the Chival Bhaji. Keep it aside. In the meanwhile, heat a pan, add 3 tbsp of Groundnut oil and add 1 tsp Jeera or cumin seeds. Add sliced onions and saute until they are translucent. In the meanwhile, in another pan, roast the peanuts and coarsely grind them. Keep aside. Once the onions have turned translucent, add the Chival Bhaji. Add the red chilli powder, turmeric powder and salt to taste. Mix well. Now add the coarsely ground peanut powder, besan or chickpea flour and goda masala along with 1/3rd cup of water. Cover the pan with the lid, cook it for sometime until its done.	It has high amount of Omega 3 Fatty Acids. Perhaps the only plant base source with such high amount of Omega 3 Fatty Acids which is otherwise available only in fish. It is high in Antioxidants and Minerals.
Ensete superbum (Roxb.) Cheesman	Raankeli, Kavadara,	Musaceae	1 Banana Flower, cleaned and finely chopped ½ tsp. Cumin seeds ¼ tsp. Turmeric powder 2 onions, finely chopped 1 tbsp. Mix Masala Salt, to taste	To treat wide range of human diseases like appendicitis, cancer, diabetes, dog bite, dysuria, kidney stone, leucoderma, leucorrhoea, measles, stomach ache and venereal diseases.

			<p>Freshly Grated Coconut Method:-</p> <p>- In a bowl add salt to the chopped banana blossom and let it rest for 30 minutes. - In a kadhai, heat oil and add cumin seeds, turmeric powder, mix masala, salt and mix well. - Now add the banana blossom and mix well. - Cover with the lid and simmer for 15 minutes. - Add grated coconut and stir. - Simmer for 5 more minutes covering with the lid. - Garnish with coriander leaves and serve.</p>	
Dioscorea bulbifera L.	Karanda	Dioscoreaceae	<p>Ingredients</p> <p>● karanda 5-6 Dry red chilli 4-5, Ginger 1 inch, Water 2 glass (to first boil karanda) , Garlic 4-5 cloves , Turmaric 1/2 tbsp , Salt 1 tbsp</p> <p>Heat oil in kadh Ai, add cumin then onion then suate it after than add paste of red chili+ginger+garlic then sauté it. Then add turmeric,salt and lastly add karanda and sauté it for 5 min.</p>	<p>To treat conjunctivitis, diarrhoea, and dysentery, among other ailments.</p>

Chenopodium album L.	Bathua	Amaranthaceae	<p>+Bathua - 500 grams (1 bunch), Oil - 2-3 tbsp, Asafoetida - 2-3 pinch, Cumin seeds- ½ tsp, Green chilly -2-3 (finely chopped), Turmeric powder - ¼ tsp, Redchilly powder - ¼ tsp, Salt - as per taste</p> <p>Remove the stalk and clean bathua. Wash twice thoroughly. Keep it in a sieve so that excess water drains out. Now finely chop bathua.. By directly suating the chopped bathua in oil and spices.</p> <p>Second by boiling chopped bathua first and then sauté in oil and spices.</p> <p>We will make bhujia with first method of cooking. Take oil in a pan and place it on flame for heating. Add cumin seeds and asafoetida and sauté for while.</p> <p>Also add chopped green chilly as well. Stir with help of a spoon. Now add chopped bathua, salt and red chilly powder and sauté for 2-3</p>	<p>Leaves are consumed for their high concentration of amino acids, which are important for cell formation and cell repair. 2. Rich in Fibre: It is a wintergreen which may be consumed if one is suffering from digestive troubles as it is rich in fibre.</p>
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			<p>minutes. Add $\frac{1}{2}$ cup water, cover and cook Sabzi for 5-6 minutes on low flame. Open the lid of Sabzi. Stir with spoon and check whether leaves have got tender or not. If they are not tender, cook for 3-4 minutes more.</p> <p>Add water if needed. Check the Sabzi again, this time leaves have become soft. If you get to see any amounts of water in Sabzi then bring the flame to maximum and cook for 2-3 minutes without covering the pan</p>	
Hibiscus sabdariffa L.	Ambadi	Malvaceae	<p>One big bunch Ambadi leaves (Roselle leaves) 2 tsp chana dal (split Bengal gram)</p> <p>1 teaspoon peanuts 2 $\frac{1}{2}$ tsp oil</p> <p>10 garlic cloves (crushed)</p> <p>1 tbsp besan (gram flour)</p> <p>$\frac{1}{2}$ tsp mustard seeds</p> <p>$\frac{1}{2}$ tsp asafoetida (hing)</p> <p>1 tsp cumin seeds</p> <p>$\frac{1}{2}$ tsp turmeric</p>	<p>“Hibiscus sabdariffa extract inhibits obesity and fat accumulation, and improves liver steatosis in humans.”</p> <p>Nutrients:</p> <p>“Natural Polyphenols for Prevention and Treatment of Cancer.”</p>

			<p>powder 1 tbsp red chilly powder 1 tbsp grated jaggery 1 dry red chilly Salt as per taste. Soak chana dal and peanuts for an hour. Wash the Ambadi leaves. Pressure cook Ambadi leaves, chana dal and peanuts with 2 cups water for 3 to 4 whistles. When the steam escapes fully, remove the cooked ambadi leaves from the pressure cooker and keep it aside. Heat a pan and dry roast the besan on slow flame. Roast till the raw smell goes away and you get a nice aroma from the besan. Keep this aside. Heat 2 tsp oil in a pan. Add mustard seeds, cumin seeds, asafoetida, half the quantity of the crushed garlic and saute till the garlic changes its colour. Add the cooked ambadi leaves, chana dal and peanuts. Mix well. Add red chilly powder, turmeric powder,</p>	
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			jaggery, salt, roasted besan and give it a good mix. Add half a cup of water (depending on the consistency you need) and cook covered for 5 minutes. For the tempering, heat the remaining $\frac{1}{2}$ tsp oil in a small pan. Add the remaining crushed garlic and dry red chilly. Pour it over the cooked Ambadi bhaj	
Artimisia vulgaris L.	Dungarjir u	Asterceae	Cut into small pieces and mixed with besan to makeladdoo.	To treat colds, flu, tuberculosis, cancer, fever, asthma, gynecological disorders, rashes, and many other conditions. Some tribes also used them as ceremonial medicines. In modern usage, Artemisia continues to be a vermifuge and repellent.
Dioscorea pentaphylla L.	Chae, Shendvel	Dioscoreaceae	Chae, onion, garlic, red chilli powder, turmeric, salt, mustard, cumin Method: Add oil to the kadhai when it's hot add mustard and cumin then add chopped onions sauté it then add garlic paste then sauté after this add turmeric and red chilli powder. Mix it then add washed chae mix it. cover with a lid for 5-8 minutes. Open the lid and add salt according to taste.	Tubers are used against skin infections. It is used both as food and medicines among different ethnic groups

Figure 1- Photos of wild vegetables



Amorphophallus commutatus L.



Chlorophytum tuberosum (Roxb.) Baker



Bambusa vulgaris L.



Cassia tora L.



Celocia aregentea L.



Chlorophytum borivilanum Sant. F



Clerodendrum serratum L.

Basella alba L.

Figure 2- Photos of wild vegetables.



Tamilnadia ugliginosa (Retz.) Tirveng. & Sastre

Colacasia esculenta L.



Caralluma fimbriata

Momordica dioica



Boerhavia diffusa L.

Portulaca oleraceae L.



Ensete superbum (Roxb.) Cheesman

Dioscorea bulbifera L.

Figure 3- Photos of wild vegetables



Chenopodium album L.

Hibiscus sabdariffa L.



Artemisia vulgaris L.

Dioscorea pentaphylla L.

Conclusion

The study helped in understanding tribal folklore knowledge about these 20 wild vegetables and their biocultural heritage recipes which are simple yet nutritious. The study also revealed that the knowledge is vanishing due to changing social values and non-participation of younger generation in collection and processing of such wild vegetables. The recorded biocultural heritage aims to explore the biodiversity and also to improve the wild vegetables status whose potential as a source of nutrition is undervalued.

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