

Some More Wild Edible Plants of Nasik District (Maharashtra)

M.V. PATIL

Department of Botany, Gangamai Educational Trust's Arts, Commerce & Science College
Nagaon, Dist Dhule(M.S.), India
and

D.A. PATIL

Post –Graduate Department of Botany
S.S.V.P., Sanstha's L.K. Dr. P.R Ghogrey Science College, Dhule-424005 (M.S), India.

Received: 24.3.98

Accepted: 30.3.99

ABSTRACT: *The Present paper reports 36 wild edible angiospermic species from Nasik district of Maharashtra. The district is inhabited by the aborigines viz Bhils, Thakur, Katkari, Warli, Kokani, Kunbi-Kokana a Mahadeo-Koli, apart from other rural populace. The use leaves, tubers rhizoms, bulbils, fruits, seeds, flowers, etc as complementary to their diet or in a times of scarcity during famines.*

INTRODUCTION

Nasik district of Maharashtra (India) lies between Lats. 19°35' and 20°51' and Long 73°30 and 74°55' 20°51' occupying an area of 15582 sq km. The ranges of western ghats extend in the district. It is inhabited by the aborigines vi Bhils, Thakur, Katkari, Warli Kunabi-Kokani and Mahadeo-Koli. Although they practice agriculture, most of them are largely sustained on plant resources growing in their vicinity. He forests in the district range form moist evergreen, to moist deciduous, to dry deciduous types.

Sharma and Lakshminarasimhan (1986) reported 32 wild edible species from Nasik district. Their observations were, however, largely the result of floristic studies in the region. Later, Kulkarni and kumbhojkar (1992) also gave information of only five wild edible fruit species. They gathered information only form mahadeo-koli tribe and tat too restricting eight villages of the district. Present authors made extensive as well as intensive ethnobotanical surveys in

Nasik district June 1977 as an exclusive topic of research, the results of which are being communicated. This paper sheds light on additional wild food plants from the district.

METHODOLOGY

The ethnobotanical surveys were carried out in tribal and other rural areas of Nasik district. The data were accrued through discussions and interviews with aged tribals, and women, besides other rural people. It was confirmed by repeated enquiries in different seasons and in different villages/ hamlets. The plant specimens are preserved and housed in the herbarium, department of Botany, GET's Art Commerce, science college Nagaon, district Dhule (Maharashtra).

OBSERVATIONS

Amaranthus spinosus (Katerimath; Amaranthaceae): Leaves are cooked and eaten as vegetable.

Amorphophallus commutatus (Scoot) Engl (Shevalkand; Araceae): Rhizome is cut into pieces boiled, cooked and eaten as vegetable.

Anogeissus latifolia (Roxb.ex DC) Wall ex Guill & Perr (Dhamada; Combretaceae): Gum is mixed in preparation of sweet balls, called "Ladu".

Argemone mexicana L. (Kardai; Papaveraceae): Seeds are ground and the oil expressed is used in the preparation of deferent vegetables.

Bridelia airy-shawii P.T.L.i (Asand; Euphorbiaceae): Ripe fruits are eaten

Carrisa congesta wight (karwand; Apocynaceae): Ripe fruits are dible.

Capparis zeyalinica L. (Waghatai; Capparidaceae): Cooked fruits are eaten as vegetable.

Celosia argentea L. (Kirdu; Amaranthaceae): Adult leaves are boiled and eaten as vegetable.

Colocasia esculenta L. (Tera; Araceae): Leaves and core of petioles are cooked and eaten a vegetable.

Commelina forkalae Vahl (Kulu; commelinaceae); Leaves are cooked and eaten as vegetable

Cordia dichotoma forst f. (Bhokar; Boraginaceae): Ripe fruits are edible. They

are edible. They are pickled and also used as vegetable

Cucumis setosus L. (Melu; Cucurbitaceae): Raw fruits are edible.

Curcuma pseudomontana Grah. (Shilind; Araceae): Crushed and boiled rhizome is edible.

Dendrocalamus strictus (Roxb) Nees (Bamboo; Graminae): Young shoots are boiled and used as vegetable., Seeds also are cooked and consumed.

Dioscorea bulbifera L. (Kadukand; Dioscoreaceae):Boiled tubers and bulbils are eaten.

Dioscorea oppositifolia L (Chaiken; Dioscoreaceae): Leaves and young inflorescence are used as vegetable.

Diasporas wallichii Hook f. (Chaichamur; Dioscoreaceae): Leaves and young inflorescence are used as vegetable.

Flacourtia indica (Burm. F.) Merr. (Galguggar; Flacourtiaceae): Rip fruits are edible.

Gmelina arborea Roxb. (Shivan; verbebaeae) Ripe frits are edible.

Indigofera cordifolia Heyne ex Rot (Barbad; Papilionaceae): Dried seeds are ground, chapattis made form flour are consumed.

Jasminum malabaricum Wight (Kanser; Oleaceae): Fruits are sour in taste, they are boiled and also eaten as vegetable.

Lavendula bipinnata (L) O. Ktze (Ranganja; Labiatae): Fruits and seeds are edible.

Lea asiatica (L) Ridsale (Sapud; Vitaceae): Ripe fruits are sweet and edible.

Mayna laxiflora Robyns (Aliv; Rubiaceae): Ripe fruits are edible.

Mucuna pruriens L. (Khajol; Papilionaceae): Leaves are cooked and used as vegetable

Phoenix sylvestris (L) Roxb (Tadi, Sindhi; Araceae): Sap is collected in earthen pots before sunrise and the nutritious drink is called 'nira'. After sunrise it is converted into alcoholic liquid called 'Tadi'. The ripe fruits called 'Khajur' are edible.

Piliostigma malabaricum (Roxb) Bth (Shind; Ceasalpinaceae): Tender leaves cooked and eaten as vegetable.

Portulaca oleracea L. (Ghatagal; Portulacaceae): Leaves mixed with Tur or Udid dal are cooked and eaten as vegetable.

Pueraria tuberosa (Roxb ex Willd) DC (Benderkand; Papilionaceae): Flour obtained from dried tubers is used for bread in times of scarcity.

Schrebera swietenoides Roxb (Moka; Oleaceae): young leaves are boiled and cooked as vegetable.

Setaria pumila (Poir) R & S. (Kolhu; Poaceae): Young leaves are boiled and cooked as vegetable

Smithia conferta J.E. Sm (Kawali; Papilionaceae); Leaves are cooked and used as vegetable.

Solena amplexicaulis (Lam) Gandhi Gomett; Cucurbitaceae); Tubers are boiled and eaten as vegetable.

Trewia polycarpa Bth (Petara; Euphorbiaceae): Ripe fruits are eaten. Gum is also edible.

Tricholepis indica (willd) Almedia (Kurmadi; Compositae): Leaves are cooked and eaten as vegetable.

Vigna radiata (L) Wilczek. Var sulobata (Roxb) Verdc (Ran-udid; Papilionaceae): Seeds are cooked and eaten as 'Sag' or a locally called 'Waran'.

ACKNOWLEDGEMENTS

The junior author is thankful to principal, Gangamai education Trust's Arts commerce and science college Nagaon, Dist Dhule and to Principal B.M. Patil, L.K. Dr. P.R. Ghogrey, Science College, Dhule (M.S.) for library facilities.

REFERENCES

1. Kulkarni, D.K. and M.S. Kumbhojkar (1992). Ethnobotanical studies on Mahadeo Koli tribe in western Maharashtra Part III Non-conventional wild Edible fruits J. Econ. Tax Bot 10:151-158.
2. Sharma, B.D. and P. Lakshminarsimha (1986). Ethnobotanical studies on the tribals of Nasik district (Maharashtra) J.Econ.Tax Bot 8(7):39-454.