



Some Wild Edible Plants of Malegaon Region from Nashik District, (Maharashtra)

Dr. N. B. Pawar

P.G. Department of Botany, L.V. H. College, Panchvati, Nashik

Abstract

The present study of wild edible plants of Malegaon region from Nashik district contains 19 species belonging to 19 Genera and 16 Families. The wild plants are rich in vitamins and nutrients, many times this plants used by tribal peoples to cure various diseases. Root, Stem, Leaves, Flowers, Fruits and seeds are used to cook. Different tribes have different methodologies and recipes to use the wild plants. The tribals have good knowledge of these plants with their medicinal properties.

Key words – Vitamins, Recipes, Tribals

Introduction

Wild edible plants are a part of the cultural and genetic heritage of various regions of the planet. These are the interesting sources of micronutrients and bioactive compounds. Wild Edible Plants are still consumed traditionally by different communities and are gaining relevance in modern era. Wild edible plants are existing within the forests, protected areas, rural domicile sites, wetlands and grasslands which may be used as food through appropriate means of collection, preparation and preservation. The edible wild plants are greatly valued throughout the region and show a crucial source of non-conventional food for indigenous communities. Wild edible plants increase the nutritional quality of rural diets as an example, micronutrients (vitamins and minerals) which are sometimes superior to those of domesticated varieties. Wild edible plants also constitute the part of natural vegetation and maintain the ecological balance of the forest. All the common vegetables and fruits of our present day were known once as wild plants and that they are cultivated and improved by our ancestors for his or her nutritional values.

Methodology

The present work embodies the survey of Malegaon region from July 2019 to September 2019. The documentation of wild edible plants has been taken into consideration after the detailed oral interviews of tribals, village elderly ladies and the peoples who sold the vegetables in the market. The plants are documented with their botanical name, local name with their family and uses.

1) *Abelmoschus manihot* (L.) **Ran Bhendi (Malvaceae)**

- i) Fruits are chopped along with Chilli and Onion and fried in oil with spices and used as vegetable.
- ii) Leaves are chopped and fried and eaten as vegetable.

2) *Agave americana* L. **Kekati (Agavaceae)**

- i) Flower inflorescence is cooked and used as vegetable.
- ii) The bulbils are eaten raw.

3) *Amaranthus spinosus* (L.) **Tandulaka (Amaranthaceae)**

- i) Leaves are pluck and boiled in salt water before cooked and then used to make Chutney.
- ii) Leaves are fried in oil and used as vegetable.

4) *Amorphophalus commutatus* (Schott.) Engl. **Mogarikand (Araceae)**

- i) Rhizome is sliced and kept overnight in water to remove bitterness and used as vegetable.
- ii) Flowering stalk is used to make Curry and Chutney.

5) *Cardamine tricarpa* Hochst.ex. A. **Rich Ranghevada (Brassicaceae)**

- i) Leaves and pods are used as vegetable.

6) *Capparis zelanica* L. **Waghoti (Capparaceae)**

- i) Fruits are sliced and kept overnight in water and used as vegetable.

7) *Celocia argentia* (L.) **Kurdu (Amaranthaceae)**

- i) Leaves are used to make Chutney along with Mint leaves.

8) *Chenopodium murale* (L.) **Chil (Chenopodiaceae)**

- i) Whole plant is chopped and fried in oil along with spices and used as vegetable.
- ii) The plants is sliced and boiled in salt water along with Chilli powder and given to eat.

9) *Clerodendrum serratum* L. – **Bharangi (Verbanaceae)**

- i) Leaves are used as vegetable.

10) *Colocasia esculenta* (L.) Schott. - **Aalu (Araceae)**

- i) The leaves are rolled with a paste of gram flour and spices and fried in oil and used as vegetable.

11) *Cordia dichotoma* G. Forst – Bokhar (Boraginaceae)

i) Raw fruits are pickled.

12) *Diopyros laxiflora* (L.) Aaval (Ebenaceae)

i) The fruits are plucked and used to made pickle.

ii) Fruits are chopped, dried in sunlight and used as vegetable.

13) *Dioscorea bulbifera* (L.) Jaicha – mor (Dioscoreaceae)

i) The inflorescence is used to make Chutney.

ii) Tubers and bulbils are eaten.

14) *Hibiscus sabdariffa* L. Ambadi (Malvaceae)

i) Flowers are leaves are cookrd and used as vegetable.

15) *Meyna laxiflora* Robuns. Aaval (Rubiaceae)

i) Fruits cooked and used as vegetable.

ii) Fruits are pickled.

16) *Momordica diocia* (Roxb ex Willd. Kartule (Cucurbitaceae)

i) Fruits are sliced, cooked and used as egetable.

ii) Fruits are dried in sunlight and stored in air tight bottles and used for cooking.

17) *Moringa concanensis* (Nimmo ex. Dalz. & Gibs. Jangli Shewaga (Moringaceae)

i) Pods are made into pieces and boiled in water and used as vegetable.

ii) Inflorescence is used to make Chutney.

18) *Portulaca oleracea* L. Ghol (Portulacaceae)

i) Entire plant is used as vegetable.

ii) Leaves and stems are grind with coriander, garlic and groundnut and used as supplementary food.

19) *Vigna vexillata* (L.) Walp Halunda (Fabaceae)

i) Seeds boiled in water with salt and turmeric and given to childrens for eating.

ii) Seeds are fried with spice in oil and eaten.

Result and Discussion

The tribals and the villagers of the of Malegaon region from Nashik district have good knowledge of wild edible plants. The local peoples use these plants in their daily diet for various purposes. The village elder peoples and the Vaidu, Bhagat, Medicine man narrate their ancestral data with uses and preventive measures. The present study reveals 19 species belonging to 19 Genera and 16 Families. The bulbils of *Dioscorea bulbifera* are eaten raw for good

health. The fruits of *Meyna laxiflora* are cooked and pickled and helpful in illness. The leaves and flowers of *Moringa concanensis* rich in iron and used to make soup and chutney. The seeds of *Vigna vexillata* are rich in proteins and have various benefits in daily diet. The wild plants are rich in vitamins and nutrients, many times this plants used by tribal peoples to cure various diseases. Root, Stem, Leaves, Flowers, Fruits and seeds are used to make various recipes through different ways. Different tribes have different methodologies and recipes to use the wild plants.

References

1. Almeida, M. R., 2001, Flora of Maharashtra, Vol III, Orient Press, Mumbai.
2. Almeida, M. R., 2003, Flora of Maharashtra, Vol IV, Orient Press, Mumbai.
3. Dhore, M. M., Lachure, P. S., Bharsakale, D. B., & Dabhadkar, D. K., 2012, Exploration of some wild edible plants of Digras tahsil, Dist – Yavatmal, Maharashtra, India., International J of Sci & Resh Publ, 2 (5), 1 – 4.
4. Deshpande, S., Joshi, R., & Kulkarni, D. K., 2015, Nutritious wild food resources of Rajgond Tribe, Vidarbha, Maharashtra state, India, Indian J of Fundamental and Applied Life Sciences, 5 (1) 15– 25.
5. 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
6. Patil, M. V., 2000, Some more wild edible plants from Nasik district, Anct. Sci. of Life, 19 (3 & 4), 102 – 104.
7. Sharma, B.D. and P. Lakshminarsimha (1986). Ethnobotanical studies on the tribals of Nasik district (Maharashtra) J.Econ.Tax Bot 8(7):39-454.
8. Sinha, R. & Lakra, V., 2005, Wild tribal food plants of Orissa, Indian J of Traditional Knowledge, 4 (3) 246 - 252.
9. Singh, K.S., 1998, People of India, National series, Vol. V, India's Communities, Anthropological survey of India, Oxford University Press, New Delhi. Journal of Global Biosciences Vol. 8(2), 2019 pp. 5936-5945 ISSN 2320-1355 www.mutagens.co.in 5945