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**Monsoon Wild Edible Plants and their Utilization in Traditional Recipes of Dahanu Taluka of Palghar District, Maharashtra State, India**

**Dakshata Patil**

Research Scholar

Department of Botany, S.D Arts, V.S. Apte Commerce and M.H. Mehta Science College,  
Palghar-401404

&

**Jayananda Tosh**

Research Guide

Department of Botany, S.D Arts, V.S. Apte Commerce and M.H. Mehta Science College,  
Palghar-401404

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**Abstract**

*This paper deals with the status of monsoon wild edible plants and their traditional utilization as diet recipes by tribal communities of Dahanu Taluka. Total 46 species belongs 43 genera and 31 families of monsoon wild edible are documented. Out of 46 species 17 were herbaceous, 12 shrubs, 08 climbers/twinners/ creepers and 09 trees. 24 species are consumed as leafy vegetables, 14 species fruit, 4 species flower and 4 species stem, 3 species tubers and rhizome. All plants arranged alphabetically in the tabular form followed by families, local name, habit, and plant parts used.*

**Keys words:** Dahanu Region, Monsoon Wild Edible Plant, Traditional Recipes.

**1. Introduction**

During Monsoon season various types of wild edible plants are consumed as a source of food. Tribes of Dahanu taluka use wild plants for various purposes. e.g. food, Fodder, medicine, various religious activities making agriculture tool and house making etc. (D. Patil, 2017, Tosh, 1996, 2004 and 2012). Diversity in the wild vegetables not only gives variation in diet but also provides nutritional diversity (Tabassum Khan 2014). Developing countries like India where food insecurity, malnourishment, poverty is more acute, potential of wild vegetables in providing food nutrition, source of income and livelihood in rural setting can be acknowledged (Kakade 2014). Some publication only deals with enumeration of wild useful plants and their uses (D. Patil *et.al.*2017, Dipankar Seb. 2015, Atram S. 2015, Deshmukh *et.al.* 2011, K.Yesodhran *et.al.*2007, Chaithanya V. *et.al.*2015, Kulkarni *et.al.*2003, Sundriyal & Sundriyal 2004, Wehmeyer & Rose 1983). There were no work that records the diversity and usability of monsoon wild edible plants in Dahanu. Therefore present study was planned to document the diversity in monsoon wild edible plants used by rural as well as urban people of Dahanu.

**2. Materials and Method**

Dahanu taluka lies between 19°58' N latitude and 72°44' longitudes. During the Manson season climate condition of Dahanu taluka is temperature 26.4° C and average rainfall 756 mm. Main tribal communities present in Dahanu are Adivasis (Warli, Dubla, Dhodi), Bhandari (Agari) Mangela and Bari. Study carried out during the month of June 2018 to Sep 2018. The information related to wild edible plants obtained through household survey, semi-structured interview and informal discussion with experienced and elderly tribal people. Interview were asked to know about the plants vernacular names of plant, part use, kind of traditional recepies preparation filed data has been noted in the field diary. In each and every visit specimen were collected. Species

identification was confirmed by using flora (Cooke T. 1901-1908) and Flora of Maharashtra (1996). And persevered in the form of herbarium and photography.

### 3. Enumeration of Recipes

1. *Begonia crenata*, Dre, *Boerhaavia diffusa*, Linn., *Cassia tora*, Linn., *Carissa carandus*, Linn., *Celosia argentea*, Linn., *Chlorophytum tuberosum*, Bak., *Commelina benghalensis*, Linn., *Cryptocoryne retorspiralis*, Kunth., *Hydrocotyle asiatica*, Linn., *Ipomea aquatica*, Forsk., *Ipomea seperia*, Koenig., *Leea indica*, Burm, *Leea macrophylla*, Roxb., *Oxalis corniculata*, Linn., *Oxystelma esculentum*, R. Br., *Oroxylum indicum*, Vent., *Peucedanum grande*, Clarke., *Portulaca oleracea*, Linn. Leaves are cut into small pieces and cooked with salt, chilly, turmic and mustard seed, curry leaves and onion in oil.

2. *Basella alba*, Linn. Leaves cut into small pieces added besan, turmeric, salt and make 'Bhaji'.

3. *Randia dumetorum*, Lamk. Unripe fruit cut into small pieces add turmeric cooked with salt, chilly, turmic and garnished by mustard seed, curry leaves and onion in oil.

4. *Amorphophallus commutatus*, Eng.- Take inflorescence of this plant to frist of all remove the stigma (yellow colour) then cut into small pieces. Add onion, tamind/unripe fruit of *Garuga pinnata*, Roxb. destroy itching properties, turmeric chili powder. Sometime some people add to dry fishes like dry bombaduct.

5. Pickles – Unripe fruit of *Garuga pinnata*, Roxb., *Cordia myxa*, Linn. and *Spondias mangifera*, Willd. are cut into small pieces put into chili powder, turmeric small quantity of oil and salt.

6. *Oroxylum indicum*, Vent.- Pods are cut into small pieces added into boiling water then put into cold water for 5 hours. After 5 hours make curry with dry fishes.

7. *Dioscorea bulbifera*, Linn. –Tubers are boil in water add turmeric powder to destroy itching properties.

### 4. Result and Discussion

During the field survey 46 species of wild edible plant were documented that belong to 43 genera 31 families. **Life forms** indicated that herb were dominating (37%) followed by Shrubs (26%), tree (19 %) and climbers/ twinners / creepers (18%). Fig.1.Plants part- Out of these mansoon wild edible plants 52% species was used as leafy vegetables, 30% species fruit, 8% species flower and stem/shoot and 6% species of tubers (Fig.2). Percentage of protein, mineral content in wild edible and leafy vegetables are equal or even more than the conventional leaf vegetables (J. Tosh 2018). *Hydrocotyle asiatica*, Linn. And *Commelina benghalensis*, Linn. have been found to be very good source of protein ( Kulkarni et al.,2003). Tuber of *Dioscorea bulbifera*,Linn. , leaves of *Oxalis corniculata*, Linn. And *Cassia tora*, Linn. are good sources carbohydrates, protein and dietary fibres. Species of *Portulaca oleracea*, Linn., *Hydrocotyle asiatica*, Linn. And *Cassia tora*, Linn. are good source of iron ( *Kanchan Lata Vishwakarma et.al.,2011*)

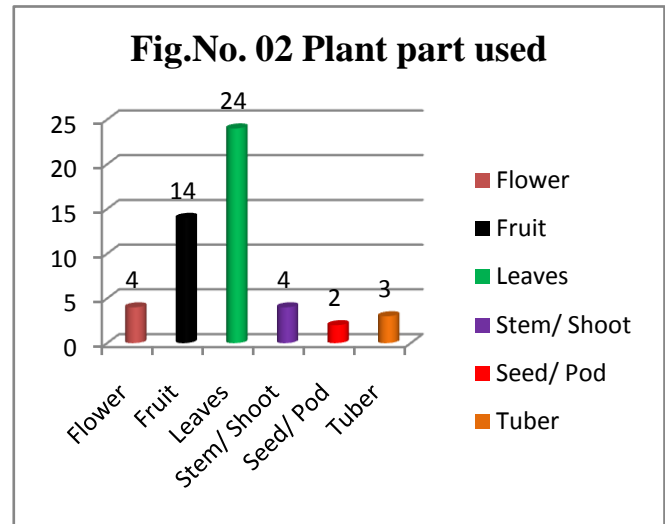
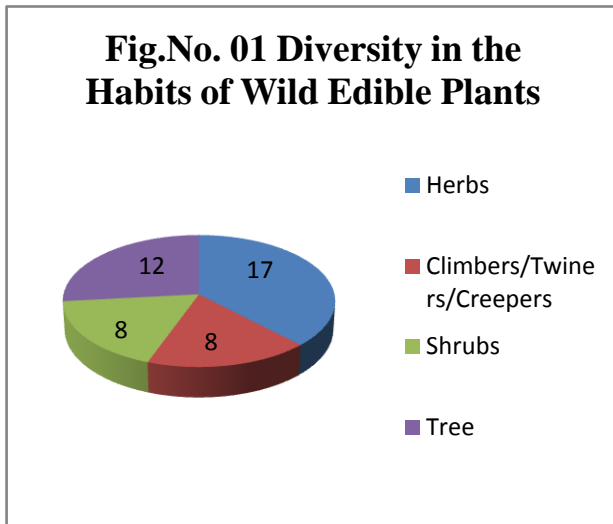
**Table No. 01 Manson Wild Edible Plant**

Sr. No	Botanical Name	Family	Local Name	Habit	Edible Parts
1	<i>Annona squamosa</i> , Linn.	Annonaceae	<i>Sitaphal</i>	Tree	Fruit
2.	<i>Annona reticulata</i> , Linn.	Annonaceae	<i>Ramphal</i>	Tree	Fruit
3.	<i>Asparagus racemosus</i> , Willd.	Liliaceae	<i>Satavari</i>	Shrub	Tuber
4.	<i>Amorphophallus commutatus</i> , Eng.	Araceae	<i>Shevla</i>	Herb	Inflorescence

5	<i>Antidesma diandrum</i> , Roth.	Euphorbiaceae	-----	Tree	Fruit
6.	<i>Basella alba</i> , Linn.	Basellaceae	<i>Velbondi</i>	Twiner	Tender Leaves
7	<i>Bauhinia acuminata</i> , Linn.	Leguminisae	<i>Koral</i>	Shrub	Leaves
8	<i>Begonia crenata</i> , Dryand.	Bigoniaceae	-----	Herb	Leaves
9	<i>Boerhaavia diffusa</i> , Linn.	Nyctaginaceae	<i>Khapara</i>	Herb	Leaves
10	<i>Bridelia retusa</i> , Spr.	Euphorbiaceae	<i>Aasan</i>	Tree	Fruit
11	<i>Cassia tora</i> , Linn.	Leguminasae	<i>Takla</i>	Herb	Tender Leaves
12.	<i>Carissa carandus</i> , Linn.	Apocynaceae	<i>Karavanda</i>	Shrub	Young leaves
13.	<i>Celosia argentea</i> , Linn.	Amarantaceae	<i>Kurdu</i>	Herbs	Leaves
14.	<i>Chlorophytum tuberosum</i> , Bak.	Liliaceae	<i>Kuli</i>	Herb	Leaves
15	<i>Commelina benghalensis</i> , Linn.	Commelinaceae	<i>Kena</i>	Herb	Leaves
16	<i>Cordia myxa</i> Linn.	Boraginaceae	<i>Bokar</i>	Tree	Young fruit
17	<i>Costus speciosus</i> , Smith.	Scitamineae	<i>Kosht</i>	Herb	Tubers
18	<i>Cryptocoryne retorspiralis</i> , Kunth.	Convolvulaceae	-----	Herb	Leaves
19	<i>Dendrocalamus strictus</i> , Nees.	Graminae	<i>Bomboo</i>	Tree	Tendor shoot
20	<i>Dioscorea bulbifera</i> , Linn.	Dioscoraceae	<i>Kadu-karanda</i>	Climber	Tuber/bulbil
21	<i>Garuga pinnata</i> , Roxb.	Burseraceae	<i>Kakad</i>	Tree	Unripe fruit
22	<i>Grewia tilifolia</i> , Vahl.	Tiliaceae	<i>Dhaman</i>	Tree	Fruit
23	<i>Holarrhena antidysenterica</i> , Wall.	Apocynaceae	<i>Pandhara-Kuda</i>	Tree	Pods
24	<i>Holostemma rheedianum</i> , Spr.	Asclepidaceae	<i>Shidodi</i>	Twining shrub	Leaves , Flower & fruit
25	<i>Hydrocotyle asiatica</i> , Linn.	Apiaceae	<i>Bramhi</i>	Creeper	Leaves & young stem
26	<i>Impatiens balsamina</i> , Linn.	Balsaminaceae	<i>Terda</i>	Herb	Stem
27	<i>Ipomea aquatica</i> , Forsk.	Convolvulaceae	<i>Nali</i>	Herb	Leaves & young stem
28	<i>Ipomea sepiaria</i> , Koenig,	Convolvulaceae	<i>Amti-vel</i>	Herb	Tender leaves
29	<i>Lantana camera</i> , Linn.	Verbenaceae	<i>Ghaneri</i>	Shrub	Fruit
30	<i>Leea indica</i> , Burm.	Vitaceae	-----	Shrub	Leaves
31	<i>Leea macrophylla</i> , Roxb.	Vitaceae	<i>Dinda</i>	Shrub	Leaves
32.	<i>Meyna laxiflora</i> , Robyns.	Rubiaceae	<i>Alu</i>	Shrub	Unripe fruit
33.	<i>Oxalis corniculata</i> , Linn.	Geraniaceae	<i>Ambusi</i>	Herb	Leaves
34	<i>Oxystelma esculentum</i> , R. Br.	Asclepidaceae	<i>Dudhali</i>	Climber	Leaves & flower
35	<i>Oroxylum indicum</i> , Vent.	Bignoniaceae	<i>Tetoo</i>	Tree	Young leaves & flower
36	<i>Passiflora foetida</i> , Linn.	Passifloraceae	<i>Veli-ghani</i>	Climber	Fruit
37	<i>Peucedanum grande</i> , Clarke.	Apiaceae	<i>Bhapali</i>	Herb	Leaves
38	<i>Polygonum glabrum</i> , Willd.	Polygonaceae	<i>Sheral</i>	Herb	Young shoot
39	<i>Physalis minima</i> , Linn.	Solanaceae	<i>Ran-popati</i>	Herb	Fruit
40	<i>Portulaca oleracea</i> , Linn.	Portulacaceae	<i>Khapra</i>	Herb	Leaves
41	<i>Radermachera xylocarpa</i> , K.Schum.	Bignoniaceae	<i>Kharsheng</i>	Tree	Pod
42	<i>Randia dumetorum</i> , Lamk.	Rubiaceae	<i>Pendar</i>	Shrub	Fruit
43	<i>Schleichera trijuga</i> , Willd.	Sapindaceae	<i>Kosimb</i>	Tree	Fruit
44	<i>Solena amplexicaulis</i> , Lam.	Cucurbitaceae	<i>Gometi</i>	Climber	Fruit
45	<i>Spondias mangifera</i> , Willd.	Anacardiaceae	<i>Aambada</i>	Tree	Fruit
46	<i>Tectona grandis</i> , Linn.	Verbenaceae	<i>Sag</i>	Tree	Young Stem

### 5. Conclusion

To create community awareness to accept wild food plant and introduced in cultivation. This will improve food scarcity, malnutrition in tribal area and to conserve harvesting of wild edible plants as well as maintain the region's biodiversity.



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**Plate No. 01 Cooked Wild edible Plants**



## Research Paper

**A.** Discussion with Tribal People Robyns.

**B.** *Oroxylum indicum*, Vent.

**C.** *Meyna laxiflora*,

**D.** Wild Vegetable Dish myxa. Linn.

**E.** *Dendrocalamus strictus*, Nees

**F.** Pickle of Cordia

**G.** *Chlorophytum tuberosum*, Bak Tectona grandis

**H.** Young leaves of Cassia tora, Linn.

**I.** Young Stem of