

EDIBLE WILD VEGETABLES OF SERCHIP FOREST DIVISION OF MIZORAM

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Introduction

Forests play an important role in the lives of the people living in the hills by providing a diversity of valuable proportion of their dietary need (Grivette and Ogle, 2000). Utilization of wild edible plants as food source is an integral part of the culture of indigenous people that dwell in the forest of Africa, America and Asia (Arora and Pandey, 1994., Asfaw and Tadesia, 2001; Ogloyo and Hansen, 2003; Addis *et al.*, 2005; Bussmann *et al.*, 2006). Wild edible forest vegetables have played a key role in the daily life of the tribal people nutritional need, medicinal use, income generation and poverty alleviation (Sundriyal and Sundriyal, 2001). The people have acquired their knowledge of many wild vegetables by trial and error method and this information passed from one generation to the other orally. But at present this knowledge is fast changing due to developmental activities (Singh *et al.*, 2007; Binu, 2010).

The ethnic groups of Mizoram have a rich knowledge of wild edible forest vegetable plants and its consumption is still an integral part of rural lives. With this background the study was undertaken to document the wild vegetable information of the Serchip Forest Division.

Study area

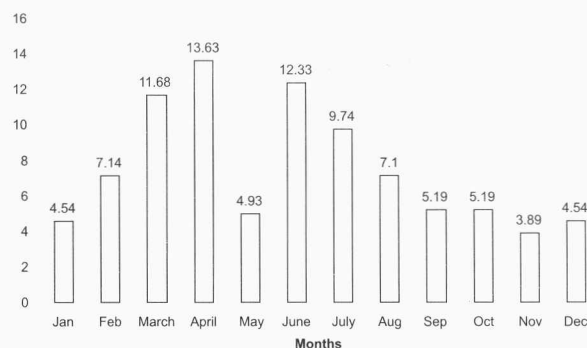
The study area is confined to Serchip forest division, latitude 23°N to 23°15'N and longitude 92°45'E to 92°70'E in the state of Mizoram. It occupies a total area of 1422 Km² with altitude ranging from 912m to 1281m amsl. Forest cover is both primary and secondary type comprising tropical and sub-tropical forest types. The region is characterized by hilly terrain diverse ecosystem dominated by different ethnic groups like Mizo, Hmar and Paite hill tribes. The ethnic communities dependence is of utmost importance in their daily lives.

Material and Methods

The Forest Division, Serchip was surveyed for forest vegetable yielding plants from January 2009 to

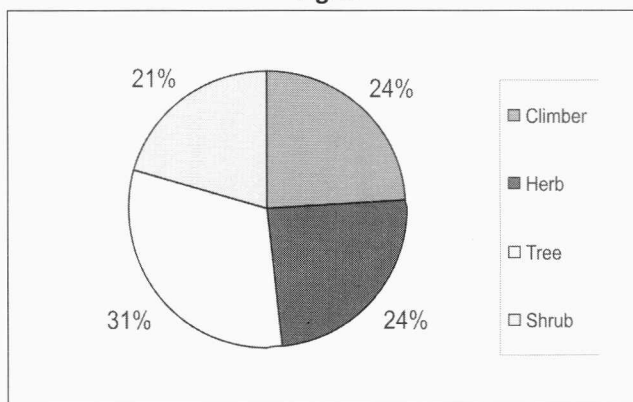
December 2009. Services of local guides, informants were utilized to locate and get reliable information and also to collect the wild vegetables. To getting the information on their uses, including parts used, mode of preparation, etc., interviews were conducted with the villagers men and women. Collected plants were identified with the help of flora (Kanjilal *et al.*, 1940; Hooker, 1975) and other available references.

Fig. 1



Percentage of wild forest vegetables consumed during different months of the year.

Fig. 2



Percentage of herb, shrub, climber and tree of wild forest vegetables in Serchip.

Table
Edible plants of Serchip Forest Division.

Sl. No.	Scientific Name	Family	Local Name	Habit	Edible Part (s)	Form of Uses	Available Months
1	<i>Acacia penneta</i> Forst.	Mimosaceae	Khanghu	Climber	Young shoot	Boiled / fried / roasted	Feb to April
2	<i>Alternanthera sessilis</i> Linn.	Amaranthaceae	An-ngha-ril	Herb	Leaves	Boiled / fried / roasted	Feb to May
3	<i>Amaranthus spinosus</i> Linn.	Amaranthaceae	Lenhling	Herb	Tender leaves	Boiled / fried / roasted	April to July
4	<i>Amomum dealbatum</i> Roxb.	Zingiberaceae	Aidu	Herb	Roots	Boiled / fried / raw	May to August
5	<i>Aralia foliosa</i> Seem.	Araliaceae	Chimchawk	Tree	Tender leaves	Boiled / fried	March to May
6	<i>Arenga pinnata</i> Labill.	Palmae	Thangtung	Tree	Tender pith	Boiled	Throughout the year
7	<i>Blumea alata</i> (Roxb) DC	Compositae	Buar	Herb	Tender leaves	Fried / boiled	March to June
8	<i>Calamus erectus</i> Roxb.	Araceae	Thilte	Climber	Shoot	Boiled / raw	May to July
9	<i>Calamus flagellum</i> Griff.	Araceae	Hruipui	Climber	Shoot	Boiled / raw	May to July
10	<i>Caryota urens</i> Linn.	Araceae	Tum	Tree	Pith, young shoot	Boiled/fried	Throughout the year
11	<i>Cassia occidentalis</i> Linn.	Caesalpinaceae	Reng an	Shrub	Tender leaves	Boiled	April to July
12	<i>Centella asiatica</i> (Linn.) Urban	Umbelliferae	Lambak	Herb	Leaves	Fried	Throughout the year
13	<i>Clerodendrum colebrookianum</i> Walp.	Verbanaceae	Phuihnam	Tree	Tender leaves	Boiled/fried	March to June
14	<i>Dendrocalamis longispathus</i> Kurz.	Poaceae	Rawnal	Shrub	Shoot	Boiled / fried / pickled	May to September
15	<i>Derris thyriflora</i> D. Don.	Papilionaceae	Hulhu	Climber	Young leaves	Boiled / fried	May to August
16	<i>Diplazium maxima</i> (Buch.Ham.) Merr.	Polypodiaceae	Chakawk	Herb	Tender leaves	Boiled / fried	Feb to April
17	<i>Dysoxylum gobara</i> (Buch-Ham.) Merr.	Meliaceae	Thingthupui	Tree	Tender leaves, flower	Boiled / fried	March to May
18	<i>Eurya ceradifolia</i> Forst.	Theaceae	Sihneh	Tree	Tender leaves	Boiled	March to May
19	<i>Gnetum gnemone</i>	Gnetaceae	Pelh	Climber	Tender leaves, flower, shoot	Boiled / fried	June to August
20	<i>Hodgsonia macrocarpa</i> (Bl) Cogn.	Cucurbitaceae	Kha-um	Climber	Seeds	Roasted / fried	August to October
21	<i>Lycanthes leavis</i> Linn.	Solanaceae	Va-ni-an	Shrub	Leaves	Boiled	April to June
22	<i>Marsdenia maculata</i> Wall.	Cucurbitaceae	An-kha-pui	Climber	Shoot	Boiled	Feb to July
23	<i>Melocanna baccifera</i> (Roxb.) Kurz.	Poaceae	Mautak	Shrub	Shoot	Boiled / fried / pickled	March to October
24	<i>Musa paradisiaca</i> Roxb.	Musaceae	Changel tumbu	Herb	Inflorescence, pith	Boiled / fried/ pickled	Throughout the year
25	<i>Parkia roxburghii</i> (A.Dc.) Merr.	Mimosaceae	Zawngtah	Tree	Fruits	Raw / fried / boiled	Oct to April
26	<i>Semicarpus anacardium</i> Linn.	Anacardiaceae	Kawhtebe	Tree	Fruits	Boiled / fried	Dec to March
27	<i>Solanum nigrum</i> Linn.	Solanaceae	Anhling	Shrub	Leaves	Boiled / fried	Throughout the year
28	<i>Smilax perfoliata</i> Roxb.	Liliaceae	kai-ha	Shrub	Tender leaves	Boiled / roasted	April to May
29	<i>Zanthoxylum rhetsa</i> (Roxb.) DC	Rutaceae	Chingit	Tree	Young leaves, shoot	Boiled	March to June

SUMMARY

The study highlights the knowledge on different wild forest vegetables used by the ethnic group of Serchhip forest division in Mizoram. Total of 29 plant species have been documented from the area which include trees, shrubs, herbs and climbers. The edible parts consumed as vegetables are young shoots, leaves, stems, pith, flower and seed. They are eaten raw, fried, roasted, boiled or cooked.

Keywords: Edible, wild vegetable, ethnic group, Serchip Forest Division.

मिजोराम के सरेचिप वन मण्डल की खाद्य जंगली वनस्पतियाँ

रामचन्द्र लाहा व लालमंगईजुआली रालते

सारांश

यह अध्ययन विभिन्न जंगली वनस्पतियों के ज्ञान पर प्रकाश डालता है जिन्हें मिजोराम के सरेचिप वन मण्डल में रहने वाले जाति वर्ग उपयोग में लाते हैं। इस क्षेत्र से कुल 29 पादप जातियाँ प्रलेखित की गई हैं जिसमें वृक्ष क्षुप, शाक और आरोहियाँ (या बेलें) सम्मिलित हैं। खाए जाने वाले पादप भाग वनस्पतियों की नई कोपलें, पत्तियाँ, तनों का गूदा, फूल और बीज होते हैं। इन्हें कच्चा, भूनकर, सेंककर, उबालकर या पकाकर खाया जाता है।

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