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Study of palatable food items prepared from wild edible plants by Surkuda villagers, Amgaon region, Gondia district (M.S.)

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Abstract
The tribal communities have been largely dependent on the wild plants for various purposes. Surkuda village is belonging to Amgaon Tahsil of Gondia district. People of the village are engaged in agricultural works and living in vicinity of the small patches of forest. Since long time they used wild edible plants for fulfillment of their hunger in the form of raw fruits, leaves after cooking and parts of the plants for the preparation of palatable food items. Same village was undertaken for the study of palatable food items prepared by locals from wild edible plants. For that several visits were carried out during investigation. Total 22 plants were documented used by villagers.

Keywords: wild plants, tribal communities, Surkuda village, traditional uses, Gomdia dist

Introduction
Wild edible plants are the precious gift of our nature of the country. Several studies been and most of the ethnic communities are strongly conducted on documentation of traditionally used depends on it for their day-to-day life. There were no works that are not only supplement to the food quantity, but also an investigate the utilization of wild edible plants for making important option during starvation for survival and thus traditional recipes used by different ethnic communities of makes significant contribution to the human nutrition (Deb D *et al.*, 2013) [1].
Consuming wild edibles is a part of the food habits of people in many societies and intimately connected to virtually all aspects of their socio- cultural, spiritual life and health. It plays a major role in meeting the nutritional requirement of the tribal population in remote parts of the country throughout the year. Knowledge of non-domesticated food resources is part of traditional and unstated ecological knowledge, and is largely transmitted through socialization within cultural and household contexts. The diversity in wild species offers variety in family diet and contributes to household food security. The contributions of forest foods that make food security can be categorized into three main ways viz. providing a supplementary source of food, as seasonal foods in the diet and as emergency food supplies during periods when others are unavailable (Rashingam, 2012) [3].
Thus, present study undertaken to study palatable food items prepared from wild edible plants by Surkuda villagers belonging to Amgaon Tahsil of Gondia district (Maharashtra).

Review of Literature
Rajasab and Isaq (2004) [4] documented folk knowledge of 51 plant species as edible from North Karnataka. Nedelcheva A. (2017) [3] studied an Ethanobotanical study of wild edible plants in Bulgaria. Angami *et al.* (2006) studied status and potential of wild edible plants of Arunachal Pradesh, in which they recorded about 118 wild edible plants. Kar and Borthakur (2007) [5, 6] reported 29 wild vegetables those are used by *Karbi* tribe and also sold in local markets in Assam. Kayang (2007) [7] documented tribal knowledge on wild edible plants of Meghalaya. He recorded total 110 wild growing plants, which are eaten whole or in part by the local people and also enumerated and discussed various aspects of the wild plants used by *Khasi*, *Jaintia* and *Garo* tribes. Pal *et al.* (2008) [9] reported 27 high altitude plant species from Nubra valley were identified as wild edible plants and used for the preparation of Ladakhi dishes. Shangso chonma, Ldum chonma, Thanthour chonma, Kabra chonma and Phololing chamyk were some of the famous traditional Ladakhi food items prepared from the wild edible plants. Dubey *et al.* (2009) [12] studied *Dillenia pentagyna* Roxb., an endangered tree species, was collected, which accounts for many ethnical uses in Vindhya region of Madhya Pradesh. Nazarudin (2010) [8] studied nutritional composition of some lesser known fruits used by the ethnic communities and local folks of Kerala. Sasi *et al.* (2011) [10] studied and documented indigenous knowledge of wild edible plant resources from the *Irulas* tribe of Kotagiri at Nilgir Hills. A total of 50 plants were identified that the tribal communities of the study area fulfilled their food deficiency by supplementing wild food plants in their daily diet. Song *et al.* (2013) [14] analyzed and recorded traditional knowledge of 164 wild edible plants utilized by indigenous people living on Jeju Island in Korea. Shirai and Rambo (2014) [11] reported 54 plant species from North East Thailand as wild edible species. Monkey jack (*Artocarpus gomenzianum* Wall ex. Trecul) an underutilized edible and medicinal plant of Central Western Ghats has been studied by Sarala and Krishnamurthy (2014) [15] for distribution, harvesting, morphology and juice yield, processing, preservation and powder yield at various regions of Central Western Ghats. Recently, Setiya *et al.* (2016) [16] reported 61 wild edible plant species consumed by aboriginals from Gadchiroli district of Maharashtra state, India.

Topograpy and General Features of Gondia District
Gondia district is situated on North-Eastern side of

Maharashtra state. It extends from 20.38 and 21.38^0 North latitudes and 79.227^0 to 82.42^0 East longitudes. The adjoining districts to Gondia are on Northern side Balaghat district of Madhya Pradesh and one astern side Rajnandgaon district of Chhattisgarh state. The district covers an area 4843.12sq.km of which 2644.70 sq.km falls under reserved forest area and 846.15 sq.km under protected forest. Remaining forest area is categorized in to miscellaneous and reserved forest under wildlife.

Wainganga River is the largest and most important river. Rivers like Bagh, chulbandh, Gadhvi and Bawanthadi are tributaries of river Wainganga. There are few perennial springs in the district because of schistose and gneissic rocks that underline most of the area.

The whole area of the district is rolling and opens at an average elevation of 250m to 300m with highest elevation to south west i.e.714m (Navegaon Hills) above sea level.

The climates of the district is characterized by a hot summer, well distributed rainfall during the south–west monsoon season and generally dry weather during the rest of the year. The average rainfall till 26 September 2016 is 1988. 39mm.The highest maximum temperature recorded at Gondia was 47.50C and the lowest recorded was 6.0 ^{0}C.

Amgaon Tahsil

Amgaon Tahsil (20^{0}39'0" N 79^{0}57'0" E) is one of the eight Tahsil of Gondia District which is situated East of Gondia district. Adjoining district of Amgaon on North side Balaghat district of Madhya Pradesh and on Eastern side is Salekasa Tahsil of Gondia district. To the West side is Gondia and Goregaon Tahsil of Gondia District. To the South side is Deori Tahsil of Gondia District. The Tahsil covers an area of 32112.21 sq. hectors of which 6266.144 sq. hectors fall under forest area. Out of the total forest area 597.100 sq. hectors under reserve forest area; 2718.594 sq. hectors under protected forest area and 2520.860 sq. hectors under zudpi jungle. Remaining forest area i.e. 127.592 sq. hectors fall under miscellaneous forest. Bagh River is the most important river.

The whole area of the district is rolling and opens at the average elevation of 320 m above sea level. There are no major dams are present in the Amgaon. Apart from this, more than 80 small tanks are present in the Amgaon Tahsil. These tanks are the vital source of irrigation of the Tahsil. The climate of the Tahsil is similar as district with a few variations. The average rain fall till 26th September 2016 is 1734.5 mm which at Lowerside than district average (+1988.39 mm).

Surkuda Village

According to Census 2011 information the location code or village code of Surkuda village is 537949. Surkuda village is located in Amgaon Tehsil of Gondiya district in Maharashtra, India. It is situated 13 km away from sub-district headquarter Amgaon and 21 km away from district headquarter Gondiya. As per 2009 stats, Surkuda village is also a gram panchayat. The total geographical area of village is 231 hectares. Surkuda has a total population of 712 peoples (Of which 378 males and 334 females). There are about 159 houses in Surkuda village. Gondia is District place which is approximately 21km away.

Thus, present study was undertaken to explore the knowledge of palatable food items used by villagers of study area.

Map of Amgaon Tehsil

Satellite Map of Study area

Plan of Work

The present work was undertaken to study the palatable food items prepared by Surkuda villagers from wild edible plants. The methodology used for study is given in following paragraphs.

Study Area: Study was conducted in Surkuda village where people are living in vicinity of forest since long times as well as most of them are farmers. Surkuda village belonging to Amgaon block of Gondia district, Maharashtra state (India). From Tahsil place study area is about 12 km away.

Data collection: Detailed information about preparation of palatable food items from wild edible plants was gathered from housewives, farmers, workers, shepherds etc. field work was completed with the aid of local people. Photographs of wild edible plants were taken and identified with help of available literature.

Observations and Results

During the investigation, total 22 wild edible plants were recorded those used by villagers for preparation of palatable food items. All the documented plant species were enumerated with their Botanical names, family, local names, description, part used and uses as follows.

Enumerations of Taxa

1. *Amaranthus spinosus* L

Family- Amaranthaceae

Description- Herbs c 30 cm long, erect. Leaves 2-6 x 0.5-3.5 cm, ovate, rhomboid or oblong. Spikes pale green, 2.0-9.5 cm long, simple or branched. Utricles 1.0-1.5 mm long, conical, thickened at top, rugose. Seeds shining, discoid, c 1 mm across.

Fls. & Frts.: July- February.

Local name- Mathbhaji

Part used- Leaves & tender shoot

Uses- Leaves and tender shoots are cooked and used as vegetable. Sometimes wade items are prepared.

2. *Amorphophallus bhandarensis* Yadav, Kahalkar and Bhuskute

Family- Araceae

Discription- Tuberous herb; tuber globose, 5-7 cm in diam., 3-4.5 cm thick producing short rhizomatous offsets. Leaves 3-sect.; segments pinnatisect; petiole smooth, 40-55 cm in height, cylindric, 1.5-2 cm in diam., blotched with very fine peculiar patterns of tiny dark black lines or spots scattered over; rachis winged; leaf lobes lanceolate, acuminate, terminal forked, 7-19 cm x 3-5 cm, lateral nerves distinctly uniting into marginal vein. Inflorescence long, peduncled, smooth, appearing before leaves; peduncle 35-55 cm long, 1.5-2 cm in diam., blotched with peculiar patterns of tiny dark black lines or dots; spathe erect, broadly ovate, tip acute, 14-15.5 cm long, 3.5-4 cm in diam., convolute, outside brownish pale green with numerous fine veins, inside purplish, dark brown at base. Spadix stipitate, 15.5-16.5 cm long, longer than spathe. Female flower zone 3.5-4 cm long; male flower zone 4.5-5.5 cm long; neutral zone between male and female zone, 1.5-2 cm long with conical, rhomboidal neuter flowers, purple at top; appendix 3.5-4 cm long, pale yellow, tapering towards apex. Female flowers closely arranged, green; ovary 2-4 locular with one basal anatropous ovule in each locule; stigma sessile 3-4 lobed, pale yellow, rounded or conical. Male flowers yellow, anthers truncate; opening by two apical pores. Berries ovoid, 2-4 seeded, globose, bright red at maturity.

Local name- Gaivar, Dhai, Vadal

Part used- Leaves

Uses: Leaves are grinded and mixed with rice flour and prepared chapattis and also used for vegetable. Chapattis also prepared from leaves.

3. *Amorphophallus paeoniifolius* (Dennst.) Nicols.

Family- Araceae

Description- Tubers depressed-globose, 20-25 cm in diam., dark brown. Leaves 30-90 cm broad; segments spreading, simple or forked; perioles 60-90 cm long, stout; leaflets 5.0 – 12.5 cm long, obovate or oblong, acute. Peduncles short, stout, elongating in fruit. Spathes campanulate, 15-25 cm broad, greenish-pink externally with pale ocellated blothes, base purple within. Spadices as long as spathes. Male inflorescence sub-turbinate, c 7.5 cm long, 2.5-5.0 cm in diam. Berries red, 2-3 seeded, obovoid.

Fls. & Frts. June – September.

Local name- Suran, Zimikanda

Part used- Leaves and corm

Uses- Tender leaves along with petiole used for vegetable. Corm is eaten after roasting and also used for vegetable after cooking.

4. *Bambusa arundinacea* (Retz.) Willd

Family- Poaceae

Description- Culms tall, up to 25 m, branching from all nodes from base upwards. Leaves 17.5 -20.0 x 2.5 cm, linear or linear – lanceolate, apex stiff, base rounded, ciliate. Inflorescence of enormous, leaflets, compound panicles. Spikelets 1.2-2.5 x 0.5 cm, lanceolate. Caryopsis oblong, beaked by style bases, grooved on one side.

Fls. & Frts.: once in life time (100 years) often during September- May.

Local name- Bamboo, Bans

Part used- Shoot and seed

Uses- Locally young shoots is known as *wasta*. It is cooked and used for vegetable. It is also used for making *wade*.

5. *Bambusa vulgaris* Schrad

Family- Poaceae

Description- Culms woody, 5- 15 m tall, green, yellow or striped, nodes with a hairy ring. Leaves linear-lanceolate, 6-8 – nerved, appressed hairy on both sides. Panicles large, leafy; spikelets 1.5 -2.1 cm long; lemmas 6-10; paleas as long as glumes; keels white-ciliate.

Fls. & Frts.: Once in life time (20 years?) often during September- February.

Local name- Vadud, Bans

Part used- shoot

Uses- Young shoot is used for vegetable and preparation of wade

6. *Benincasa hispida* (Thunb.) Cogn.

Family- Cucurbitaceae

Description- Herbs, stem branched. Leaves broadly ovate, 5-7-lobed, margins irregularly dentate; tendrils tender. Flowers yellow, monoecious, axillary, solitary. Fruits fleshy, hairy when young, waxy, bloom when mature. Seeds yellowish, compressed, ovoid.

Fls. & Frts. : June- October.

Local name- Kate-Kohda, Rakhiya

Part used- Fruit

Uses- Fruit is cooked for vegetable. *Bhogi* is the food items prepared from fruit pulp with mixing of jagery or sugar and cooked. Buliya is prepared with mixing of jagery or sugar and fried in oil.

7. *Cassia fistula* L

Family- Caesalpiniaceae

Description- Trees, c 10 m tall. Leaflets 4-8 pairs, 5.0-12.5 x 2.5-6.0 cm, ovate. Flowers yellow, in 24-40 cm long, lax, drooping racemes. Pods 2.0-2.5 cm across, indehiscent. Seeds numerous, embedded in dark coloured pulp.

Fls. & Frts. : April- October.

Local name- Bahava, Dhanbohar, Rela

Part used-Flower

Uses- Flower are boiled and cooked for vegetable.

8. *Colocasia esculenta* (L.) Schott

Family- Araceae

Description- Rootstocks tuberous. Leaves thinely coriaceious, peltate-ovate, cordate at base, upto 50 cm long; petiole erect up to 1.2 m long. Peduncles much shorter than the petiole. Spathe pale yellow, 15-35 cm long; tube greenish, oblong. Spadix much shorter than the spathe, rather slender. Female inflorescence as long as the sterile male inflorescence. Berries oblong, many-seeded.

Fls. & Frts. : July- November.
Local name- Aaki, Kochaimati, Ghuya, Kochai
Part used- Leaves and tuber
Uses- Leaves and tubers are used for vegetable. Leaves are rolled with *cajanus cajan* powder and prepared dish known as *badi*. Petiole also used for vegetable.

9. *Cordia dichotoma* Forst f.
Family- Boraginaceae
Description- Medium sized trees 5-10 m high; bark roug.
Leaves variable, 6-12 x 4-10 cm, broadly ovate, scabrous above, apex obtuse, base rounded or cordate. Floweres white, polygamous; male flowers larger than bisexual ones in cymose-panicles; calyx irregularly splitting; corolla-lobes oblong. Berries 0.6-2.5 cm long, ovoid, yellow or pink, glossy, supported by accescent calyx, pulp mucilaginous, edible.
Fls. & Frts. : February- June.
Local name- Selvat
Part used- Fruit
Uses- Ripe fruits are eaten and raw fruits are cooked for vegetable. Pickle is also prepared from fruits and stored for future use.

10. *Cheilocostus speciosus* (J. Koen) *C. D.* Specht
Family- Zingiberaceae
Description- Herbs, 2-3 m tall; rootstock tuberous; stems more or less woody at base. Leaves 15-30 x 3.0 -7.5 cm, subsessile, oblong or oblanceolate- oblong, acute or acuminate, often cuspidate, glabrous above, silky-pubescent beneath, base rounded. Inflorescence of dense spikes, 5.0 – 12.5 x 3.7-7.5 cm. Flowers white. Capsules globosely 3 gonous, c 2 cm in diam., red. Seeds black, aril white.
Fls. & Frts. August- February.
Local name- Kevkanda
Part used- Leaves and tuber
Uses- Leaves are used to make chapattis and tuber is cooked and used for vegetable.

11. *Cryptocoryne retrospiralis* (Roxb.) Kunth
Family- Araceae
Description- Herbs, roots fleshy, fibrous. Leaves radical, 7.5-45.0 x 0.6-2.0 cm, sessile or with a short stout petiole, midrib slender. Spathes subsessile, nearly as long as the leaves, deep green, streaked with purple. Male and female flowers separated by naked rhachis. Fruits c 1.2 x 0.8 cm, ovoid, on a solitary stalk. Seeds 2- seriate, oblong, subtrigonous.
Fls. & Frts. October – February.
Local name- Pakanbhed
Part used- Leaves
Uses- Leaves are crushed and grinded with soaked rice for making of *chilhe* and *chapattis.*

12. *Dendrocalamus strictus* (Roxb.) Nees
Family- Poaceae
Description- Culms 6-15 m tall, solid, tufted. Leaves 4.5-12.5 x 0.5-1.5 cm, linear lanceolate or ovate-lanceolate. Heads 1.5-3.5 cm in diam. Spikelets 0.8- 1.0 cm long, hairy, spinescent. Caryopsis c 0.7 cm long, ovoid to subglobose, brown, beaked with persistent style bases.
Fls. & Frts.: October- March.
Local name- Ranz, Katang- bamboo
Part used- Shoot
Uses- Young shoot is cooked for vegetable and also making of *wade.*

13. *Holarrhena pubescens* (Buch-Ham.) Wall. ex. G. Don
Family- Apocynaceae
Description- Trees or large shrubs, 3-4 m tall. Leaves 10-20 x 5-11 cm, ovate to elliptic, obtuse at base, obtusely acuminate at apex. Flowers white, in terminal, corymbose cymes, bracteates. Follicles 15-30 x 0.6-0.8 cm, cylindric, mottled with white spots. Seeds c 0.8 cm long, linear-oblong; coma of brown, deciduous hairs.
Fls. & Frts. February-June.
Local name- Kudwa
Part used- Flower and Fruit
Uses- Flowers and immature fruits are cooked and used for vegetable.

14. *Madhuca longifolia* (Koen.) Mac var. *lattifolia* (Roxb.) Chev
Family- Sapotaceae
Description- Trees, 13-16 m tall. Leaves 6.5 -20 x 3.5-10.0 cm, elliptic or elliptic-oblong, shortly acuminate at apex, rounded or acute at base. Flowers cream-coloured, in dense fascicles near tips of branches. Berries 2.5-5.0 cm long, ovoid, fleshy, markedly hairy at base. Seeds 1-4.
Fls. & Frts. February- May.
Local name- Mahu
Part used- Flower, Fruit and seed
Uses- Raw flowers are edible. Flower extract is called *Raab* and it is edible. Ripe fruits are edible. Oil is obtained from seeds and used as cooking oil.

15. *Mangifera indica* L
Family- Anacardiaceae
Description- Trees, c 15 m tall. Leaves 12-25 x 4-8 cm, crowded at apex of branches, oblong-lanceolate, coriaceous. Inflorescence of pubescent, terminal panicles. Flowers c 0.5 cm across, polygamous. Drupes 4-10 cm long, obliquely pyriform or obovoid; stone compressed, fibrous, hard.
Fls. & Frts.: January – June.
Local name- Marka, Aamba
Part used- Fruit
Uses- Raw as well as ripe fruits are edible. Raw fruit is used to make chutney, pickle and used in other vegetables.

16. *Olax psittacorum* (Willd) Vahl
Family- Olacaceae
Description- Shrubs, straggling, much branched, armed with slightly curved prickles on old wood. Leaves elliptic, ovate-oblong, apex obtuse or subacute, base roundish. Flowers white, in short, axillary racemes which are shorter than leaves. Fruits globose, yellow, apiculate, three-fourths enclosed in enlarged calyx.
Fls. & Frts.: August- April.
Local name- Haradphari, Bindranipor
Part used- Leaves and shoot
Uses- Young leaves and tender shoot cooked for vegetable.

17. *Oryza rufipogon* Griff
Family- Poaceae
Description- Herbs, c 1 m high, rooting at nodes. Leaves 30-40 cm long, ligulate. Spikelets in panicles; awns 4-10 cm long. Grains 0.5- 0.6 cm long, ellipsoid-oblong.
Fls. & Frts.: September- January.

Fls. & Frts.: June- December.
Local name- Karanga, Devdhan, Parsud
Part used- Seed
Uses- Seeds are cooked for *khir* and substitute of rice. Khir is prepared with mixing of sugar in it and boiled like rice.

18. *Senna tora* L
Family- Caesalpiniaceae
Description- Herbs, 30-60 cm high, annuals, erect. Leaflets 1.7-4.2 x 1.0 – 2.7 cm, obovate-oblong, glaucous. Flowers yellow, axillary, solitary or in pairs. Pods 10-16 x 0.5 cm, obliquely septate. Seeds 25-30, rhomboid.
Fls. & Frts.: August- February.
Local name- Toruta, Tarota
Part used- Leaves and seeds.
Uses- Young leaves are boiled and cooked for vegetable. Wade foods items *wade* are prepared from seeds.

19. *Smilax zeylanica* L
Family- Smilacaceae
Description- Scandent, vines; flowering branches slender, 4-angular, smooth or sparsely prickly, internodes 2.5 -5.0 cm long. Leaves rounded or truncate at base, rounded with a short cusp at apex; petioles 0.9 -1.5 cm long. Umbels 1-3 on short axis c 1.5 long; receptacles 2-40-flowered. Berries 0.6 -0.8 cm in diam.
Fls. & Frts. June- February.
Local Name- Sherdera, Ramdatun
Part used- Fruit and shoot
Uses- Ripened fruits are eaten. Tender shoot cooked for vegetable and sometimes wade are prepared.

20. *Tamarindus indica* L
Family- Caesalpiniaceae
Description- Trees, 15 m tall. Leaflets c 14 pairs, 1.6 x 0.5 cm, oblong. Flowers yellow in lax, few flowered racemes at tips of branchlets. Pods 10-15 x 0.5-2.5 cm, sub compressed, brown. Seeds upto 12, obovoid-oblong.
Fls. & Frts.: February – June.
Local name- Sitta, Chinch, Imli
Part used- Fruit and seed
Uses- Fruits are edible. Fruits are used in vegetables for sour taste. Germinated seedling
Cotyledons are roasted and eaten. Pods are used to make chutney which is very tasty and palatable in local language it is called as *chichoni.*

21. *Theriophonum minutum* (Willd) Baill
Family- Araceae
Description- Herbs, small; tubers 1-2 cm in diam., depressed. Leaves 2-5 cm long, hastate-traingular; perioles 5-25 cm long. Spathe whitish; tube 1-2 cm long, obtuse or subtrucate at base. Female at the base in a single row, green, stigma white; neuter florets the female, dark brown; male flowers above the neuters, reddish-brown; appendage brown. Berries green, 7-10 on deflexed peduncles, subconical. Seeds usually 2-3, broadly ovoid to obovoid with a white basal tissue.
Fls. & Frts. August- October.
Local name- Undirkan
Part used- Leaves
Uses- Leaves are used to make *wade* and cooked for vegetable.

22. *Ziziphus mauritiana* Lam
Family- Rhamnaceae
Description- Small trees or large shrubs, 3-5 m tall, armed. Leaves 2.0 -5.5 x 1.6 – 3.0 cm, ovate- elliptic with rounded ends, slightly oblique at base, glabrous above and white – tomentose beneath. Flowers greenish- yellow, in axillary clusters or shortly peduncled axillary cymes. Drupes 1.2 – 1.5 cm across, globose, fleshy, yellow or orange when ripe.
Fls. & Frts. September- October.
Local name- Renga, Boir, Ber
Part used- Fruit
Uses- Ripened fruit is eaten. Fruits gathered stored and powdered. Powder is used for the preparation of circular cake like wade known as in local language *borkut.*

Photo Plate 1: Food Items

Discussion and Conclusion

Surkuda village is belonging to Amgaon Tahsil of Gondia district. People of the village are engaged in agricultural works and living in vicinity of the small patches of forest. Since long time they used wild edible plants for fulfillment of their hunger in the form of raw fruits, leaves after cooking and parts of the plants for the preparation of palatable food items. Same village was undertaken for the study of palatable food items prepared by locals from wild edible plants. For that several visits were carried out during investigation. Total 22 plants were documented used by villagers.

Badi, wade, and Chile are popular food items of the villagers. Badi is prepared from *Colocasia esculenta, Chile* prepared from leaves of *Theriophonum minutum* and and *Cryptocoryne retrospiralis*. Wade prepared from tender shoots of *Bambusa arundinacea, Bambusa vulgaris, Dendrocalamus strictus, Smilax zeylanica,* leaves of *Theriophonum minutum, fruit powder of Ziziphus mauritiana.* Leaves of *Senna tora, olax psittacorum,* flowers of *Cassia fistula*, tender shoots of *Amaranthus spinosus,* and flowers of *Holarhena pubescens* are cooked and used for preparation of vegetable. *Khir* is the food item prepared from grains of *Oryza rufipogon.* While *Bhogi* is the food item prepared from *Benincasa hispida. Amorphophallus bhandarensis* leaves used for the preparation of *Chile*, wade and vegetable.

The study may helpful to research communities for further study concerned these plant species. For the generation of new drugs it may helpful for Pharma-neutraceuticals and pharmaceuticals industries. This study can help to generate employment and economy of local people and other people through preparation of food items sold in cities.

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