

WILD EDIBLE PLANTS OF ARUNACHAL PRADESH

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Arunachal Pradesh is well known for its ethnic and floristic diversity. During the course of Medico-botanical Survey of different parts of the State and study of local vegetable market, a good number of wild plants have been found to be consumed by locals as nourishing food or substitutes for normal diets. The present paper deals with all such wild edible plants gathered by the authors together local names, parts used and mode of consumption by the inhabitants etc. Some of the plants presented are neither recorded in the earlier works from the state nor from other parts of the country. Hence a suggestion is made to undertake an analysis of nutritive values of such plants and in case of promising ones to start in-situ conservation followed by domestication. Suggestion is also made to explore their usefulness as alternative source for the commonly available vegetables, fruits, spices etc. for general consumption.

A separate list of wild food plants sold in the local vegetable markets, together with commercial statistics is also given.