

## WILD EDIBLE PLANT RESOURCES USED BY THE MIZOS OF MIZORAM, INDIA

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### ABSTRACT

The present communication deals with the wild edible plant resources of Mizo people. Study documented botanical name, family, local name, parts used and mode of preparation along with their parts sold in the local market and their prevailing prices. A total of 279 plant species belonging to 100 families were reported from the study area and out of these 35 species are sold in the market (*Bara bazar*). Present finding suggest further investigation on nutritional and commercial aspects, pharmacological prospects and conservational needs.

**Keywords:** Wild edible plants, Mizo tribe, Bara bazar, Mizoram

### INTRODUCTION

Mizoram lies between 21°58' & 24°35' N latitude and 92°15' & 93°29'E longitude spread over 21,081 sq.kms area. The state is bordered by Chin Hills of Myanmar in the east, Chittagong hills of Bangladesh and Tripura state in the west, Manipur state and Cachar district of Assam in the north and on the south Arakan hill ranges of Myanmar. Mizoram is a hilly state, average altitude ranges from 330m - 2140m with subtropical to temperate climate and fall under Assam phytogeographical region. Many tributaries of the state are traversing through innumerable hill ranges. State experience heavy to moderate rainfall and maximum annual rainfall ranges 2000-3200 mm, high humidity, cold winter and temperature ranging in between 12°C - 30°C. Soil type of the state varies from sandy loam, clayey loam to clay. All these factors have influenced the physiography and climate of the state. Such a diverse topography and climate have favoured the occurrence of rich flora and fauna in various forest type [1]. State is covered with 90.68% forest cover of its total geographical area and these forest harbours 2200 flowering plant species [2].

The state is inhabited by 94.7 percent tribal populations and since time immemorial they have been dependent on forest for their livelihood and day to day activities and generated, a strong base of traditional knowledge which they passed on from generation to generation. This knowledge is based on their needs, instinct, observation, trial and error and long experiences. Traditional knowledge is providing them food security and materials for shelter, ritual and healthcare system. Traditional Mizo food mostly comprises of boiled, stewed, smoked, steamed, or fermented form and even meat and fish are also consumed in boil form. Mizo food also comprises of certain leafy vegetables, fresh as well as preserved through smoking, such as mustard leaves (*antam*), pumpkin leaves (*maian*), beans leaves (*behlawi*), varieties of bamboo shoot (*mautuai*, *rawtuai*), fermented soya beans (*bekang*), fermented lard (*sa-um*) and dried fish chutney with green chilly. Bamboo shoot is generally used as a souring agent. Fermented soya bean popularly known as *bekang* is a significant ingredient, used to create a pungent aroma in various dishes, also used as a pickle or used to make chutneys [3]. Pig meat is the second famous dish after dog meat for Mizo people [4]. *Bai* is a popular dish of Mizo, made from boiling spinach with pork and bamboo shoots and served with rice with green

chilli. *Vawksa Chhum* (boiled pork) is made with spinach and cabbage. *Sawchair* is another common dish, made of rice and cooked with pork or chicken [5]. Boiled dish is a common item and spinach is the most common amongst the boiled dishes [6].

Wild food plants always overlooked when compared to domesticated food plant sources. Since, wild edible plants are freely accessible within natural habitats, indigenous people have knowledge on how to gather and prepare food items from these wild plant resources [7]. According to Abermound, about one billion people in the world use wild foods (mostly from plants) on a daily basis [8]. According to Jaenicke and Hoschle-Zeledon, over 50 percent of the world's daily requirement of proteins and calories are obtained from only three crops wheat, maize and rice [9]. The dependence on a few domesticated species limits dietetic diversity and leads to over dependence on limited resources. In contrast, ethno botanical investigations on Wild edible plants suggest that more than 7,000 species have been used for food in human history [10]. In countries like China, India, Thailand and Bangladesh hundreds of wild edible plants are still consumed along with domesticated species [11]. In India 600 wild edible plants species have been documented [12]. These figures show the intimate link between wild edible plants and the diets of many people, hence wild edibles can be considered to be useful resources in terms of food security. In addition to their roles in food security, many wild edible plants are acknowledged for their medicinal, cultural, forage and economic values [13, 14, 15, 16]. Wild edible plants play an important role as a source of energy and micronutrients [17, 18]. A study on the dietary value of eight wild edibles in Iran and India also showed the presence of sodium, calcium, potassium, iron, zinc, protein, and fat in a ratio comparable to that found in cultivated plants [8]. Many wild leafy vegetables of Poland are also reported for their rich source of vitamin C, natural antioxidants, carotenoids and folic acid [19]. Generally, the information available from the nutritional analysis of wild edible plants shows their potential contribution to dietetic diversity and food security.

Works have been carried out on wild edible fruits and vegetables of Mizoram [20], on edible plants of Mizoram [21], on *Crotalaria tetragona* flowers sold by the tribal communities in local markets [22], on ethno-medicinal uses of wild edible fruits among the Mizo tribes [23], on ethno botanical and agro-ecological studies on genetic resources of food plants in Mizoram state [24]. Scrutiny of literature revealed that scanty and sporadic works have been carried out on wild edible plants of Mizoram and very less reports available on market value of wild edible plants of Mizoram. Therefore, present investigation has been carried out with the objectives to find out the wild edible plant resources of Mizoram and to document wild edible plants sold in the *Bara bazaar* of Aizawl city along with prevailing market prices of these wild edibles.

## **MATERIALS AND METHODS**

Field work was carried out during February 2010 to October 2012 by frequently visiting the different places of Mizoram (fig.1) to record the wild edible plants used by the Mizos. Local name of the plant, parts used and the method of preparation were noted down during field work. Plants/parts were brought to laboratory and herbarium specimens were prepared following standard herbarium technique [25]. Specimens were deposited in the Herbarium of Department of Botany, Gauhati University (GUBH), Guwahati. Plants were identified using relevant literature [26, 27], and confirmed in Assam Herbarium, BSI, Shillong. Market survey was carried out in *Bara bazaar* of Aizawl city taken as reference point. Thirty three market vendors (key informants) of different age groups (15-75 years) were taken as the sample group for the study and consulted for the information with respect to type of edible plants, sources, and their uses along with the market price.



**MIZORAM**

State capital..... ●  
 District headquarter.... ●



Notational map, not to scale.

Figure1 Location map of the study area

## RESULTS AND DISCUSSION

The wild edible plants reported during the study period have been enumerated in table 1 with their botanical name arranged alphabetically along with family, local name, parts used and mode of uses. The present investigation includes 279 plant species belonging to 100 families. Out of 100 families, 02 families belongs to Pteridophytes, 02 families belongs to Gymnosperms. Angiosperm is represented by 96 families comprising of 13 families of monocotyledon, 83 families of dicotyledons. Among dicotyledon, Euphorbiaceae (11 species) and in monocotyledon Araceae (9 species) are the dominant families. The dominant genera of wild edible plants among the dicotyledons are *Garcinia* and *Sterculia* (each with 6 species), and among the monocot *Calamus* (with 3 species) is the dominant one. Wild edible plant sold in the *Bara bazaar*, Aizawl are presented in the table 2 with their botanical name, parts sold and the market prices. Out of 35 species of wild edible plants sold in the *Bara bazar* plant parts, represented with leaves of 16 species, fruit 9 species, shoots 3 species, inflorescence 2 species, stem pith 1 species, rhizome 1 species, stem and leaf 1 species, inflorescence and stem pith 1 species, shoot and fruit 1 species. The 279 wild edible plants have been categorized into 19 groups viz. fruit (85 species), shoot (30 species), leaf (65 species), flower (11 species), stem (2 species), stem pith (2 species), rhizome (7 species), petiole (3 species), inflorescence (2 species), tuber (1 species), whole plants (4 species), seeds (8 species), kernel (5 species), vegetative bud (1 species), peduncle (2 species), root (3 species), receptacle (1 species), twig (2 species) and corm (1 species). Out of 279 species 21 species are eaten fried, 110 species eaten boiled, 16 species eaten as chutney, 16 species eaten as roasted item, 7 species used as condiment, 1 species in curry, 2 species as cold drink, 3 species first burned and eaten, 2 species in pickle, 5 species in flavouring agent, leaves of 1 species used to ferment soyabean, 2 species as spice, 1 species in masticatory, 2 species as salad, 2 species as substitute of coffee, 1 species as substitute of milk in tea, ripe fruit (78 species), 37 species prepared with meat, 7 species prepared with dry fish, 20 species prepared with fish, and 4 species prepared with lentil.

It has been observed that wild edible plant species like *Clerodendrum colebrookianum*, *Colocasia esculenta*, *Eryngium foetidum*, *Hibiscus sabdarifa* var. *sabdarifa*, *Musa balbisiana*, *Parkia roxburghii*, *Solanum gilo*, *Spilanthes clava* have much market demand and species like *Bruinsmia polysperma*, *Gnetum gnemon*, *Livistona chinensis*, *Maranta dichotoma*, *Marsdenia maculata*, *Persea americana* and *Zingiber officinale* (inflorescence) are always fetch a good market value for their limited production in the state or their availability only in a particular season in *Bara bazar* of Aizawl.

According to the United States Department of Agriculture (USDA) food database, the leaves of the cow pea plant have the highest percentage of calories from protein among vegetarian foods [28]. This support the rich food value in Mizo dish as cow pea leaves is used as boiled vegetable by the Mizos. Traditional food habits of Mizos such as boiling, steaming and eating raw vegetables are considered good for health as for example consumption of boiled *Clerodendrum colebrookianum* shoot is popular among Mizos and it minimize high blood pressure therefore, incidence of high blood pressure is very low among Mizo [29]. The knowledge and mode of utilization of wild edible plants varies from place to place in Mizoram. Forests of Mizoram are exposed to various anthropogenic disturbances e.g. shifting cultivation, timber extraction, fuel wood collection, industrialization and urbanization in some parts of state [1]. The findings suggest further investigation on nutritional aspects, cultivation techniques, conservational strategies and needs, market prospect and medicinal properties of the reported wild edible plant species. These may bring to light one or other new food plants from wild sources.

**Table 1: Wild edible plant resources of Mizoram**

Sl no.	Scientific name [Family]	Local name	Parts used	Mode of use
1.	<i>Acacia farnesiana</i> (L) Wild [Mimosaceae]	Khanghu	Tender fruit	Fresh fruits are eaten fried with green chilli
2.	<i>Acacia pennata</i> Wild. [Mimosaceae]	Khanghu	Shoot	Shoots are eaten boiled
3.	<i>Acacia pruinescens</i> Kurz. [Mimosaceae]	Khang-pawl	Leaves	Leaves eaten in chutney
4.	<i>Acacia sinuata</i> (Lour.) Merrill [Mimosaceae]	Khang-thur	Leaves & Seeds	Leaves are eaten boiled. Seeds roasted with salt
5.	<i>Aeshynanthus maculata</i> Lindl. [Gesneraceae]	Bawlte- hlan-tai	Flower	Flowers eaten with meat
6.	<i>Albizia lebbeck</i> (L.) Benth [Mimosaceae]	Thing- chawke	Young shoots	Shoots are eaten boiled
7.	<i>Allium hookeri</i> Thw. [Liliaceae]	Pu-run-jung	Root & Leaves	Roots eaten in chutney and leaves eaten as condiment
8.	<i>Alphonsea lutea</i> (Roxb.) Hook. f. & Thomson [Annonaceae]	Zawngbalhl a-rah-techi	Fruit	Ripe fruits are edible
9.	<i>Alphonsea ventricosa</i> (Roxb)Hook.f. [Annonaceae]	Thei-vawk- ek	Fruit	Ripe fruits are edible
10.	<i>Alpinia nigra</i> (Gaertn.)Burt [Zingiberaceae]	Khui-jik	Stem pith	Stem piths are eaten fried
11.	<i>Alternanthera sessilis</i> (Linn.) R.Br. ex DC. [Amaranthaceae]	Nghate-ril	Shoots	Shoots eaten boiled
12.	<i>Amaranthus spinosus</i> L.[Amaranthaceae]	Len-hling	Shoots	Shoots eaten boiled
13.	<i>Amaranthus viridis</i> L.[Amaranthaceae]	Hling nei lo	Shoots	Shoots eaten boiled
14.	<i>Amomum dealbatum</i> Roxburgh [Zingiberaceae]	Ai-du	Rhizome & Flower bud	Rhizome eaten in chutney and flower bud boiled with fish
15.	<i>Amorphophallus</i> <i>paeonifolius</i> (Dennst.) Nicolson [Araceae]	Ba-tel- hawng	Petiole & Corm	Petiole eaten with dry fish; burned corm smashed with salt and eaten with rice
16.	<i>Antidesma acidum</i> Retzius [Euphorbiaceae]	Thurte-an	Shoots	Shoots are eaten boiled
17.	<i>Aphananthe cuspidata</i> (Bl.) Planch [Ulmaceae]	Thei-seh-ret	Fruit	Ripe fruits are edible
18.	<i>Aporosa octandra</i> (Buch.- Ham. ex D.Don). A.R.Vickery [Euphorbiaceae]	Chhawntual	Tender leaves	Tender leaves are eaten boiled
19.	<i>Aralia racemosa</i> var. <i>foliosa</i> Vict. & Rousseau [Araliaceae]	Chimchawk	Tender leaves	Tender leaves are eaten boiled
20.	<i>Arenga pinnata</i> (Wurmb)	Thangtung	Tender	Tender leaves are eaten

Sl no.	Scientific name [Family]	Local name	Parts used	Mode of use
	Merr [Arecaceae]		leaves	boiled
21.	<i>Arisaema speciosum</i> (Wall.) Martius ex Schott. [Araceae]	Tel-hawng	Rhizome	Boiled rhizome water changes thrice and eaten
22.	<i>Artocarpus chama</i> Buchanan-Hamilton [Moraceae]	Tat-kawng	Fruits Seeds	Ripe fruits edible, Roasted seeds eaten
23.	<i>Artocarpus lacucha</i> Buch.-Ham. [Moraceae]	Thei-tat	Fruit	Ripe fruits are edible
24.	<i>Asparagus raeemosus</i> (Willd.) Oberm [Liliaceae]	Arke-bawk	Rhizome	Rhizome are eaten boiled
25.	<i>Bauhinia purpurea</i> Linn. [Caesalpinaceae]	Vau-fa-vang	Flower bud, Fruits	Flower bud and immature fruits are eaten boiled
26.	<i>Bauhinia variegata</i> Linn. [Caesalpinaceae]	Vaube	Leaves, Flowers and Fruits	Leaves eaten boiled, immature fruit and flower eaten fried.
27.	<i>Berberis nepalensis</i> (DC.) Spreng [Berberidaceae]	Pual-eng	Berry	Ripe fruits are edible
28.	<i>Begonia barbata</i> Wallich ex DC [Begoniaceae]	Lalruangadarnawhna	Leaves	Leaves are used to prepare chutney
29.	<i>Begonia roxburgnii</i> (Miq.) A. DC [Begoniaceae]	Se-khupthur/Anthur	Leaves	Leaves eaten in chutney
30.	<i>Benincasa hispida</i> (Thunb) Cogn. [Cucurbitaceae]	Mai-pawl	Leaves Fruit	Leaves are cooked with dry fish. Fruit cooked with duck meat
31.	<i>Berginia ciliata</i> (Haw.) Sternb [Saxifragaceae]	Khamdamdawi	Seed	Seed prepared as dal
32.	<i>Bischofia javanica</i> Bl. [Euphorbiaceae]	Khuang-thli	Fruits	Fruits infusion used as cold drinks in summer
33.	<i>Blechnum orientale</i> Linn. [Blechnaceae]	Vawm-ban	Rhizome	Rhizome eaten boiled
34.	<i>Blumea lanceolaria</i> (Roxb.) Druce [Asteraceae]	Buar-ze	Leaves	Leaves eaten boiled
35.	<i>Blumea pterodonta</i> DC. [Asteraceae]	Buar-ban	Leaves	Leaves eaten boiled
36.	<i>Bruinsmia polysperma</i> (C. B. Clarke) Steenis [Styraceae]	Thei-paling-kawh	Fruits	Ripe fruits are edible
37.	<i>Bursera serrata</i> Wall. ex Colebr [Burseraceae]	Bil	Fruit	Aril of ripe fruits are edible
38.	<i>Calamus acanthospathus</i> Griffith [Arecaceae]	Mit-perh	Fruits	Ripe fruits are edible
39.	<i>Calamus erectus</i> Roxburgh [Arecaceae]	Hrui-phi	Shoots and fruits	Burned young shoots are edible
40.	<i>Calamus tenuis</i> Roxb. [Arecaceae]	Thil te	Fruits, Shoots	Ripe fruits and burned young shoots are edible
41.	<i>Callicarpa arborca</i> Roxb. [Verbenaceae]	Hnah-kiah	Leaves Flower	Leaves used to ferment soybean; Flower fried with

Sl no.	Scientific name [Family]	Local name	Parts used	Mode of use
				meat
42.	<i>Canarium strictum</i> Roxb. [Burseraceae]	Beraw	Fruits	Ripe fruits edible
43.	<i>Canavalia cathartica</i> Thouars [Papilionaceae]	Fang-ra	Tender pods	Tender pods fried and used as vegetable
44.	<i>Carallia brachiata</i> (Lour.)Merr. [Rhizophoraceae]	Thei-ria	Fruits	Ripe fruits edible
45.	<i>Carya laciniosa</i> (Michx. f.) G. Don [Juglandaceae]	Hnum-reuh	Kernal of seeds	Roasted kernel eaten
46.	<i>Caryota mitis</i> Lour. [Arecaceae]	Mei-hle	Apical tender pith	Boiled pith are eaten
47.	<i>Caryota urens</i> L. [Arecaceae]	Tum	Tender bud	Boiled tender bud are eaten
48.	<i>Cassia fistula</i> Linn.[Caesalpinaceae]	Phung-ril	Flower	Fried fresh flower are eaten
49.	<i>Cassia occidentalis</i> Linn.[Caesalpinaceae]	Reng-an	Leaves	Boiled leaves are eaten
50.	<i>Cassia tora</i> L. [Caesalpinaceae]	Kelbe	Tender leaves	Boiled tender leaves are eaten
51.	<i>Castanopsis indica</i> (Roxb.) A.DC.[Fagaceae]	Se-hawr	Nuts	Nuts are eaten
52.	<i>Celosia argentea</i> L.[Amaranthaceae]	Zo-ci	Shoots	Shoots are boiled with lentil
53.	<i>Celtis australis</i> L. [Cannabanaceae]	Anku	Fruits	Ripe fruits are eaten
54.	<i>Centella asiatica</i> (L.) Urban [Apiaceae]	Lam-bak	Leaves	Leaves are used to prepare chutney
55.	<i>Chimnobambusa callosa</i> (Munro) Nakai [Poaceae]	Phar	Shoots	Tender shoots are cooked with meat
56.	<i>Chimnobambusa griffithiana</i> (Munro) Nakai [Poaceae]	Phar	Shoots	Tender shoots are cooked with meat
57.	<i>Chlorophytum nepalense</i> (Lindley) Baker	Kep	Leaves, inflorescence	Leaves eaten boiled and Inflorescence eaten fried
58.	<i>Chrysophyllum lanceolatum</i> (Bl.)DC. [Sapotaceae]	Thei pabuan	Fruits	Ripe fruits are edible
59.	<i>Cinnamomum bejolghota</i> (Buch.-Ham.) Sweet [Lauraceae]	Thak-thing-suak	Leaves	Leaves are used as condiment in meat & fish
60.	<i>Cissus obovata</i> Lawson [Vitaceae]	Puar-peng	Fruits	Ripe fruits are edible
61.	<i>Cissus repens</i> Lamk. [Vitaceae]	Hrui-pawl	Leaves	Leaves are eaten boiled
62.	<i>Citrus jambhiri</i> Lush [Rutaceae]	Ser	Fruit	Immature fruits eaten as pickle
63.	<i>Citrus macroptera</i>	Hatkora	Fruit rind	Fruits cooked with lentil.

Sl no.	Scientific name [Family]	Local name	Parts used	Mode of use
	Montrouz. [Rutaceae]			Fruit rind powder used as flavouring agent in curry
64.	<i>Clerodendrum colebrookianum</i> Walp. [Verbenaceae]	Phui-hnam	Shoots	Shoots are eaten boiled
65.	<i>Clerodendrum serratum</i> (Linn.) Moon [Verbenaceae]	Lei dum-suak	Leaves, flowers	Leaves are eaten boiled and flowers are eaten fried
66.	<i>Colocasia affinis</i> Schott. [Araceae]	Lep-lawp	Leaves	Leaves and petioles eaten boiled
67.	<i>Colocasia esculanta</i> (L.) Schott. [Araceae]	Bal	Leaves and inflorescence	Young leaves are eaten with dry fish or as boiled Inflorescence eaten fried
68.	<i>Conyza bonariensis</i> (L.) Cronquist [Asteraceae]	Buar-zen	Leaves	Leaves are used as boiled vegetable
69.	<i>Cordia dichotoma</i> G.Forst [Boraginaceae]	Muk-fang	Tender leaves, fruits	Tender leaves eaten with meat. Ripe fruits are edible
70.	<i>Cordia fragrantissima</i> Kurz.[Boraginaceae]	Muk-pui	Young leaves	Young leaves are eaten with meat
71.	<i>Crinum asiaticum</i> L. [Amaryllidaceae]	Kep-tum	Leaves	Leaves are eaten boiled
72.	<i>Crotolaria juncea</i> L. [Papilionaceae]	Tum-thang	Flower	Flower cooked with meat and fish
73.	<i>Crotolaria tetragona</i> Roxburgh ex Andrews [Papilionaceae]	Tum-thang	Leaves, flower	Leaves are eaten boiled. Flowers are cooked with meat
74.	<i>Curcumorpha longiflora</i> (Wall.) Rao & Verma [Zingiberaceae]	Ai-thur	Petiole	Petiole eaten boiled
75.	<i>Cyathocalyx martabanicus</i> Hook.f. & Thomson [Annonaceae]	Hrei-rawt	Fruits	Ripe fruits are edible
76.	<i>Daemonorops jenkinsianus</i> (Griff.) Mart. [Arecaceae]	Raichhawk	Shoots Fruits	Tender shoots eaten boiled. Ripe fruits are edible
77.	<i>Dendrocalamus giganteus</i> Munro. [Poaceae]	Vai-mau	Shoots	Tender shoots are cooked with meat and fish
78.	<i>Dendrocalamus hamiltonii</i> Nees & Arn. ex Murno [Poaceae]	Phul-rua	Shoots	Tender shoots are cooked with meat and fish also prepared pickle
79.	<i>Dendrocalamus strictus</i> (Roxb.)Nees [Poaceae]	An-Kuang	Shoots, Seeds	Shoots cooked with meat. Roasted seeds are edible
80.	<i>Derris thyrsoiflora</i> Benth. Prain. [Papilionaceae]	Hul-hu	Young leaves	Leaves are eaten boiled
81.	<i>Dillenia indica</i> L. [Dilleniaceae]	Kawr-thin-deng	Fruits	Fruits cooked with lentil
82.	<i>Dillenia pentagyna</i> Roxb. [Dilleniaceae]	Thing-se-lei	Flower	Flowers are eaten fried



Sl no.	Scientific name [Family]	Local name	Parts used	Mode of use
83.	<i>Dioscorea alata</i> L. [Dioscoreaceae]	Ba-chhim	Tuber, bulbil	Tuber and bulbil eaten boiled
84.	<i>Dioscorea belophylla</i> Voigt ex Haines [Dioscoreaceae]	Hra-kai	Tuber	Tuber eaten boiled
85.	<i>Diospyros malabarica</i> (Desr) Kostel[Ebenaceae]	Thei-kum	Fruit	Ripe fruits are edible
86.	<i>Diplazium esculentum</i> (Retz) Sw. [Athyriaceae]	Cha-kawk	Leaves	Young leaves are eaten boiled
87.	<i>Diplazium maxima</i> (Don) C. Christens[Athyriaceae]	Cha-kawk	Leaves	Young leaves are used as boiled vegetable
88.	<i>Docynia indica</i> Decne [Rosaceae]	Sun-hlu-phi	Fruits	Ripe fruits are edible
89.	<i>Dracaena spicata</i> Roxb. [Dracaenaceae]	Sa thang-dai	Flowers	Flowers are cooked with meat
90.	<i>Duabanga grandiflora</i> (Roxb. ex DC.) Walp [Sonneratiaceae]	Zuang	Fruits	Immature fruits are eaten boiled
91.	<i>Elaegnis caudata</i> Schlecht. ex Momiyama [Elaegnaceae]	Sar-zuk-pui	Fruits	Ripe fruits are edible
92.	<i>Elaegnis pyriformis</i> Hook.f. [Elaegnaceae]	Sar-zuk-te	Fruits	Ripe fruits are edible
93.	<i>Elaeocarpus tectorius</i> (Lour.) Poir [Elaeocarpaceae]	Um-khal	Fruits	Ripe fruits are edible
94.	<i>Elatostema sessile</i> J.R.Forst. & G.Forst [Urticaceae]	Dawh-van- nei	Shoot	Shoots are eaten boiled
95.	<i>Elsholtzia communis</i> (Collett & Hemsley) Diels [Lamiaceae]	Leng-ser	Leaves	Leaves are cooked with meat and fish for flavouring curry
96.	<i>Embelia vestita</i> Roxburgh [Myrsinaceae]	Tling	Leaves and fruits	Leaves eaten boiled. Ripe fruits are edible
97.	<i>Ensete superbum</i> (Roxb.) Cheesman [Musaceae]	Sai-su	Leaf sheath, flower	Leaf sheath and flowers eaten boiled
98.	<i>Entada pursaetha</i> DC. [Papilionaceae]	Kawi-hrui	Leaves, seeds	Tender leaves eaten boiled, seeds eaten roasted
99.	<i>Eryngium foetidum</i> L. [Apiaceae]	Ba-khawr	Leaves, fruits	Leaves used as salad and flavouring agent in the dish Fruit used as condiment
100.	<i>Erythrina variegata</i> Linn. [Papilionaceae]	Far-tuah	Immature pod	Tender pods eaten boiled
101.	<i>Euphorbia hirta</i> L.[Euphorbiaceae]	Midum-an	Shoot	Tender shoots are eaten boiled
102.	<i>Eurya cerasifolia</i> (D. Don) Kobuski [Pentaphylacaceae]	Si-hnegh	Leaves	Leaves cooked with meat and fish
103.	<i>Fagopyrum dibotrys</i>	An-bawng	Leaves	Leaves eaten boiled

Sl no.	Scientific name [Family]	Local name	Parts used	Mode of use
	(D.Don)Hara [Polygonaceae]			
104.	<i>Ficus auriculata</i> Lour. [Moraceae]	Thei-bal	Leaves, fruit	Leaves eaten boiled. Ripe fruits are edible
105.	<i>Ficus hirta</i> Vahl. [Moraceae]	Sa-zu-thei- pui	Leaves, fruits	Leaves used to fermented soybean and eaten boiled, ripe fruits are edible
106.	<i>Ficus hispida</i> Linn. [Moraceae]	Thei-thawt	Leaves, fruits	Leaves and fruits are eaten boiled
107.	<i>Ficus racemosa</i> L. [Moraceae]	Thei-chek	Fruits	Mature fruits are edible
108.	<i>Ficus tinctoria</i> G. Forster [Moraceae]	Hmei-thai- thei	Fruit	Mature fruits are edible
109.	<i>Fragaria indica</i> Andrews [Rosaceae]	Lei-thei- hmu	Fruits	Ripe fruits edible
110.	<i>Garcinia anomala</i> Planch. & Triana [Clusiaceae]	Dang-kha	Fruit	Ripe fruits edible
111.	<i>Garcinia lanceaefolia</i> (Don) Roxb [Clusiaceae]	Cheng-kek	Leaves, fruits	Leaves eaten boiled. Ripe fruits are edible
112.	<i>Garcinia acuminata</i> Planchon & Triana [Clusiaceae]	Kawr- vawm-va	Fruit	Ripe fruits are edible
113.	<i>Garcinia pedunculata</i> Roxburgh ex Buchanan- Hamilton [Clusiaceae]	Vawm-va- pui	Fruit	Ripe fruits are make into slices then sun dried and prepared sour fish curry
114.	<i>Garcinia sopsopia</i> (Buch.- Ham.) Mabb. [Clusiaceae]	Vawm-va	Fruit	Ripe fruits are edible
115.	<i>Garcinia xanthochymus</i> Hook.f. & T. And. [Clusiaceae]	Tuai-ha-bet	Fruit	Ripe fruits are edible
116.	<i>Garuga pinnata</i> Roxb. [Burseraceae]	Bung-bu- tuai-ram	Fruits	Ripe fruits are edible
117.	<i>Girardinia diversifolia</i> (Link) Fries [Urticaceae]	Kang-thai	Tender leaves	Tender leaves are eaten boiled
118.	<i>Glycosmis cymosa</i> (Kurz) J. Narayanaswami ex Tanaka [Rutaceae]	Thei-sam- tawk	Fruits	Ripe fruits are edible
119.	<i>Gmelina arborea</i> Roxb. [Verbenaceae]	Thlam- vawng	Flower	Boiled flowers eaten fried
120.	<i>Gmelina oblongifolia</i> Roxb. [Verbenaceae]	Vawng -thla	Tender leaves	Leaves are cooked with meat
121.	<i>Gnetum montanum</i> Markgraf [Gnetaceae]	Thal-ping	Seeds	Seeds eaten roasted
122.	<i>Gnetum gnemon</i> Linn. [Gnetaceae]	Pelh	Leaves	Leaves eaten boiled
123.	<i>Goniothalamus</i> <i>sesquipedalis</i> (Wall.) Hook. f. & Thomson	Kham	Fruits	Ripe fruits are edible

Sl no.	Scientific name [Family]	Local name	Parts used	Mode of use
	[Annonaceae]			
124.	<i>Gynura bicolor</i> (Roxb. ex Willd.) DC. [Asteraceae]	Tlang-nal	Leaves	Tender leaves are used as boiled vegetable
125.	<i>Haematocarpus validus</i> (Miers) Bakh.f. ex Forman [Menispermaceae]	Thei-chhung-sen	Fruits	Ripe fruits are edible
126.	<i>Hedychium acuminatum</i> Roscoe [Zingiberaceae]	Ai-thur	Rhizome	Rhizome eaten as spice
127.	<i>Heteropanax fragrans</i> (Roxb.) Seem [Araliaceae]	Chang-khen	Leaves	Tender leaves are cooked with fish and meat
128.	<i>Hibiscus sabdariffa</i> var. <i>sabdariffa</i> Linn. [Malvaceae]	Lakher-anthur	Leaves	Leaves eaten boiled
129.	<i>Hibiscus surattensis</i> Linn. [Malvaceae]	Mizo-anthur	Leaves	Leaves eaten boiled
130.	<i>Hibiscus sabdariffa</i> L. [Malvaceae]	An-thur	Leaves	Leaves eaten boiled
131.	<i>Hodgsonia macrocarpa</i> (Blume) Cogn. [Cucurbitaceae]	Kha-um	Kernel	Kernel eaten roasted
132.	<i>Homalomena aromatica</i> Schott [Araceae]	An-chi-ri	Petiole	Petiole eaten fried
133.	<i>Homonoia riparia</i> Lour. [Euphorbiaceae]	Tuipui-sul-hlah	Shoots	Tender shoots are eaten boiled
134.	<i>Houttuynia cordata</i> Thunb. [Saururaceae]	Ui-thin-thang	Shoot Root	Shoots eaten boiled, roots are used to prepare chutney
135.	<i>Hovenia acerba</i> Lindl. [Rhamnaceae]	Vau-tang-bawk	Peduncle	Mature swollen peduncle are edible
136.	<i>Ipomea aquatica</i> Forsk. [Convolvulaceae]	Kuang-kua	Shoots	Young shoots eaten boiled
137.	<i>Juglans regia</i> L. [Juglandaceae]	Khaw-kherh	Kernel	Nuts are eaten raw or in roasted form
138.	<i>Kadsura heteroclita</i> (Roxb.) Craib. [Schisandraceae]	Thei-ar-bawm	Fruits	Ripe fruits are edible
139.	<i>Lannea grandis</i> Engl. [Anacardiaceae]	Tawi-taw-suak	Leaves	Tender leaves are cooked with meat
140.	<i>Laportea crenulata</i> (Roxb) Gaud. [Urticaceae]	Thak-pui	Shoots, flower	Young shoots eaten boiled and flowers eaten fried
141.	<i>Leea compactiflora</i> Kurz [Leeaceae]	Kum-tin-tuai	Leaves	Young leaves eaten boiled
142.	<i>Leea indica</i> (Burm. f.) Merrill. [Leeaceae]	Kawl-kar	Leaves	Leaves are cooked with meat
143.	<i>Lepionurus sylvestris</i> Blume [Olacaceae]	An-pang-thuam	Leaves	Leaves are cooked with dry fish
144.	<i>Leucaena lucocephala</i> (Lam.) de Wit [Mimosaceae]	Kawl-zawng-tah	Leaves, pods	Leaves and immature pods are eaten boiled

Sl no.	Scientific name [Family]	Local name	Parts used	Mode of use
145.	<i>Lithocarpus xylocarpa</i> (Kurz) Markgraf [Fagaceae]	Then-hang	Kernel	Kernels eaten roasted
146.	<i>Litsea cubeba</i> (Lour.) Pers. [Lauraceae]	Ser-nam	Fruit	Tender fruits are used as flavouring agent in meat
147.	<i>Livistona chinensis</i> (Jacq.) R.Br. ex Mart. [Arecaceae]	Buar-pui	Immature inflorescence	Immature inflorescence are cooked with meat
148.	<i>Lycianthes subtruncata</i> (Wall. ex Dunal) Bitter [Solanaceae]	Va-ni-an	Leaves	Leaves are eaten boiled
149.	<i>Maesa indica</i> (Roxb.) A. DC. [Myrsinaceae]	Ar-ngeng	Leaves, fruits	Leaves boiled with fish. Ripe fruits are edible
150.	<i>Manihot esculanta</i> Crantz [Euphorbiaceae]	Pang-bal	Roots	Roots eaten boiled
151.	<i>Mantisia spatulata</i> Schult. [Zingiberaceae]	Ai-thing	Rhizome	Rhizome are cooked with meat
152.	<i>Maranta dichotoma</i> (Roxb)Wall [Marantaceae]	Hnah-thial- alu	Rhizome	Rhizome eaten boiled
153.	<i>Marsdenia formosana</i> Masam. [Asclepiadaceae]	An-kha-te	Stem and leaves	Stem and leaves are eaten boiled.
154.	<i>Marsdenia maculata</i> Hook.f. [Asclepiadaceae]	An-kha-pui	Stem and leaves	Stem and leaves are eaten as bitter boiled vegetable
155.	<i>Melastoma nepalensis</i> Lodd [Melastomataceae]	Builu- khamnu	Fruits	Ripe fruits are edible
156.	<i>Meliosma pinnata</i> (Roxb)Maxim. [Sabiaceae]	Buang-thei	Shoots	Young shoots are eaten boiled
157.	<i>Melocanna baccifera</i> (Roxb.) Kurz [Poaceae]	Mau-tak	Shoots	Tender shoots are cooked with fish or meat
158.	<i>Memecylon celastrinum</i> Kurz [Melastomataceae]	Thei-kawr- ak	Fruits	Ripe fruits are edible
159.	<i>Merremia umbellata</i> (Linn.) Hallier f. [Convolvulaceae]	Thianpa	Shoots	Shoots are eaten boiled
160.	<i>Mollugo oppositifolia</i> Linn. [Molluginaceae]	Bak-kha-te	Whole plant	Whole plant eaten fried
161.	<i>Mollugo pentaphyla</i> Linn. [Molluginaceae]	Va-umim- bung	Whole plant	Whole plant eaten as a bitter vegetable
162.	<i>Momordica charantia</i> L. [Cucurbitaceae]	Chang Kha	Leaves	Leaves are eaten boiled
163.	<i>Morus alba</i> Linnaeus [Moraceae]	Thing-thei- hmu	Leaves	Leaves are cooked with fish and meat
164.	<i>Murraya koenigii</i> (L.) Sprengel [Rutaceae]	Ar-pa-til	Leaves	Leaves are used as condiment
165.	<i>Musa balbisiana</i> Colla [Musaceae]	Chang-el (Say-su- sheth)	Stem pith, flower	Stem pith eaten boiled, flowers cooked with meat
166.	<i>Mussaenda glabrata</i> (Hook.f) Hutch. ex Gamble [Rubiaceae]	Va-kep	Leaves	Young leaves are eaten boiled
167.	<i>Mussaenda roxburghii</i>	Va-kep	Leaves	Young leaves are eaten

Sl no.	Scientific name [Family]	Local name	Parts used	Mode of use
	Hook. f. [Rubiaceae]			boiled
168.	<i>Myrica esculenata</i> Ham. [Myricaceae]	Kei-fang	Fruits	Ripe fruits are edible
169.	<i>Nephelium longana</i> Cambess [Sapindaceae]	Theifei-mung	Fruit	Aril of the fruits are edible
170.	<i>Ocimum americanum</i> L. [Lamiaceae]	Run-hmui	Leaves	Leaves are eaten in chutney or as condiment
171.	<i>Olox nana</i> Wall ex Benth [Olacaceae]	Se-may	Leaves	Leaves are eaten boiled
172.	<i>Opuntia stricta</i> Haw. [Cactaceae]	Rul-pui-lei	Fruit	Ripe fruits are edible
173.	<i>Oroxylum indicum</i> (Linn.) Vent [Bignoniaceae]	Archang - kawm	Shoots	Young shoots are eaten boiled
174.	<i>Oxalis corniculata</i> Linn. [Oxalidaceae]	Siak-thur	Whole plant	Whole plant eaten boiled
175.	<i>Palaquium polyanthum</i> (Wall.) Baillon. [Sapotaceae]	Hnai-bung	Fruit	Ripe fruits are edible
176.	<i>Pandanus fascicularis</i> Lamk. [Pandanaaceae]	Ram-la-khuih	Seeds	Roasted seeds are edible
177.	<i>Parkia timoriana</i> (A.DC.) Merrill [Mimosaceae]	Zawng-tah-lay	Fruits, leaves	Fruits are cooked with dry fish. Leaves eaten boiled
178.	<i>Passiflora edulis</i> Sims [Passifloraceae]	Sap-thei	Shoot, fruit	Tender shoots eaten boiled. Ripe fruits are edible
179.	<i>Pavetta crassicaulis</i> Bremek. [Rubiaceae]	Thai-nu-rual	Flower	Flowers are eaten fried
180.	<i>Pentanura khasianum</i> Kurz (Asclepiadaceae)	Thei-kel-ki	Fruit	Immature fruits eaten boiled
181.	<i>Persea americana</i> Mill. [Lauraceae]	Butter-thei	Fruit	Fruit cooked with fish and meat for flavour. Butter extract from seeds
182.	<i>Phlogacanthus tubiflorus</i> Nees. [Acanthaceae]	Va-te-zu	Flowers	Flowers eaten with pig meat or as fried vegetable
183.	<i>Phrynium capitatum</i> Willd. [Marantaceae]	Hnah-thial	Leaves	Leaves used for wrapping up cooked rice for aroma
184.	<i>Phyllanthus acidus</i> (L.) Skeels [Euphorbiaceae]	Kawl-sun-hlu	Leaves, Fruit	Leaves eaten in chutney. Fruits cooked with lentil
185.	<i>Phyllanthus fraternus</i> Webster [Euphorbiaceae]	Mitthi sunula	Shoot	Shoots are eaten boiled
186.	<i>Physalis minima</i> Linn. [Solanaceae]	Chalpang-puak	Leaves, ripe fruits	Shoots eaten boiled, ripe fruits are edible
187.	<i>Pinanga gracilis</i> Blume [Arecaceae]	Tar-tiang	Nut	Nut eaten as masticator
188.	<i>Piper diffusum</i> Blume ex Miq. [Piperaceae]	Hnah-thak	Fruit	Fruit cooked with fish and meat as condiment
189.	<i>Plantago major</i> L. [Plantaginaceae]	Kel-ba-an	Leaves	Leaves eaten in chutney

Sl no.	Scientific name [Family]	Local name	Parts used	Mode of use
190.	<i>Podocarpus neriifolius</i> D.Don [Podocarpaceae]	Tu-far	Receptacle	Fleshy receptacle of fruits are eaten
191.	<i>Pogostemon benghalense</i> Burm.f.) Kuntze [Lamiaceae]	Sa-khi-chil	Shoots	Tender shoots are eaten boiled
192.	<i>Poikilospermum suaveolens</i> (Blume) Merrill [Urticaceae]	Khuang-khau	Shoots	Shoots are eaten boiled
193.	<i>Polygonum chinense</i> Linnaeus [Polygonaceae]	Ta-ham	Leaves	Leaves are eaten in chutney
194.	<i>Polygonum nepalense</i> Meisner [Polygonaceae]	Chak-aitu	Stem	Stem are eaten boiled
195.	<i>Portulaca oleracea</i> L. [Portulacaceae]	An-thau	Leaves	Leaves eaten as salad
196.	<i>Pouteria grandifolia</i> (Wallich) Baehni [Sapotaceae]	Thei-pa-buan	Fruits	Ripe fruits are edible
197.	<i>Prunus nepalensis</i> Hook [Rosaceae]	Lum-ler	Fruit	Ripe fruits are edible
198.	<i>Prunus venosa</i> Buch.-Ham ex D.Don [Rosaceae]	Thei-an-lung	Fruit	Ripe fruits are edible
199.	<i>Psychotria calocarpa</i> Kurz [Rubiaceae]	Kawr-pelh	Leaves	Leaves are eaten boiled
200.	<i>Psydrax glabrum</i> (Blume) Deb & Dutta [Rubiaceae]	Thing-khawi-hnun	Fruit	Ripe fruits are edible
201.	<i>Pterospermum accrifolium</i> (L.) Willd.[Sterculiaceae]	Sik-sil	Flowers	Flowers are used as boiled vegetable
202.	<i>Pueraria montana</i> (Lour.) Merr. [Papilionaceae]	Thing-ba	Root	Extract of roots are used as health tonic
203.	<i>Pyrularia edulis</i> (Wallich) A. Candolle [Santalaceae]	Thlum-zu/Thei-let-ling	Fruits	Ripe fruits are edible
204.	<i>Pyrus pashia</i> Buch.-Ham. Ex D.Don [Rosaceae]	Vul	Fruit	Mature fruits are edible
205.	<i>Randia dumetorum</i> Lamk.[Rubiaceae]	Sa-zuk-thei	Fruits	Ripe fruits are edible
206.	<i>Randia wallichii</i> Hook.f. [Rubiaceae]	Sa-phut	Fruit	Ripe fruits are edible
207.	<i>Raphidophora ducursiva</i> (Roxburgh) Schott [Araceae]	Tu-bal	Stem	Stem eaten boiled
208.	<i>Rhododendron arboreum</i> Sm.[Ericaceae]	Chhawk-hlei-par-sen	Leaves	Leaves eaten boiled
209.	<i>Rhus semialata</i> Murray [Anacardiaceae]	Khawm-hma	Fruits	Fruit infusion are eaten as cool drink in summer
210.	<i>Rhynchotechun ellipticum</i> (Wall ex D. Dietrich) A.D Candolle [Gesneriaceae]	Tiar-rep	Leaves	Leaves are cooked with fish and meat

Sl no.	Scientific name [Family]	Local name	Parts used	Mode of use
211.	<i>Rubus ellipticus</i> Smith [Rosaceae]	Hmu-tau	Fruit	Ripe fruits are edible
212.	<i>Rubus niveus</i> Thunb. [Rosaceae]	Hmu-pa	Fruit	Ripe fruits are edible
213.	<i>Rubus indotibetanus</i> Koidzumi.[Rosaceae]	Hmu-bel- bing	Fruit	Ripe fruits are edible
214.	<i>Rubus alceifolius</i> Poir. [Rosaceae]	Sial-inu- chhu	Fruit	Ripe fruits are edible
215.	<i>Sapindus attenuatus</i> Wall. ex Hiern [Sapindaceae]	Zu-til	Fruit	Ripe fruits are edible
216.	<i>Sapium baccatum</i> Roxb. [Euphorbiaceae]	Thing- vawk-pui	Fruit	Immature fruits are used as boiled vegetable
217.	<i>Saraca asoca</i> (Roxb.) De Wilde [Caesalpinaceae]	Bai-kang	Leaves	Tender leaves are cooked with meat
218.	<i>Saurauia napaulensis</i> Candolle [Actinidiaceae]	Tiar-pui	Fruit	Ripe fruits are edible
219.	<i>Saurauia punduana</i> Wall.[Actinidiaceae]	Tiar	Fruit	Ripe fruits are edible
220.	<i>Sauropus anodrogynus</i> (L.)Merr.[Euphorbiaceae]	Midum-an	Leaves	Leaves are cooked with fish
221.	<i>Schima wallichii</i> (DC.) Korthals [Theaceae]	Khiang	Tender leaves	Boiled leaves are cooked with meat
222.	<i>Schizostachyum dullooa</i> (Gamble) Majumdar [Poaceae]	Raw-thla	Shoots	Young shoots are cooked with meat and fish
223.	<i>Schizostachyum</i> <i>polymorphum</i> (Munro) Majumdar [Poaceae]	Chal	Shoots	Young shoots are cooked with meat and fish
224.	<i>Sechium edule</i> (Jacq.) Sw.[Cucurbitaceae]	Iskut	Shoots	Tender shoots are eaten boiled
225.	<i>Securinega virosa</i> Roxb. ex Willd [Euphorbiaceae]	Sai-siak	Fruits	Ripe fruits are edible
226.	<i>Semecarpus anacardium</i> L.[Anacardiaceae]	Kawh-tebel	Peduncle	Peduncles are eaten roasted
227.	<i>Smilax glabra</i> Roxb. [Smilacaceae]	Kai tluang	Root	Roots are used as a substitute of coffee
228.	<i>Solanum gilo</i> Raddii. [Solanaceae]	Samtawk	Fruit	Fruit are eaten fried or as boiled
229.	<i>Solanum anguivi</i> Lamk. [Solanaceae]	Samtawk-te / Tawk-te- aka	Fruit	Fruits are eaten fried
230.	<i>Solanum villosum</i> Miller. [Solanaceae]	An-hling	Shoots	Shoots are eaten boiled
231.	<i>Solanum torvum</i> Sw. [Solanaceae]	Tawkpui	Fruit	Fruits are eaten in chutney
232.	<i>Solena amplexicaulis</i> (Lamk.)Gandhi [Cucurbitaceae]	Nawh phuai	Leaves, fruits	Leaves and fruits are eaten boiled

Sl no.	Scientific name [Family]	Local name	Parts used	Mode of use
233.	<i>Sonchus wightianus</i> DC. [Asteraceae]	Tlangnal-shak	Leaves	Leaves are eaten boiled
234.	<i>Spilanthes oleracea</i> L. [Asteraceae]	An-sa-pui/An-ka-sa-kir	Twigs	Shoots are eaten boiled
235.	<i>Spilanthes clava</i> DC [Asteraceae]	An-sa-te/An-ka-sakir-lo	Twigs	Shoots are cooked with meat
236.	<i>Spondias axillaries</i> Roxb. [Anacardiaceae]	Thei-khuang-chawm	Fruits	Ripe fruits are edible
237.	<i>Spondius pinnata</i> (L. f.) Kurz. [Anacardiaceae]	Tawi-taw	Ripe fruit edible	Ripe fruits are edible
238.	<i>Stellaria media</i> (L.) Villars [Caryophyllaceae]	Chang-kal-rit	Whole plant	Whole plant eaten boiled
239.	<i>Sterculia alata</i> Roxb. [Sterculiaceae]	Leng-lep	Seeds	Seeds are eaten roasted
240.	<i>Sterculia hamiltonii</i> (Kuntze) Adelb [Sterculiaceae]	Ngama-inchhawl	Fruit, seeds	Fruits are eaten boiled and seeds are eaten roasted
241.	<i>Sterculia urens</i> Roxb. [Sterculiaceae]	Pang-khau	Seeds	Seeds used as substitute of coffee
242.	<i>Sterculia versicolor</i> Wallich [Sterculiaceae]	Pang-khau	Seeds	Roasted seeds are eaten
243.	<i>Sterculia villosa</i> Roxb. [Sterculiaceae]	Khau-pui	Seeds	Roasted seeds are eaten
244.	<i>Stixis suaveolens</i> (Roxb.) Pierre. [Capparaceae]		Fruit	Ripe fruits are edible
245.	<i>Sycopsis griffithiana</i> D. Oliver [Hamamelidaceae]	Mam-chaw-pum-te	Seeds	Seeds are boiled and used as vegetable
246.	<i>Syzygium claviflorum</i> (Roxb.)Wall.ex A.M. Cowan & Cowan [Myrtaceae]	Pichil-i-mim	Fruits	Ripe fruits are edible
247.	<i>Syzygium cumini</i> (L.) Skeels [Myrtaceae]	Len-hmui	Fruits	Ripe fruits are edible
248.	<i>Syzygium grandis</i> (Wight)Blume[Myrtacea]	Thei-chhawl	Fruit	Ripe fruits are edible
249.	<i>Syzygium operculatum</i> (Roxb.)Nied. [Myrtaceae]	Hmui-zu-bel	Fruit	Ripe fruits are edible
250.	<i>Syzygium praecoxum</i> (Roxb.) Haridasan et R. R. Rao. [Myrtaceae]	Hmui-fang	Fruits	Ripe fruits are edible
251.	<i>Tabernaemontana divaricata</i> (L.) R.Br. [Apocynaceae]	Par-ar-si	Leaves	Young leaves are fried with pig meat
252.	<i>Tacca integrifolia</i> Ker-Gawl. [Taccaceae]	Thial-kha	Petiole	Petiole are eaten boiled



Sl no.	Scientific name [Family]	Local name	Parts used	Mode of use
253.	<i>Tamarindus indica</i> L. [Papilionaceae]	Teng-te-re	Leaves Fruits	Leaves eaten in chutney. Raw fruits are edible
254.	<i>Tectona grandis</i> Linnaeus f.[Verbenaceae]	Tlawr	Leaves	Leaves used for fermenting soybean
255.	<i>Terminalia bellerica</i> (Gaertn.)Roxb. [Combretaceae]	Thing-Van- dawt	Kernel	Kernel edible
256.	<i>Tetrastigma bracteolatum</i> (Wall.) Planch [Vitaceae]	Hrui-ri-thet	Fruits	Ripe fruits are edible
257.	<i>Tetrastigma serrulatum</i> (Roxburgh) Planchon [Vitaceae]	Rem-te	Fruit	Ripe fruits are edible
258.	<i>Thladiantha cordifolia</i> (Bl.) Cogn [Cucurbitaceae]	Kang-mang	Leaves	Leaves are used as boiled vegetable
259.	<i>Thunbergia grandiflora</i> (Roxb. ex Rottler) Roxb [Thunbergiaceae]	Va-ko	Flowers	Flowers are fried with dry fish
260.	<i>Toddalia asiatica</i> (L.) Lamk [Rutaceae]	Nghar-dai	Fruits edible	Fruits are used to prepare meat and fish as spice
261.	<i>Trevesia palmata</i> (Roxburgh ex Lindley) Visiani [Araliaceae]	Kawh-te-bel	Flower bud, young fruits	Flower bud and young fruits are eaten in chutney
262.	<i>Trachyspermum</i> <i>roxburghianum</i> (DC.)Craib [Apiaceae]	Par-di	Leaves	Leaves are eaten in chutney and as condiment
263.	<i>Typhonium horsfieldii</i> (Miq.) Steenis [Araceae]	Tel-hawng- nu	Corms	Corms eaten boiled
264.	<i>Typhonium trilobatum</i> (L.) Schott. [Araceae]	Tel-hawng- nu	Leaves	Tender leaves are cooked with dry fish
265.	<i>Vaccinium sprengelii</i> (G. Don) Sleumer [Ericaceae]	Sir-Kam	Leaves	Tender leaves are eaten boiled
266.	<i>Viburnum mullaha</i> Hamilton [Adoxaceae]	Lei-dum	Leaves, Fruits	Leaves used as flavoring agent, ripe fruits are edible
267.	<i>Vigna unguiculata</i> (L.) Walp [Papilionaceae]	Be-hlawi	Leaves	Leaves are eaten boiled
268.	<i>Walsura robusta</i> Roxb. [Meliaceae]	Per-te	Fruits	Ripe fruits are edible
269.	<i>Wattakaka volubilis</i> (L. f.) Stapf [Asclepiadaceae]	Thei-kel ki	Leaves	Leaves are eaten boiled
270.	<i>Wendlandia grandis</i> Cowan [Rubiaceae]	Ba-ting	Flower	Flowers are eaten fried
271.	<i>Willughbeia edulis</i> Roxb. [Apocynaceae]	Vuak-dup	Fruit, latex	Ripe fruits are edible. Latex are used as milk
272.	<i>Wrightia arborea</i> (Dennstedt) Mabberley [Apocynaceae]	Hleng	Leaves	Tender leaves are eaten boiled
273.	<i>Xantolis hookeri</i> (C.B.Clarke) P.Royen	Doju	Fruits	Ripe fruits are edible

Sl no.	Scientific name [Family]	Local name	Parts used	Mode of use
	[Sapotaceae]			
274.	<i>Xantolis tomentosa</i> (Roxb.) Raf. [Sapotaceae]	Mau-do	Fruits	Immature fruits eaten boiled
275.	<i>Zanthoxylum armatum</i> DC. [Rutaceae]	Hling-hiar	Leaves	Leaves are used as flavouring agent
276.	<i>Zanthoxylum rhetsa</i> (Roxb.)DC. [Rutaceae]	Ching-it	Leaves	Leaves are used as flavouring agent
277.	<i>Zingiber officinale</i> Rosc. [Zingiberaceae]	Sawh-thing	Inflorescence	Inflorescence are eaten as soup
278.	<i>Zingiber zerumbet</i> (L.) Smith [Zingiberaceae]	Sawh-thing-pon	Rhizome	Rhizome are eaten in chutney
279.	<i>Ziziphus mauritiana</i> Lamk. [Rhamnaceae]	Bo-rai	Fruits	Ripe fruits are edible

**Table 2: Wild edible plants sold in the Bara bazaar, Aizawl**

Sl no	Scientific name	Mizo name	Parts sold	Prices (Rs.)
1.	<i>Acacia farnesiana</i> (L) Willd [Mimosaceae]	Khanghu	Tender fruit	20/- per bundle
2.	<i>Alpinia nigra</i> (Gaertn.)Burt [Zingiberaceae]	Khui-jik	Stem Pith	20/- per bundle
3.	<i>Begonia barbata</i> Wallich ex DC [Begoniaceae]	Lalruanga-dar-nawhna	Leaves	10/- per bundle
4.	<i>Begonia roxburgnii</i> (Miq.)A.DC[Begoniaceae]	Se-khup-thur/Anthur	Leaves	10/-per bundle
5.	<i>Benincasa hispida</i> (Thunb)Cogn.[Cucurbitaceae]	Mai-pawl	Leaves	10/- per bundle leaves
6.	<i>Bruinsmia polysperma</i> (C.B. Clarke)Steenis[Styraceae]	Thei-pa-ling-kawh	Fruits	20/- to 40/- per bundle
7.	<i>Canavalia cathartica</i> Thouars [Papilionaceae]	Fang-ra	Tender pods	10/- per bundle (4-6 nos. fruit)
8.	<i>Clerodendrum colebrookianum</i> Walp. (Verbenaceae)	Phui-hnam	Shoots	20/- per bundle
9.	<i>Colocasia esculanta</i> (L.) Schott. [Araceae]	Bal	Young leaves	20/- per bundle
10	<i>Diplazium esculentum</i> (Retz.) Sw. [Athyriaceae]	Cha-kawk	Young leaves	20/- per bundle
11	<i>Elsholtzia communis</i> (Collett & Hemsley) Diels [Lamiaceae]	Leng-ser	Leaves	20/- per bundle
12	<i>Eryngium foetidum</i> L. [Apiaceae]	Ba-khawr	Leaves	10/- to 20/- per bundle
13	<i>Eurya cerasifolia</i> (D. Don) Kobuski [Pentaphylacaceae]	Si-hnegh	Leaves	20/- per bundle
14	<i>Gnetum gnemon</i> Linn. [Gnetaceae]	Pelh	Leaves	20/- per bundle
15	<i>Hibiscus sabdariffa</i> var. <i>sabdariffa</i> Linn. [Malvaceae]	Lakher-anthur	Leaves	20/- per bundle
16	<i>Hibiscus surattensis</i> Linn.	Mizo-an-thur	Leaves	10/- to 20/-per

Sl no	Scientific name	Mizo name	Parts sold	Prices (Rs.)
	[Malvaceae]			bundle
17	<i>Livistona chinensis</i> (Jacq.) R.Br. ex Mart. [Arecaceae]	Buar-pui	Immature inflorescence	50/- to 100/- per inflorescence
18	<i>Maranta dichotoma</i> (Roxb.)Wall.[Marantaceae]	Hnah-thial-alu	Rhizome	10/- to 20/- per parts
19	<i>Marsdenia maculata</i> Hook.f. [Asclepiadaceae]	An-kha-pui	Stem and leaves	20/- per bundle
20	<i>Momordica charantia</i> L.[Cucurbitaceae]	Chang Kha	Leaves	20/-per bundle
21	<i>Musa balbisiana</i> Colla [Musaceae]	Chang-el (Say- su-sheth)	Inflorescence, stem pith	10/- inflorescence 10/- per stem pith
22	<i>Olox nana</i> Wall ex Benth [Olacaceae]	Se-may	Leaves	20/- per bundle
23	<i>Passiflora edulis</i> Sims [Passifloraceae]	Sap-thei	Shoot Fruit	20/- per bundle 5/-per fruit
24	<i>Phyllanthus acidus</i> (L.) Skeels [Euphorbiaceae]	Kawl-sun-hlu	Fruit	10/- to 20/- per parts
25	<i>Parkia roxburghii</i> (A.DC.) Merrill[Mimosaceae]	Zawng-tah-lay	Fruits,	5/- per fruit
26	<i>Persea americana</i> Mill. [Lauraceae]	Butter-thei	Fruit	10/- per fruit
27	<i>Solanum gilo</i> Raddii. [Solanaceae]	Samtawk	Fruit	20/- per parts
28	<i>Solanum anguivi</i> Lamk. [Solanaceae]	Samtawk-te / Tawk-te-aka	Fruit	10/- per parts
29	<i>Spilanthes oleracea</i> L. [Asteraceae]	An-sa-pui/An- ka-sa-kir	Shoots	20/- per bundle
30	<i>Spilanthes clava</i> DC [Asteraceae]	An-sa-te/An-ka- sakir-lo	Shoots	15/- to 20/- per bundle
31	<i>Tamarindus indica</i> L. [Papilionaceae]	Teng-te-re	Fruits	10/- per parts
32	<i>Trachyspermum roxburghianum</i> (DC.)Craib [Apiaceae]	Par-di	Leaves	20/- per bundle
33	<i>Vigna unguiculata</i> (L.) Walp [Papilionaceae]	Be-hlawi	Leaves	10/- to 20/- per bundle
34	<i>Zanthoxylum rhetsa</i> (Roxb.)DC. [Rutaceae]	Ching-it	Leaves	10/- to 20/- per bundle
35	<i>Zingiber officinale</i> Rosc. [Zingiberaceae]	Sawh-thing	Inflorescence	10/- to 20/- per bundle

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