

## VEGETABLES:

Vegetables are parts of plants that are consumed by humans or other animals as food. It includes flowers, fruits, stems, leaves, roots, and seeds. Originally, vegetables were collected from the wild by hunter-gatherers and entered cultivation in several parts of the world, probably during the period 10,000 BC to 7,000 BC, when a new agricultural way of life developed. At first, plants which grew locally would have been cultivated, but as time went on, trade brought exotic crops from elsewhere to add to domestic types.




Vegetables are perennials but most are annuals and biennials, usually harvested within a year of sowing or planting. Different soil types suit different crops, but in general in temperate climates, sandy soils dry out fast but warm up quickly in the spring and are suitable for early crops, while heavy clays retain moisture better and are more suitable for late season crops.

Vegetables can be eaten either raw or cooked and play an important role in human nutrition, being mostly low in fat and carbohydrates, but high in vitamins, minerals and dietary fiber.

### IMPORTANT OF WILD EDIBLE VEGETABLES OF MANIPUR



- Since time immemorial, different communities of Manipur consume varieties of wild vegetable.
- Wild vegetable are mankind's most affordable sources of vitamins and minerals needed for good health.
- Increasing population pressure, urbanization and deforestation poses a real threat to the wild vegetable.
- Wild vegetable production provides a promising economic opportunity for reducing rural poverty and unemployment.

#### LIST OF WILD EDIBLE VEGETABLES OF MANIPUR

SL. NO.	VERNACULAR NAME / LOCAL NAME	SCIENTIFIC NAME	FAMILY	HABIT	EDIBLE PART(S)	LOCAL AVAILABILITY PERIOD	PICTURE
1	Chu-chu-rang-me	<i>Sesbania grandiflora</i>	Leguminosae	Shrub	Fruit, leaf	Aug-Sept	
2	Ching-yensil	<i>Antidesma acidum</i>	Euphorbiaceae	Small tree	Leaf	April-July	
3	Peruk	<i>Centella asiatica</i>	Apiaceae	Creeper	Whole plant	Rainy season	

4	Yendang	<i>Cycas pectinata</i>	Cycadaceae	Shrub	Leaf, shoot	Jun- Sept	
5	Kang-hu-man	<i>Meriandra bengalensis</i>	Lamiaceae	Shrub	Inflorescence, leaf	Nov-Mar	
6	Esing-kambong	<i>Zizania latifolia</i>	Poaceae	Herb	Culms	Sep- Nov	
7	Phei-ja	<i>Wendlandia glabrata</i>	Rubiaceae	Tree	Inflorescence	Dec- Jan	
8	Mukthruhi	<i>Zanthoxylum acanthopodium</i>	Rutaceae	Thorny shrub	Fruit, leaf	Year round	
9	Saneibi Usoi	<i>Bambusa arundinacea</i>	Poaceae	Grass	Shoot	June-Aug	

10	Kuthap manbi	<i>Clerodendrum colebrookianum</i>	Verbenaceae	Shrub	Leaf, young twig	April-Sept	
11	Laiwa	<i>Chimonobambusa callosa</i>	Poaceae	Grass	Shoot	June-Aug	
12	Namara	<i>Amomum dealbatum</i>	Zingiberaceae	Herb	Rhizome, inflorescence	April-June	
13	Yongchak	<i>Parkia roxburghii</i>	Leguminosae	Tree	Inflorescence, pod, seed	Oct-March	
14	Kanghoo	<i>Aplinia galanga</i>	Zingiberaceae	Herb	Rhizome	Feb-March	
15	Toningkhok	<i>Houttuynia cordata</i>	Saururaceae	Herb	Whole parts	Whole year	

16	Nongmangkha	<i>Phlogacanthus thyrsoiflorus</i>	Acanthaceae	Shrub	Leaves, flower	Whole year	
17	Pul-lei	<i>Alpinia nigra</i>	Zingiberaceae	Herb	Rhizome, inflorescence	April-June	
18	Ngang	<i>Zanthoxylum budrunga</i>	Rutaceae	Tree	Seed	June-July	