

FRUITS:

Fruits are edible products of the perennial higher plants with high water content, soft texture, sweet, sour and semi-astringent flavors. Fruits are important part of human diet. They play a vital role in human nutrition, by supplying the necessary growth factors essential for maintaining normal health.




Fruits along with vegetables are termed as 'Protective foods. They are rich sources of vitamins (A, B complex and C) and minerals (calcium, iron and phosphorus) in diets to keep human health in goodsted. They are also commercially important.


In Manipur, due to the varied agro-climatic conditions and diversified soil types, it is now possible to grow wide range of tropical, subtropical and temperate zone fruit crops in the state.

Important of edible wild fruits of Manipur:





- Wild fruits are important source of minerals and vitamins.
- Deforestation poses a real threat to the indigenous fruit trees and their domestication must be aimed by encouraging the local people to cultivate them.
- Domestication involves accelerated and human induced evolution to bring species into wider cultivation through a framer driven and marked led process.



LIST OF EDIBLE WILD FRUITS OF MANIPUR

SL. NO	COMMON NAME	SCIENTIFIC NAME	VERNACULAR NAME	FAMILY	HABIT	IMAGE
1	Wild olive	<i>Elaeagnus conferta</i>	Hei-yai	Elaegnaceae	Bushy globrous shrub	
2	Indian gooseberry	<i>Emblica officinalis</i>	Hei-Kru	Euphorbiaceae	Medium size tree	
3	Meyna	<i>Meyna spinosa</i>	Hei-bi	Rubiaceae	Spiny small tree	

4	Bael	<i>Aegle marmelos</i>	Hei-ri-kha-gok	Rutaceae	Small tree	
5	Wild apple	<i>Docynia indica</i>	Hei-tup	Rosaceae	Small size tree	
6	Star gooseberry	<i>Phyllanthus acidus</i>	Gehori	Euphorbiaceae	Medium size tree	
7	Cluster fig	<i>Ficus glomerata</i>	Hei-bong	Moraceae	Large tree	
8	Wild varnish tree	<i>Rhus semialata</i>	Hei-mang	Anacardiaceae	Small deciduous tree	
9	Ceylon Olive	<i>Elaeocarpus floribundus</i>	Chor-phon	Elaeocarpaceae	Medium size tree	

10	Indian jujube	<i>Ziziphus jujuba</i>	Bo-roi	Rhamnaceae	Small deciduous tree	
11	Burmese grape	<i>Baccaurea sapida</i>	Motok-hei	Phyllanthaceae	Medium size tree	
12	Jack fruit	<i>Artocarpus heterophyllus</i>	Thei-bong	Moraceae	Medium size tree	
13	Star fruit	<i>Averrhoa carambola</i>	Hei-nou-jom	Averrhoaceae	Small tree	
14	Wild mango	<i>Spondias pinnata</i>	Hei-ning	Anacardiaceae	Medium size tree	
15	Monkey fruit	<i>Artocarpus lakoocha</i>	Hei-ri-kok-thong	Moraceae	Medium size tree	

16	Jamun	<i>Syzygium cumini</i>	Jaam	Myrtaceae	Large tree	
17	Drooping fig	<i>Ficus auriculata</i>	Hei-rit	Moraceae	Medium size tree	
18	Tamarind	<i>Tamarindus indica</i>	Mang-ge	Caesalpiaceae	Large size tree	
19	Manjam Hei	<i>Tetrastigma bracteolatum</i>	Monjam-hei	Vitaceae	Medium size tree	
20	Bor thekera	<i>Garcinia pedunculata</i>	Hei-bung	Clusiaceae	Medium size tree	
21	Pomelo	<i>Citrus maxima</i>	Nobab	Rutaceae	Medium size tree	
22	Pithraj	<i>Amoora rohituka</i>	Hei-rang-khoi	Hei-rang-khoi	Medium size tree	

23	Common Walnut	<i>Juglans regia</i>	Hei-ju-gak	Juglandaceae	Big deciduous tree	
24	Rotan sega	<i>Calamus caesius</i>	Hei-ri	Arecaceae	Shrub	
25	Kaphal	<i>Myrica esculenta</i>	Non-gang-hei	Myricaceae	Small tree	