

Compendium of Wild Edibles Of Morigaon District, Assam



FARM NORTHEAST III



	Vernacular Name : Gandh Koshu Botanical Name : <i>Homalomena Spp</i> Family : Araceae Parts used : Stem Use : Stem is cooked & consumed		Vernacular Name : Uli Koshu Botanical Name : <i>Amorphophallus paeoniifolius</i> (Dennst.) Nicolson Family : Araceae Parts used : Rhizomes Use : Rhizomes is cooked & consumed as vegetables & with non veg items		Vernacular Name : Dhekiya Botanical Name : <i>Diplazium esculentum</i> (Retz.) Sw. Family : Athyriaceae Parts used : Leaf Use : Leaf is cooked & consumed		Vernacular Name : Vedeli Iota Botanical Name : <i>Paederia foetida</i> L. Family : Rubiaceae Parts used : Leaf Use : Leaf is cooked as vegetable & with Fish		Vernacular Name : Kola Kosu Botanical Name : <i>Colocasia Spp</i> Family : Araceae Parts used : Stem Use : Stem is cooked & consumed with veg & non-veg items
	Vernacular Name : Pahariya Koldil Botanical Name : <i>Musa splendida</i> A.Chev. Family : Musaceae Parts used : Flower Use : Flower is cooked & consumed		Vernacular Name : Noro xingho pat Botanical Name : <i>Murraya koenigii</i> (L.) Spreng. Family : Rutaceae Parts used : Leaf Use : Leaf is used as flavor & consumed with vegetable & non-veg items.		Vernacular Name : Posotiya Pat Botanical Name : <i>Vitex negundo</i> L. Family : Lamiaceae Parts used : Leaf Use : Leaf is consumed with vegetable & non-veg items		Vernacular Name : Bamboo Shoot Botanical Name : <i>Phyllostachys Spp</i> Family : Poaceae Parts used : Shoot Use : Consumed with vegetable & non-veg items		Vernacular Name : Laijabari Botanical Name : <i>Drymaria cordata</i> (L.) Willd. ex Schult. Family : Caryophyllaceae Parts used : Leaf Use : Leaf is cooked & consumed
	Vernacular Name : Simolu Alu Botanical Name : <i>Manihot esculenta</i> Crantz Family : Euphorbiaceae Parts used : Rhizomes Use : Rhizome is boiled & consumed		Vernacular Name : Maan-Dhonia Botanical Name : <i>Eryngium foetidum</i> L. Family : Apiaceae Parts used : Leaf Use : Leaf is used as flavor in vegetables & non-veg items as well as salad		Vernacular Name : Mosundari Botanical Name : <i>Houttuynia cordata</i> Thunb. Family : Saururaceae Parts used : Leaf Use : Raw leaf is consumed		Vernacular Name : Nephaphu Pat Botanical Name : <i>Clerodendrum colebrookianum</i> Walp. Family : Lamiaceae Parts used : Leaf Use : Leaf is cooked & consumed		Vernacular Name : Methi xaak Botanical Name : <i>Trigonella foenum graecum</i> (Nevski) Afan. & Gontsch. Family : Fabaceae Parts used : Leaf Use : Leaf is cooked & consumed
	Vernacular Name : Sema Kosu Botanical Name : <i>Typhonium trilobatum</i> (L.) Schott Family : Araceae Parts used : Stem Use : Stem is cooked and consumed		Vernacular Name : Khutura xaak Botanical Name : <i>Amaranthus spinosus</i> L. Family : Amaranthaceae Parts used : Leaf Use : Leaf is cooked and consumed		Vernacular Name : Durun puspo xaak Botanical Name : <i>Leucas plukenetii</i> (Roth) Spreng. Family : Lamiaceae Parts used : Leaf Use : Leaf is cooked with vegetable & fish		Vernacular Name : Kolmou xaak Botanical Name : <i>Ipomoea aquatica</i> Forssk. Family : Convolvulaceae Parts used : Leaf Use : Leaf is cooked and consumed		Vernacular Name : Singhara Botanical Name : <i>Eleocharis dulcis</i> (Burm.f.) Trin. ex Hensch. Family : Cyperaceae Parts used : Rhizomes Use : Rhizome is consumed raw by removing its skin
	Vernacular Name : Hattiasura Botanical Name : <i>Achyranthes aspera</i> L. Family : Amaranthaceae Parts used : Leaf Use : Leaf is cooked & consumed		Vernacular Name : Manimuni Pat Botanical Name : <i>Centella asiatica</i> (L.) Urb. Family : Apiaceae Parts used : Leaf Use : Leaf is cooked & consumed		Vernacular Name : Dudkosu peta Botanical Name : <i>Colocasia esculenta</i> (L.) Schott Family : Araceae Parts used : Stem Use : Stem is cooked & consumed		Vernacular Name : Mejenga xaak Botanical Name : <i>Zanthoxylum oxyphyllum</i> Edgew. Family : Rutaceae Parts used : Leaf Use : Leaf is consume as vegetable		Vernacular Name : Ou Tenga Botanical Name : <i>Dillenia indica</i> L. Family : Dilleniaceae Parts used : Fruit Use : Fruit is cooked with veg & non veg items
	Vernacular Name : Shilpat Botanical Name : <i>Cleyera japonica</i> Thunb. Family : Pentaphylacaceae Parts used : Leaf Use : Leaf is cooked & consume with non-veg items		Vernacular Name : Bel Botanical Name : <i>Aegle marmelos</i> (L.) Correa Family : Rutaceae Parts used : Fruit Use : Fruit is consumed by making fresh juice		Vernacular Name : Tita Vekuri Botanical Name : <i>Solanum indicum</i> L. Family : Solanaceae Parts used : Fruit Use : Fruit is cooked & consume as vegetable		Vernacular Name : Rong Bahaka Botanical Name : <i>Phlogacanthus thyriformis</i> (Roxb. ex Hardw.) Mabb. Family : Acanthaceae Parts used : Flower Use : Flower is cooked as vegetable and with non veg item		Vernacular Name : Xoru Manimuni Botanical Name : <i>Hydrocotyle sibthorpioides</i> Lam. Family : Araliaceae Parts used : Leaf Use : Leaf consume as vegetable
	Vernacular Name : Buck phul Botanical Name : <i>Sesbania grandiflora</i> (L.) Pers. Family : Fabaceae Parts used : Flower Use : Flower is consumed as vegetable		Vernacular Name : Kashidhoriya Pat Botanical Name : <i>Blumea lanceolaria</i> (Roxb.) Druce Family : Asteraceae Parts used : Leaf Use : Leaf is consumed with vegetable & with non-veg items		Vernacular Name : Domboru Pat Botanical Name : <i>Ficus racemosa</i> L. Family : Moraceae Parts used : Leaf Use : Leaf is cooked and consumed with pork		Vernacular Name : Ponial Botanical Name : <i>Flacourtia jangomas</i> (Lour.) Raeusch. Family : Salicaceae Parts used : Fruit Use : Leaf is consumed as fruit		Vernacular Name : Leteku Botanical Name : <i>Baccaurea ramiflora</i> Lour. Family : Phyllanthaceae Parts used : Fruit Use : Leaf is consumed as fruit
	Vernacular Name : Bor thekera Botanical Name : <i>Garcinia pedunculata</i> Roxb. ex Buch.-Ham. Family : Clusiaceae Parts used : Fruit Use : Fruit is cut into small pieces, dried and cooked with fish, dal		Vernacular Name : Votuwa Xaak Botanical Name : <i>Chenopodium Spp</i> Family : Amaranthaceae Parts used : Leaf Use : Leaf is cooked as Vegetable		Vernacular Name : Sengmora Botanical Name : <i>Lasia spinosa</i> (L.) Thwaites Family : Araceae Parts used : Leaf Use : Leaf is consumed as vegetable		Vernacular Name : Boga Kosu Botanical Name : <i>Colocasia gigantea</i> (Blume) Hook.f. Family : Araceae Parts used : Stem Use : Stem is cooked and consumed		Vernacular Name : Sengeri tenga Botanical Name : <i>Colocasia Spp</i> Family : Fabaceae Parts used : Leaf Use : Leaf cooked with fish & consumed
	Vernacular Name : Bonoriya Bengena Botanical Name : <i>Solanum viarum</i> Dunal Family : Solanaceae Parts used : Fruit Use : Leaf is cooked as Vegetable		Vernacular Name : Helosi Botanical Name : <i>Enhydra fluctuans</i> Lour. Family : Asteraceae Parts used : Leaf Use : Leaf is cooked & consumed		Vernacular Name : Rocktrodrun Botanical Name : <i>Leonurus sibiricus</i> L. Family : Lamiaceae Parts used : Leaf Use : Leaf is cooked & consumed		Vernacular Name : Modhukhulong Botanical Name : <i>Persicaria longiseta</i> (Bruijn) Kitag. Family : Polygonaceae Parts used : Leaf Use : Leaf cooked with fish & consumed		Vernacular Name : Dhemesi hak Botanical Name : <i>Fagopyrum esculentum</i> Moench Family : Polygonaceae Parts used : Leaf Use : Leaf is cooked and consumed
	Vernacular Name : Podum Botanical Name : <i>Nelumbo nucifera</i> Gaertn. Family : Nelumbonaceae Parts used : Seed Use : Seed is consumed as snacks		Vernacular Name : Bhet Botanical Name : <i>Nymphaea nouchali</i> Burm.f. Family : Nymphaeaceae Parts used : Seed Use : Seed & Stem is consumed as snacks and vegetable		Vernacular Name : Puroi Sak Botanical Name : <i>Basella alba</i> L. Family : Basellaceae Parts used : Leaf Use : Leaf is cooked and consumed		Vernacular Name : Sukloti Botanical Name : <i>Pogostemon patchouli</i> var. <i>suavis</i> (Ten.) Hook. f. Family : Lamiaceae Parts used : Leaf Use : Leaf is cooked and consumed		Vernacular Name : Sam Kothal Botanical Name : <i>Artocarpus chama</i> Buch.-Ham. Family : Moraceae Parts used : Seed Use : Seed is boiled or fried and consumed