NTFP-EP non-timber forest products - exchange programme

UPDATES ON ADIVASI WOMEN WORK ON FOREST FOODS IN INDIA

May 2022

THE LATEST

Documentation of wild forest foods with Adivasi women and youth have been started at the Adukkam Centre. In the past few months, we have been able to produce simple yet informative posters that show various wild foods that can be used for subsistence to supplement diets.

By doing conservation work focused on food, we are able to aid inter-generational interactions that facilitate the transfer of traditional ecological knowledge between Adivasi women and the youth. This is very important for in terms of nurturing interest in culture and tradition and as well as for food food security. The next page shows the output of the field documentation on forest foods.

WILD FOODS IN INDIA

These wild foods are found in the wild, as well as in the Adukkam Centre!

Eryngium foetidum

found in the wild. Leaves used in chutneys, relieves constipation, beneficial in hypertension.

Solanum torvum

(sundakkai), found wild. Fruit rich in Ca, Fe and vitamin A.

Dioscorea bulbifera

cultivated in homesteads and contains up to a third in weight of carbohydrates.

Alpinia calcarata

wild as well as cultivated. Rhizomes aromatic, used in the relief of chronic cough.

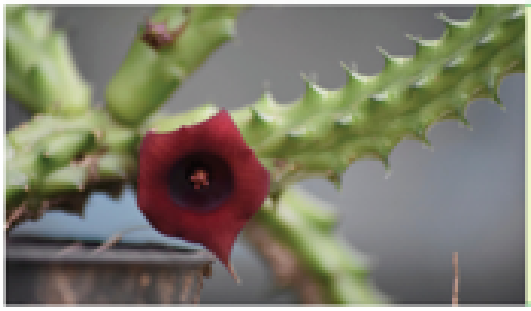
WILD FOODS IN INDIA

Cardiospermum halicacabum

found in the wild. Used as a vegetable and known to have medicinal properties (skin, hair)

Hibiscus sabdariffa

usually cultivated as a hedge plant. Leaves used as a souring agent.



Caralluma sp.

usually found in the wild. Stems edible.

Identification of edible food species from the wild and their benefits is very important. At Adukkam Centre, Adivasi women are leading the way in training the next generation to identify and forage food from the forest. Such interactions enable the youth to learn from their elders about the uses of various plants and plant parts.

In the coming months, we look forward to facilitating more workshops to document wild foods in the area.