



Agrobiodiversity and Priority Food Plants for Inclusion in the School Mid Day Meal Program



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North East Slow Food and Agrobiodiversity Society

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Preface

The North Eastern Region of India including Meghalaya has a rich agrobiodiversity but this rich diversity is declining. Much of this diversity has been part of the food culture of the indigenous communities of the region. However, in the present context, the diversity of diets has been greatly reduced by the onslaught of global and national forces. Research has shown that there is low diversity of food at the household level coupled with the poor health indices of especially children and women in the state of Meghalaya.

One of the programmes of the government to enhance nutritional status of children is the Mid Day Meal programme where school meals are given to children. In the state, these school meals are often limited to food grains, pulses, vegetables, oils and condiments. Even though it aims to increase enrolment and enhance nutritional status of children, but these meals needs to be enriched with more diversity of food before it can fully achieve its objectives.

Thus NESFAS while working with communities and in the area of food has found that there is much food diversity in the communities which has not been used although

many local varieties of plants and wild edibles are very nutritious. Therefore NESFAS aims to work with schools and communities to enhance the existing school meal programme.

As part of this project, NESFAS has worked with communities to map the local plant resources that could be included in the school meal programme. As would be detailed in the chapters, the approach has been participatory in manner where communities have listed and prioritised the local food plants. This book contains the local food resources that have been mapped in the five different villages, Laitsohplich, Umdiengpoh, Mawmihthied, Nongtraw and Dewlieh. It is hoped that this volume will help the cooks and youth to understand the availability of local plant resources in their villages for use in the school meal programme or even to be used by youth from an entrepreneurial perspective.

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01

Introduction

According to the World Health Organisation (WHO) malnutrition refers to deficiencies, excesses, or imbalances in a person's intake of energy and/or nutrients. Malnutrition includes undernutrition (wasting, stunting, and underweight), inadequate vitamins or minerals, overweight, obesity, and resulting diet-related non-communicable diseases. 52 million children under 5 years of age are wasted, 17 million are severely wasted and 155 million are stunted, while 41 million are overweight or obese. Around 45% of deaths among children under 5 years of age are linked to undernutrition. These mostly occur in low- and middle-income countries. At the same

time, in these same countries, rates of childhood overweight and obesity are rising (WHO, 2019).

India is one of those low middle income countries whose Gross National Income per capita is around \$2000. Many reports including National Health & Family Survey, United Nations International Children's Emergency Fund, and WHO have brought out high rates of malnutrition among adolescent girls, pregnant and lactating women, and children in India. The National Family Health Survey 4 (2015-2016) revealed that although rates has declined over the years among children under 5, stunting



Project villages

Five villages, viz., Nongtraw, Laitsohpliah, Dewlieh, Umdiengpoh and Mawmihthied, all belonging to Khatarshnong Laitkroh Block, East Khasi Hills Meghalaya are taking part in the initiative to link agrobiodiversity with Mid-Day Meal program. FPIC (Free Prior Informed Consent) was recieved from the community. This was done by discussing the objectives of the project with all the stakeholders in the community. After the communitiy had understood the various aims of the project, their assent was recorded.

Once communitiy participation was confirmed a participatory mapping exercise was done with the community for getting data on local agrobiodiversity and selection of prioritised crops (for more details see methodology section). Child population, 0-6 years, was around 20% in all the villages with only Nongtraw having lesser. Females make up almost half of the population in all the villages. Literacy rates were quite high (around 90% or more) in almost all the villages except Laitsohpliah where it was lesser than the

national average at just 67.86%. Male and female literarcy rates were very similar with Nongtraw and Dewlieh in fact having higher female literacy than men. In total, there are 249 households accomodating 1222 people in this project.

Village	Socio-Demographic Indicator	Gender	Number
Dewlieh	Total Households		20
	Total Population		91
		Male	42
		Female	49
	Child (0-6)		20
		Male	10
		Female	10
	Literacy		90.14
		Male	87.50
		Female	92.31
Nongtraw	Total Households		35
	Total Population		180
		Male	96
		Female	84
	Child (0-6)		29
		Male	12
		Female	17
	Literacy		86.09
		Male	83.33
		Female	89.55
Mawmihthied	Total Households		88
	Total Population		430
		Male	220
		Female	210
	Child (0-6)		89
		Male	47
		Female	42
	Literacy		95.01
		Male	96.53
		Female	93.45



Village	Socio-Demographic Indicator	Gender	Number
Umdiengpoh	Total Households		56
	Total Population		270
		Male	132
		Female	138
	Child (0-6)		60
		Male	27
		Female	33
	Literacy		84.76
	Male	85.71	
	Female	83.31	
Laitsohpliah	Total Households		50
	Total Population		251
		Male	133
		Female	118
	Child (0-6)		55
		Male	33
		Female	22
	Literacy		67.86
	Male	69.00	
	Female	66.67	

Source: Census of India, 2011



Methodology

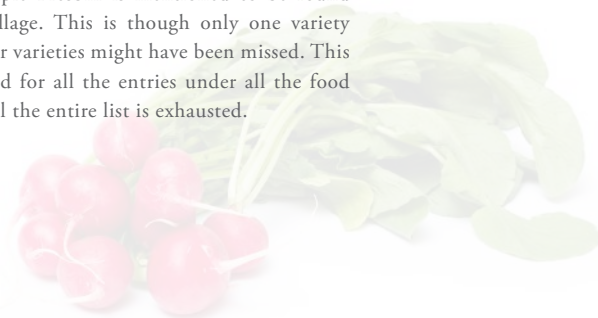
Among the villages selected for the project, in Laitsohpliah NESFAS had already done the participatory mapping exercise as part of the REC (Rural Electrical Corporation) supported project “No One Shall Be Left Behind Initiative: Biodiversity for Food, Nutrition and Energy Security, Meghalaya and Nagaland, North East India”. Identification of micro-nutrient and climate resilient species for increasing consumption and production are one of the main goals of this project. Lukas Pawera, an ethno-botanist from the Czech University of Life Sciences, Prague in collaboration with NESFAS

helped in designing a participatory methodology for documentation of agrobiodiversity from 32 project villages in Meghalaya and Nagaland, of which Laitsohpliah was one such village. Therefore while participatory mapping exercise was an entirely new activity for the other villages, in Laitsohpliah, it was more about confirming the food plants recorded during the exercise and completing the seasonal calendar. Prioritisation of food crops for inclusion in school meal program though is an entirely new exercise for all the villages, including Laitsohpliah.

Confirming of food plants and seasonal calendar

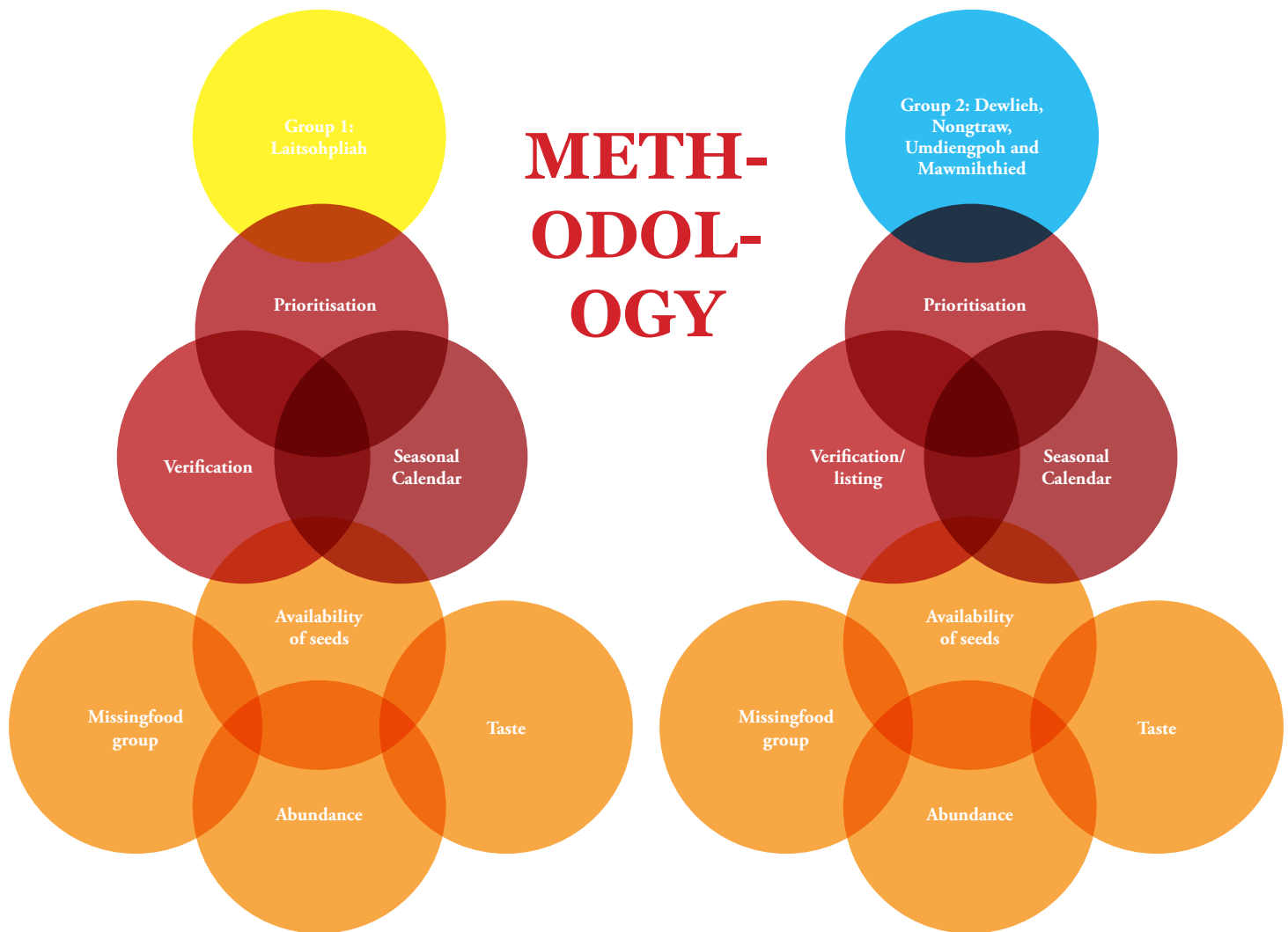
There are two groups of villages in this exercise. Group 1 is Laitsohpliah in which participatory mapping has already been done which resulted in a list of the local agrobiodiversity found in the particular village. This gave a total of 192 food plants. In this case there is no need to do a participatory mapping exercise. Instead what is required is to verify the list of crops that was provided during the exercise. This is done by calling for an FGD, not less than 20 people. Gender parity in terms of composition of the group is followed. Also not less than a quarter of whom (i.e., 5) were custodian farmers. This is to ensure that the final list is as reliable as possible. There are two aspects which were dealt with while doing the verification. The first aspect is confirming the list and doing any addition

or subtraction as required. The table below (see table 2) shows the data which was shared. The rows under section A are from the original list while the rows in section B are the modified list. For the first aspect only the first section was used. The community was asked whether the crops mentioned are found in the village and after a particular category is finished, in this case staple foods. After this was over, community was again asked whether any food plants have been missed which can be added. The new food plants are either new species or varieties of the same species. For example Presbin is mentioned to be found in the village. This is though only one variety with other varieties might have been missed. This is repeated for all the entries under all the food groups till the entire list is exhausted.



A (Original list)															
Local Category	English Name	Local Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Staple Foods	French Beans	Presbin	Harvesting								☀️	☀️			
	Raddish	Muli	Harvesting									☀️	☀️	☀️	☀️
	Squash	Biskot Lieh	Harvesting								☀️	☀️	☀️	☀️	☀️
B (Modified List)															
Staple Foods	French Beans	Presbin	Planting					☀️	☀️						
			Harvesting								☀️	☀️			
	Raddish	Muli	Planting		☀️	☀️									
			Harvesting									☀️	☀️	☀️	☀️
	Squash	Biskot Lieh	Planting		☀️										
		Harvesting									☀️	☀️	☀️	☀️	

N.B: Jan: January; Feb: February; Mar: March; Apr: April; May: May; Jun: June; Jul: July; Aug: August; Sep: September; Oct: October; Nov: November; Dec: December



The second aspect is the regarding the seasonality calendar. The symbols in the cells in section (A) and (B) show the months when the food plant is available, i.e., can be harvested. In the second section (B) the list is repeated with a slight change that there is now an additional row which is blank. This row is now used for the entering information on the planting season. For example, August and September, as shown above are

harvesting months while upon enquiry it was found that February is the planting season. In that case, information is entered in the February cells to indicate the planting season. This is done for all the crops in all the different food categories. In the end the planting as well as the harvesting months is recorded in the new table, i.e., section B.

Prioritisation of crops for Mid Day Meal

In both the Group 1 and Group 2 villages, after the verification and seasonal calendar has been created the next step was to prioritise the food plants from the local agrobiodiversity. The same FGD group was used for the purpose. This prioritisation was based on the following criteria:

- 1. Missing food groups:** The DDS survey done as part of the participatory mapping brought to light the gaps in food consumption among selected villages (which includes Laitsohpliah) from Meghalaya and Nagaland. Data for the East Khasi Hills district DDS was used to identify the missing food groups which became the prioritised food groups for the villages in both Group 1 and Group 2. These missing food groups are viz., pulses, nuts and seeds, vitamin A rich plants, green leafy vegetables and other fruits.
- 2. Availability of seeds:** Any food plant that is selected as a prioritised plant

should not face any shortage of seeds. This is to ensure that there are no supply bottlenecks in the future. Availability of seeds was thus another criterion used for prioritisation.

- 3. Abundance:** Limited production may hamper regular incorporation of the food plants into the Mid-Day Meal diet. The aim is to grow the food plants in the school garden. But in case of low yield, harvesting from the local farms is an option.
- 4. Taste:** Taste, especially for children is a very important criterion. Therefore care was taken that the food plant chosen is something that is relished by the local community, esp. children.

Prioritisation was done using Visualization in Participatory Programmes (VIPP) tools to ensure that the exercise is participatory. In the end the entire process yielded the agrobiodiversity list together with the seasonal calendar and prioritized list.

Chapter Scheme

This document has been divided into three chapters. The first chapter gives an introduction about the malnutrition burden on India in general and Meghalaya in particular. Also included is a discussion on the Mid-Day Meal program and the need to strengthen the program by inclusion of local agrobiodiversity, rationale of the project. The chapter then goes into the methodology adopted for the participatory mapping exercise for listing local agrobiodiversity and selection of priority food plants. Chapter two looks into the agrobiodiversity of participating villages. This it does by creating a seasonal calendar for individual food plants found in respective villages. Chapter three then brings out the priority list of the crops selected for inclusion into the Mid-Day Meal program. And finally, the last chapter, i.e., Chapter four summarise the whole document and puts forward some pertinent conclusions.



AGRO

BIO

LIVER

STITY

02

SEASONAL CALENDAR OF LOCAL AGROBIODIVERSITY

Agrobiodiversity can be understood as the variety and variability of animals, plants and micro-organisms that are used directly or indirectly for food and agriculture, including crops, livestock, forestry and fisheries. But in this document, only the food plants have been included. These include both cultivated as well as those harvested from the wild. These are again divided into the food groups as identified by FAO viz., Starchy Staples: Grains, White Roots and Tubers, and Plantains; Pulses (Beans, Peas and Lentils); Nuts and Seeds; Dairy; Meat, Poultry and Fish; Eggs; Dark Green Leafy Vegetables; Vitamin A-Rich Fruits; Other Vegetables; and Other Fruits. There is the additional category of Condiments as well which is a minor food group. An important point to consider while reviewing

the list is that the same crop may occur more than once. This is because a single crop may have parts when consumed will consign it to different food groups. For example, pumpkin can either be in the Other Vegetable or Vitamin A Rich Plant category depending on the colour of its flesh. At the same time, when the leaves are consumed it is categorised as a Green Leafy Vegetable. Hence, in some cases double counting will occur.

In this chapter the agrobiodiversity list of individual food plants from the participating villages of Mawmihthied, Latisohpliah, Nongtraw, Dewlieh and Umdiengpoh is shared. They are classified into food groups along with information on planting and harvesting of individual food plants. In case of food plants

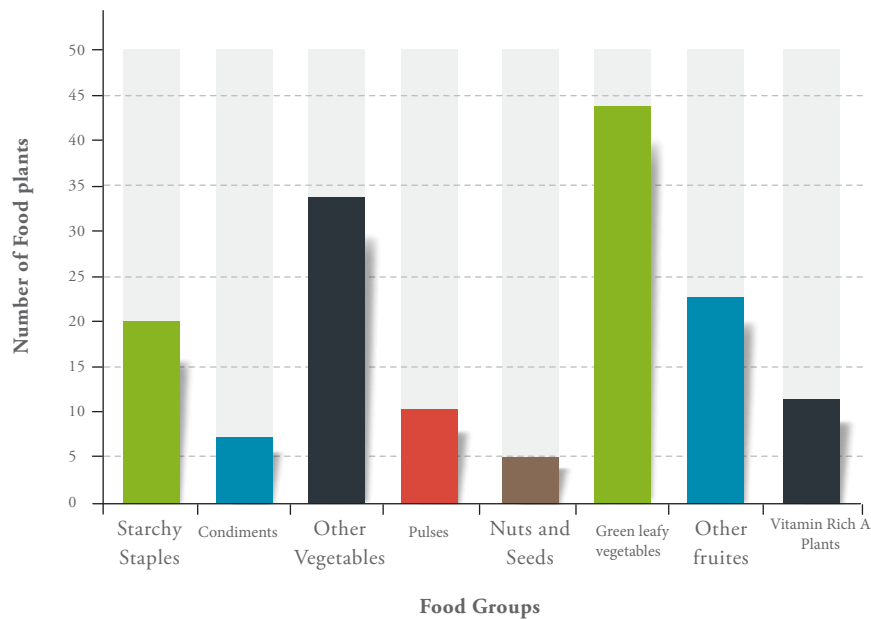
collected from the forest only the harvesting period is given. This is mostly the case with Green Leafy Vegetables, majority of whom infact are of the wild varenty. Similar is the case with Fruits, many of whom can only be found from the forest. In times of food shortage these plants are highly indispensible for the community. In lieu of their importance, there have been attempts to domesticate some of the wild varieties by incorporating them in the homestead gardens or the jhum fields. Results have been mixed. As long as forests thrive the communitiy can continue to depend on these wild food plants. At the same time, disapperance of the forests will also lead to the extinction of these food plants putting community's food security into jeopardy.



Mawmihthied

Mawmihthied recorded a total of 149 food plants from the local landscape. Out of this, the highest number of plants (>20%) are found among the Green Leafy Vegetables category followed very closely by the Other Vegetables, more than 30 food plants in both the categories. The least number of food plants (<5%) are from Nuts and Seeds and Condiments who have less

than 10 food plants in their respective groups. Starchy Staples have just over 10% of the total food plants. Within this particular food group though five different species of food plants, viz., potato, maize, sweet potato, taro and other tuber, are found. In general, all the plant based food groups are available in the community.



Agrobiodiversity in Mawmihthied



Starchy staples in Mawmihthied




















Starchy Staples

Local Name	Scientific Name	Planting/ Harvesting	Months												
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Phan Joyti	<i>Solanum sp.</i>	Planting		🌱	🌱										
		Harvesting					🌾	🌾							
Phan Syntiew	<i>Solanum sp.</i>	Planting		🌱	🌱										
		Harvesting					🌾	🌾							
Phan Imdieng	<i>Solanum sp.</i>	Planting		🌱	🌱										
		Harvesting					🌾	🌾							
Phan Sanminit	<i>Solanum tuberosum</i>	Planting		🌱	🌱										
		Harvesting					🌾	🌾							
Phan Lieh	<i>Solanum tuberosum</i>	Planting		🌱							🌱				
		Harvesting					🌾	🌾				🌾	🌾		
Phan Saw	<i>Solanum tuberosum</i>	Planting		🌱	🌱										
		Harvesting					🌾	🌾							
Phan Kophri Meikha	<i>Solanum sp.</i>	Planting		🌱	🌱										
		Harvesting						🌾	🌾						
Phan Karo Saw	<i>Ipomea batatas</i>	Planting						🌱	🌱						
		Harvesting										🌾	🌾		
Phan Karo Lieh	<i>Ipomea batatas</i>	Planting						🌱	🌱						
		Harvesting										🌾	🌾		
Riew Hadem Lieh	<i>Zea mays</i>	Planting			🌱										
		Harvesting								🌾	🌾				
Riew Hadem Stem	<i>Zea mays</i>	Planting		🌱	🌱										
		Harvesting								🌾	🌾				
Phan Karo Saw	<i>Zea mays</i>	Planting		🌱	🌱										
		Harvesting								🌾	🌾				
Shriew Knapblang	<i>Alocasia macrorrhiza</i>	Planting			🌱	🌱									
		Harvesting										🌾	🌾		
Shriew Pylleng	<i>Colocasia/alocasia/remutsia sp.</i>	Planting			🌱	🌱									
		Harvesting										🌾	🌾		
Shriew Lyngkait	<i>Colocasia/alocasia/remutsia sp.</i>	Planting			🌱										
		Harvesting										🌾	🌾		
Shriew Jrong	<i>Amorphophallus sp.</i>	Planting			🌱										
		Harvesting										🌾	🌾		
Shriew Blue	<i>Colocasia/alocasia/remutsia sp.</i>	Planting			🌱										
		Harvesting										🌾	🌾		
Shriew Lyngkait	<i>Colocasia/alocasia/remutsia sp.</i>	Planting			🌱										
		Harvesting										🌾	🌾		









































Shriew Saw	<i>Colocasia/alocasia/remutisia sp.</i>	Planting											
		Harvesting											
Soh Phlang	<i>Flemingia vestita</i>	Planting											
		Harvesting											

Condiments



























Local Name	Scientific Name	Planting/ Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Pudina	<i>Mentha viridis</i>	Planting												
		Harvesting												
Dhania	<i>Coriandrum sativum</i>	Planting												
		Harvesting												
Shynrai Stem	<i>Curcuma longa</i>	Planting												
		Harvesting												
Kenbell	<i>Capsicum sp.</i>	Planting												
		Harvesting												
Ken Jrong	<i>Capsicum sp.</i>	Planting												
		Harvesting												
Rynsun	<i>Allium sativum</i>	Planting												
		Harvesting												
Soh krot (W)	<i>Smilax glaucophylla</i>	Planting												
		Harvesting												

Other Vegetables

Local Name	Scientific Name	Planting/ Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Tit Tung (W)	<i>Lactarius volemus</i>	Planting												
		Harvesting												
Tit Stem/Tit Tynrai (W)	<i>Craterellus odoratus</i>	Planting												
		Harvesting												
Tit Tangrai	NA	Planting												
		Harvesting												
Tit Snier Blang (W)	NA	Planting												
		Harvesting												
Tit Tnaw Syiar (Stem/Lieh) (W)	<i>Clavulina sp.</i>	Planting												
		Harvesting												

Muli saw	<i>Raphanus sativus</i>	Planting	 						 		 
		Harvesting									
Sohkhia Khasi	<i>Cucumis sativus</i>	Planting									
		Harvesting									
Piat	<i>Allium cepa</i>	Planting	 						 		
		Harvesting			 						
Sohlakum	<i>Brassica rapa subsp. rapa</i>	Planting	 						 		
		Harvesting			 						
Pashor kait (Siar kait)	<i>Musa paradisiaca</i>	Planting									
		Harvesting						 			
Sohkhia Khnai	<i>Oxalis corniculata</i>	Planting									
		Harvesting									
Syntiew jalymmut (W)	NA	Planting									
		Harvesting						 			
Pathaw thohriew	<i>Cucurbita maxima</i>	Planting	 								
		Harvesting						     			
Syntiew pathaw	<i>Cucurbita maxima</i>	Planting	 								
		Harvesting						  			












Pulses

Local Name	Scientific Name	Planting/ Harvesting	Months												
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Presbin	<i>Phaseolus vulgaris</i>	Planting													
		Harvesting								   					
Ri Phyrngop	<i>Phaseolus vulgaris</i>	Planting													
		Harvesting								  		 			
Ri Lyngknap Saw	NA	Planting													
		Harvesting													
Ri Lyngknap Jyngam	NA	Planting													
		Harvesting													
Ri Ran/Majai	<i>Vicia faba</i>	Planting													
		Harvesting													
Motor Shana	<i>Pisum sativum</i>	Planting													
		Harvesting													
Motor Heh	<i>Pisum sativum</i>	Planting													
		Harvesting													




























Local Name	Scientific Name	Planting/ Harvesting	Months													
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec		
Bat Pyllon (W)	<i>Centella asiatica</i>	Planting Harvesting														
Tyrkhang long (W)	<i>Diplazium esculentum</i>	Planting Harvesting														
Jaiing	<i>Brassica nigra</i>	Planting Harvesting														
Jathang (W)	<i>Neilla thyrsoflora</i>	Planting Harvesting														
Jatwad (W)	NA	Planting Harvesting														
Jawieh (W)	NA	Planting Harvesting														
Latyrdop (W)	NA	Planting Harvesting														
Jabuit (W)	<i>Polygonum muricatum</i>	Planting Harvesting														
Jajew Khyndew (W)	NA	Planting Harvesting														
Jajew Rben (W)	NA	Planting Harvesting														
Jali (W)	<i>Gymura nepalensis</i>	Planting Harvesting														
JaKhria (W)	<i>Rhynchoechum ellipticum</i>	Planting Harvesting														
Jalynniar (W)	<i>Sonchus arvensis</i>	Planting Harvesting														
Jalynnoh (W)	<i>Polygonum orientale</i>	Planting Harvesting														
Jahenwet/ Jhurswet (W)	NA	Planting Harvesting														
Jangew Mawria/ Tangduma (W)	NA	Planting Harvesting														
Jajer (W)	NA	Planting Harvesting														

Other fruits

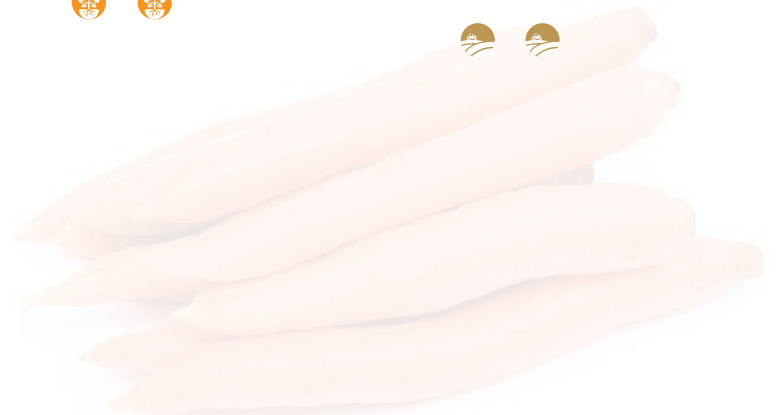
Local Name	Scientific Name	Planting/ Harvesting	Months													
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec		
Sohshiah (W)	<i>Rubus ellipticus</i>	Planting Harvesting														
Sohkhawiong (W)	<i>Rubus lasiocarpus</i>	Planting Harvesting														
Sohpdung Ksuit (W)	NA	Planting Harvesting														
Sohryngkham (W)	<i>Vaccinium graffitibianum</i>	Planting Harvesting														
Sohphie Bah (W)	<i>Myrica esculenta</i>	Planting Harvesting														
Sohphie Nam (W)	<i>Myrica nagi</i>	Planting Harvesting														
Sohphie Liya (W)	<i>Myrica sp.</i>	Planting Harvesting														
Sohlang Ja (W)	NA	Planting Harvesting														
Sohshur (W)	<i>Pyrus pashia</i>	Planting Harvesting														
Sohkhyllam (W)	<i>Elaeocarpus prunifolius</i>	Planting Harvesting														
Sohlyngkait (W)	<i>Holboellia latifolia</i>	Planting Harvesting														
Sohkynphor Shrieh	<i>Citrus dimorphocarpa</i>	Planting Harvesting														
Soh khlur (W)	<i>Elaeagnus pyriformis</i>	Planting Harvesting														
Soh Pai Risang (W)	NA	Planting Harvesting														
Soh Um (W)	<i>Syzygium cumini</i>	Planting Harvesting														
Soh kjup (W)	NA	Planting Harvesting														
Soh Lapong (W)	<i>Ficus gibbosa</i>	Planting Harvesting														

Kait Long	<i>Musa sp.</i>	Planting Harvesting	
Kait Mon	<i>Musa paradisiaca</i>	Planting Harvesting	 
Soh Jew Khasi	<i>Citrus aurantium</i>	Planting Harvesting	  
Sohlang Dkhur (W)	<i>Morus australis</i>	Planting Harvesting	  
Soh Phoh Nongkhlaw	<i>Pyrus communis</i>	Planting Harvesting	  

Vitamin A Rich Plants

Local Name	Scientific Name	Planting/ Harvesting	Months														
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec			
Soh Phareng	<i>Prunus persica</i>	Planting Harvesting															
Soh Brab	<i>Passiflora edulis</i>	Planting Harvesting															
Sohshan (W)	<i>Duchesnea indica</i>	Planting Harvesting															
Sohbrab Khlaw (W)	<i>Passiflora edulis</i>	Planting Harvesting															
Kajor	<i>Daucus carota subsp. sativus</i>	Planting Harvesting															
Pathaw Bah/Heh	<i>Cucurbita maxima</i>	Planting Harvesting															
Sohbaingon dieng Saw	<i>Cyphomandra batatea</i>	Planting Harvesting															
Sohbaingon dieng Stem	<i>Cyphomandra batatea</i>	Planting Harvesting															

N.B: W: Wild plant; NA: Not available



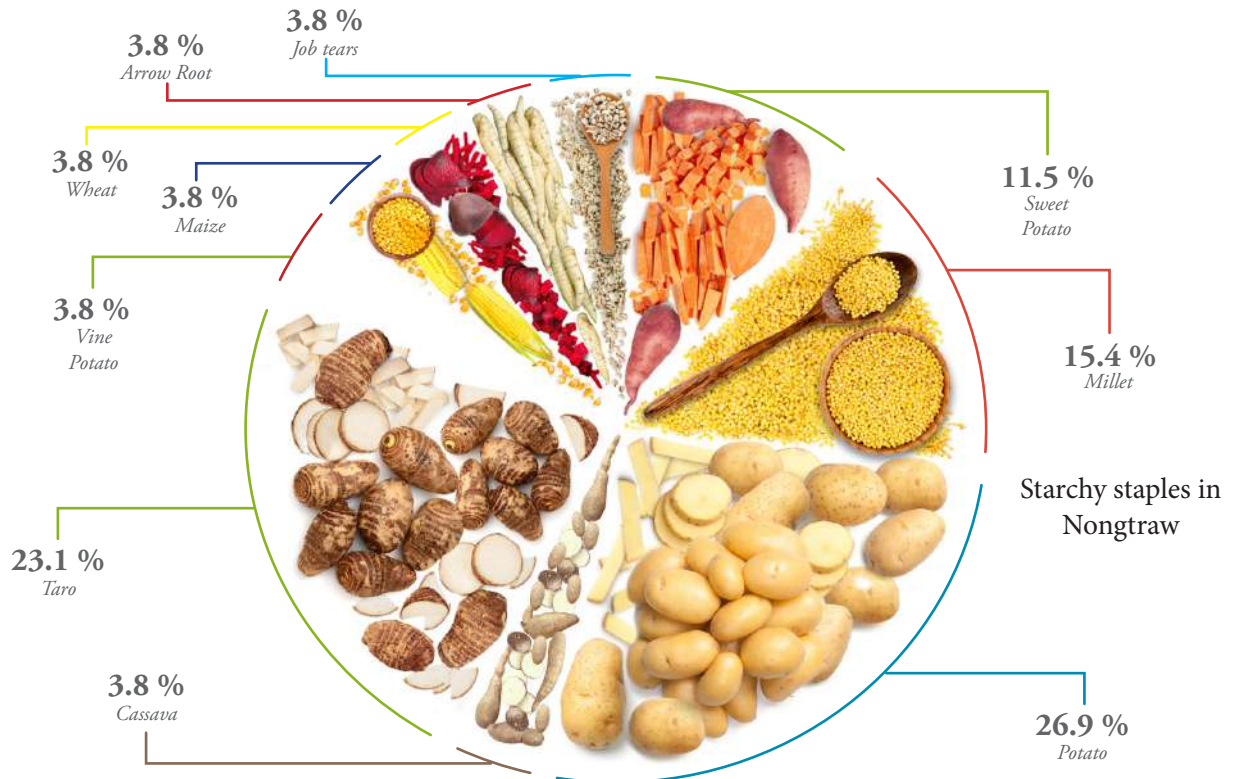
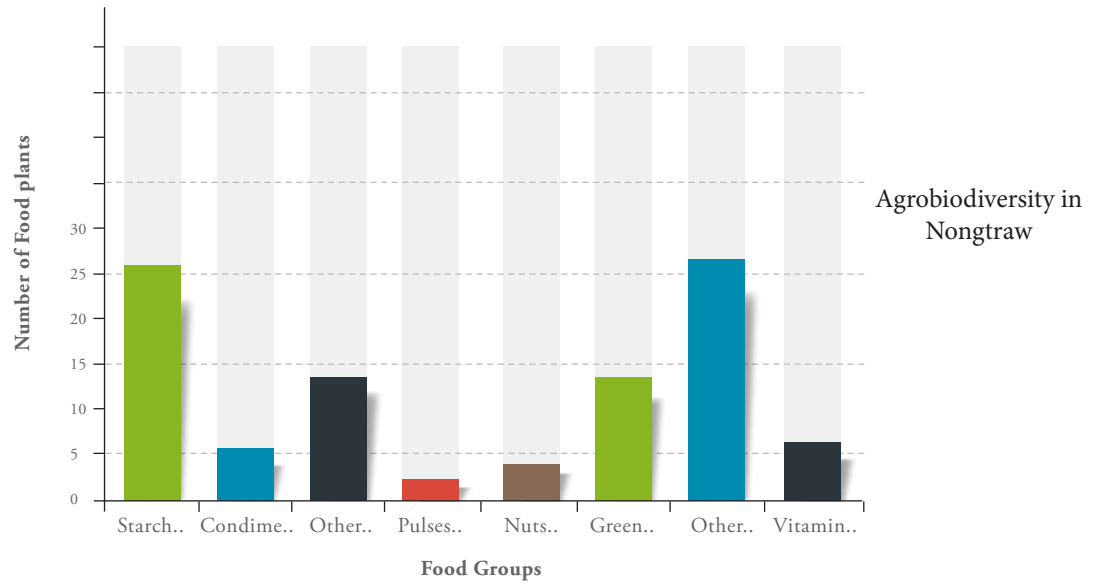




Nongtraw

Nongtraw recorded a total of 92 food plants from the local landscape. Out of this, the highest number of plants (>25%) are found among the Other Fruits category followed very closely by Starchy Staples, more than 25 food plants in both the categories. The least number of food plants (<5%) are from, Pulses Nuts and Seeds and Condiments who have less than 5

food plants in their respective groups. Starchy Staples constitutes around 30% of the total food plants. Within this particular food group, again, ten different species of food plants, viz., potato, maize, sweet potato, taro, millet, tapioca, arrow root, wheat and vine potato, are found. In general, all the plant based food groups are available in the community.






















Starchy Staples





Local Name	Scientific Name	Planting/ Harvesting	Months													
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec		
Phankaro Lieh	<i>Ipomea batatas</i>	Planting														
		Harvesting														
Phan Lyniong	<i>Solanum sp.</i>	Planting														
		Harvesting														
Phan Heh Sla	<i>Solanum sp.</i>	Planting														
		Harvesting														
Krai Truh	<i>Eleusine coracana</i>	Planting														
		Harvesting														
Krai Lon	NA	Planting														
		Harvesting														
Krai Jasheh	NA	Planting														
		Harvesting														
Krai Thohriaw	NA	Planting														
		Harvesting														
Phan Myngngor/ Phan Joyti	<i>Solanum sp.</i>	Planting														
		Harvesting														
Phan Saw	<i>Solanum tuberosum</i>	Planting														
		Harvesting														
Phan Imslem	<i>Solanum sp.</i>	Planting														
		Harvesting														
Phan Sawhoín	<i>Solanum sp.</i>	Planting														
		Harvesting														
Phan Lyngseng	<i>Solanum sp.</i>	Planting														
		Harvesting														
Phan Jata	<i>Solanum sp.</i>	Planting														
		Harvesting														
Phan Shriew	NA	Planting														
		Harvesting														
Phandieng	<i>Manihot esculenta</i>	Planting														
		Harvesting														
Shriew Lieh	<i>Colocasia/Alocasia/ Remutisia sp.</i>	Planting														
		Harvesting														
Shriew Saw	<i>Colocasia/Alocasia/ Remutisia sp.</i>	Planting														
		Harvesting														

Shriew Phangong	<i>Colocasia/Alocasia/ Remusia sp.</i>	Planting Harvesting		
Shriew Lar	<i>Colocasia/Alocasia/ Remusia sp.</i>	Planting Harvesting		
Shriew Khnapblang	<i>Alocasia macrorrhiza</i>	Planting Harvesting		
Shriew Lyngkait	<i>Colocasia/Alocasia/ Remusia sp.</i>	Planting Harvesting		
Kew	<i>Triticum aestivum</i>	Planting Harvesting		
Sohlah	<i>Ipomoea racemosa</i>	Planting Harvesting		
Riewhadem	<i>Zea mays</i>	Planting Harvesting		
Alarut	<i>Maranta arundinacea</i>	Planting Harvesting		
Soh riew	<i>Coix lachryma jobi</i>	Planting Harvesting		

Condiments

Local Name	Scientific Name	Planting/ Harvesting	Months												
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Syng Bah	<i>Zingiber officinale</i>	Planting Harvesting													
Sohmynten	<i>Capsicum frutescens</i>	Planting Harvesting													
Pudina (W)	<i>Mentha viridis</i>	Planting Harvesting													
Shynrai	<i>Curcuma longa</i>	Planting Harvesting													

Other Vegetables

Local Name	Scientific Name	Planting/ Harvesting	Months												
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Sohlakum	<i>Brassica rapa subsp. rapa</i>	Planting Harvesting													
Sohkhia	<i>Cucumis sativus</i>	Planting Harvesting													

Other Fruits

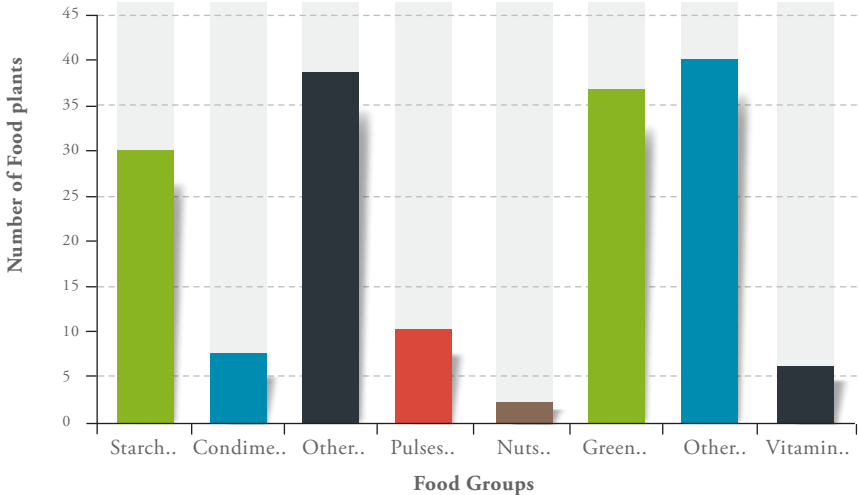
Local Name	Scientific Name	Planting/ Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Kait Khar	<i>Musa sp.</i>	Planting												
		Harvesting												
Kaitmon	<i>Musa paradisiaca</i>	Planting												
		Harvesting												
Kait Jrong	<i>Musa paradisiaca</i>	Planting												
		Harvesting												
Sohshang	<i>Elaeagnus latifolia</i>	Planting												
		Harvesting												
Sophie Bah	<i>Myrica esculenta</i>	Planting												
		Harvesting												
Sohphie Nam	<i>Myrica nagi</i>	Planting												
		Harvesting												
Sohiong (W)	<i>Prunus nepalensis</i>	Planting												
		Harvesting												
Sohpyriam (W)	<i>Psidium guajava</i>	Planting												
		Harvesting												
Sohtrun (W)	<i>Ananas comosus</i>	Planting												
		Harvesting												
Sohthylliang (W)	NA	Planting												
		Harvesting												
Sohkhyrwiat (W)	<i>Aporosa octandra</i>	Planting												
		Harvesting												
Sohphoh Nongkhlaw (W)	<i>Pyrus communis</i>	Planting												
		Harvesting												
Sohphareng (W)	<i>Prunus persica</i>	Planting												
		Harvesting												
Sohum (W)	<i>Syzygium cumini</i>	Planting												
		Harvesting												
Sohkhawiang (W)	NA	Planting												
		Harvesting												
Sohkpu (W)	NA	Planting												
		Harvesting												
Sohmad (W)	<i>Citrus medica</i>	Planting												
		Harvesting												



Laitsohpliah

Laitsohpliah recorded a total of 169 food plants from the local landscape. Out of this, the highest number of plants (>20%) are found among the Other Fruits, Other Vegetables categories followed very closely by Green Leafy Vegetables, more than 35 food plants in the all the three categories. The least number of food plants (<5%) are from Nuts and Seeds, Condiments and Vitamin A Rich plants who

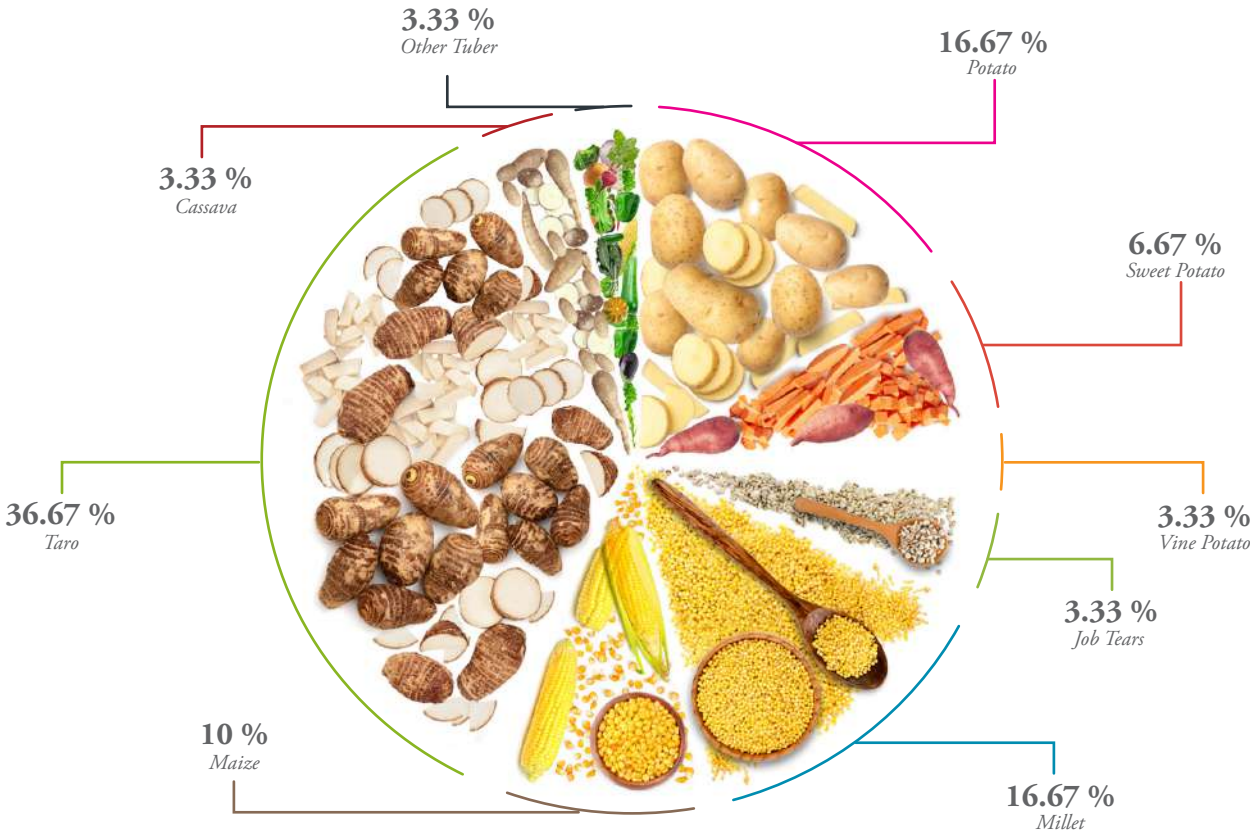
have less than 10 food plants in their respective groups. Starchy Staples have just over 15% of the total food plants. Within this particular food group though eight different species of food plants, viz., potato, maize, sweet potato, taro, vine potato, millet, job tears, and tapioca, are found. In general, all the plant based food groups are available in the community.



Agrobiodiversity in Laitsohpliah



















Starchy staples in
Laitsohpliah





Local Name	Scientific Name	Planting/ Harvesting	Starchy Staples											
			Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Phan Lieh	<i>Solanum tuberosum</i>	Planting												
		Harvesting												
Phan Saw	<i>Solanum tuberosum</i>	Planting												
		Harvesting												
Phan Syntiew	<i>Solanum sp.</i>	Planting												
		Harvesting												
Phan Imdteng	<i>Solanum sp.</i>	Planting												
		Harvesting												
Phan San Minit	<i>Solanum tuberosum</i>	Planting												
		Harvesting												
Phan Karo Saw	<i>Ipomea batatas</i>	Planting												
		Harvesting												
Phan Karo Lieh	<i>Ipomea batatas</i>	Planting												
		Harvesting												
Sohlah	<i>Ipomoea racemosa</i>	Planting												
		Harvesting												
Sohriew	<i>Coix lachryma jobi</i>	Planting												
		Harvesting												
Krai Truh	<i>Eleusine coracana</i>	Planting												
		Harvesting												
Krai Jasheh	<i>Eleusine coracana</i>	Planting												
		Harvesting												
Krai Lon	NA	Planting												
		Harvesting												
Krai Soh	NA	Planting												
		Harvesting												
Krai Shan	<i>Paspalum sanguinale</i>	Planting												
		Harvesting												
Riew Hadem Lieh	<i>Zea mays</i>	Planting												
		Harvesting												
Riew Hadem Stem	<i>Zea mays</i>	Planting												
		Harvesting												
Riew Hadem Saw	<i>Zea mays</i>	Planting												
		Harvesting												


































Shriew Jrong	<i>Amorphophallus sp.</i>	Planting Harvesting	 	 	 	 									
Shriew Siej	<i>Colocasia/Alocasia/ Remusia sp.</i>	Planting Harvesting	 	 	 	 									
Shriew Blue	<i>Colocasia/Alocasia/ Remusia sp.</i>	Planting Harvesting	 	 	 	 									
Shriew Knapblang	<i>Alocasia macrorrhiza</i>	Planting Harvesting	 	 	 	 									
Shriew Tong	<i>Colocasia/Alocasia/ Remusia sp.</i>	Planting Harvesting	 	 	 	 									
Shriew Pylleng	<i>Colocasia/Alocasia/ Remusia sp.</i>	Planting Harvesting	 	 	 	 									
Shriew Shiktia	<i>Colocasia/Alocasia/ Remusia sp.</i>	Planting Harvesting	 	 	 	 									
Shriew Wai	<i>Colocasia/Alocasia/ Remusia sp.</i>	Planting Harvesting	 	 	 	 									
Shriew Lyngkait	<i>Colocasia/Alocasia/ Remusia sp.</i>	Planting Harvesting	 	 	 	 									
Shriew Keng	<i>Colocasia/Alocasia/ Remusia sp.</i>	Planting Harvesting	 	 	 	 									
Shriew Saw	<i>Colocasia/Alocasia/ Remusia sp.</i>	Planting Harvesting	 	 	 	 									
Phan Dieng	<i>Manihot esculenta</i>	Planting Harvesting													
Sohphlang	<i>Flemingia vestita</i>	Planting Harvesting	 	 	 	 									

Condiments

Local Name	Scientific Name	Planting/ Harvesting	Months												
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Pudina (W)	<i>Mentha viridis</i>	Planting Harvesting													
Dhania	<i>Coriandrum sativum</i>	Planting Harvesting													
Syng Bah	<i>Zingiber officinale</i>	Planting Harvesting													

Shynrai Stem	<i>Curcuma longa</i>	Planting										
		Harvesting										
Sohmynken Pyllon	<i>Capsicum sp.</i>	Planting										
		Harvesting										
Kenbell	<i>Capsicum sp.</i>	Planting										
		Harvesting										
Ken Jrong	<i>Capsicum sp.</i>	Planting										
		Harvesting										
Rynsun	<i>Allium sativum</i>	Planting										
		Harvesting										

Other Vegetables

Local Name	Scientific Name	Planting/ Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Biskot Lieh	<i>Sechium edule</i>	Planting												
		Harvesting												
Biskot Shiah	<i>Sechium edule</i>	Planting												
		Harvesting												
Biskot Iong	<i>Sechium edule</i>	Planting												
		Harvesting												
Jyllang	<i>Allium tuberosum</i>	Planting												
		Harvesting												
Sohkhia Khnai	<i>Oxalis corniculata</i>	Planting												
		Harvesting												
Kubi	<i>Brassica oleracea var. capitata</i>	Planting												
		Harvesting												
Pathaw Risang	<i>Cucurbita sp.</i>	Planting												
		Harvesting												
Soh Thliem	<i>Gomphogyne cissiformis</i>	Planting												
		Harvesting												
Soh Ngang	<i>Solanum nigrum</i>	Planting												
		Harvesting												
Sohkhia Khasi	<i>Cucumis sativus</i>	Planting												
		Harvesting												
Piat	<i>Allium cepa</i>	Planting												
		Harvesting												

Sohlakum	<i>Brassica rapa subsp. rapa</i>	Planting Harvesting		    
Muli Lieh	<i>Rapbanus sativus</i>	Planting Harvesting		    
Muli Saw	<i>Rapbanus sativus</i>	Planting Harvesting		    
Tishub	NA	Planting Harvesting	 	 
Tit Siaw (W)	NA	Planting Harvesting		
Tit Kor (W)	NA	Planting Harvesting		 
Tit Tung (W)	<i>Lactarius volemus</i>	Planting Harvesting	  	
Tit Stem/Tit Tynrai (W)	<i>Craterellus odoratus</i>	Planting Harvesting		 
Tit Tangrai (W)	NA	Planting Harvesting		 
Tit Snier Blang (W)	NA	Planting Harvesting		  
Tit Tnaw Syiar (Stem/Lieh) (W)	<i>Clavulina sp.</i>	Planting Harvesting		  
Tit Doh (W)	<i>Lactarius volemus</i>	Planting Harvesting		 
Tit Dud (W)	NA	Planting Harvesting		 
Tit Kdait (W)	<i>Tricholoma viridiolivaceum</i>	Planting Harvesting		  
Tit Tyngab (W)	<i>Laccaria lateritia</i>	Planting Harvesting		 
Tit Lbonghati (W)	<i>Ramaria sp.</i>	Planting Harvesting		 
Tit Eit Masi (W)	NA	Planting Harvesting	    	
Tit Khoh/Tyndong (W)	<i>Gomphus floccosus</i>	Planting Harvesting		 



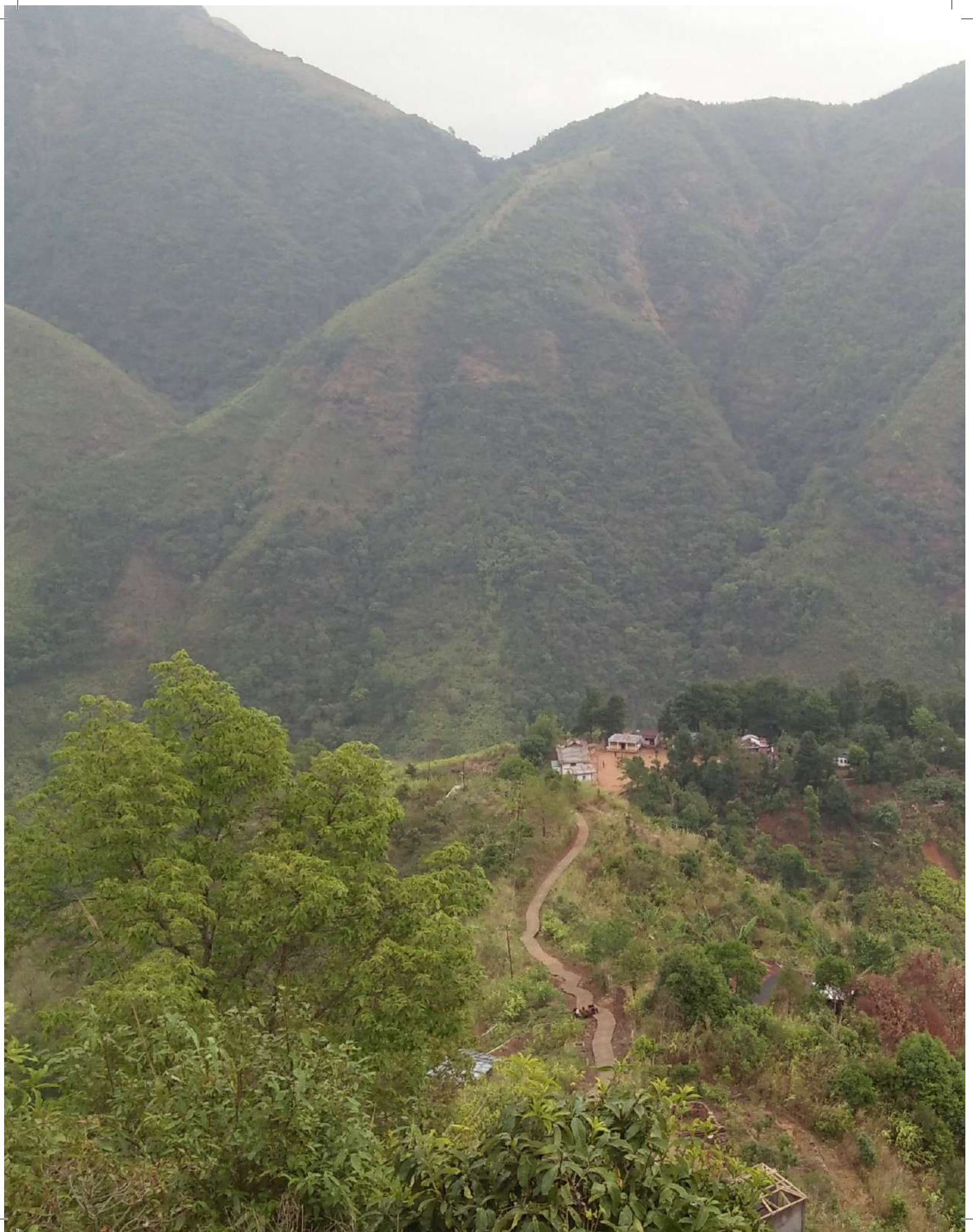
Rymbai Ja	<i>Vigna umbellata</i>	Planting											
		Harvesting											
Rymbai Ktung	<i>Glycine max</i>	Planting											
		Harvesting											

Nuts and Seeds

Local Name	Scientific Name	Planting/ Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Neilieh	<i>Perilla frutescens</i>	Planting												
		Harvesting												
Soh Ot (W)	<i>Castanopsis indica</i>	Planting												
		Harvesting												

Green Leafy Vegetables

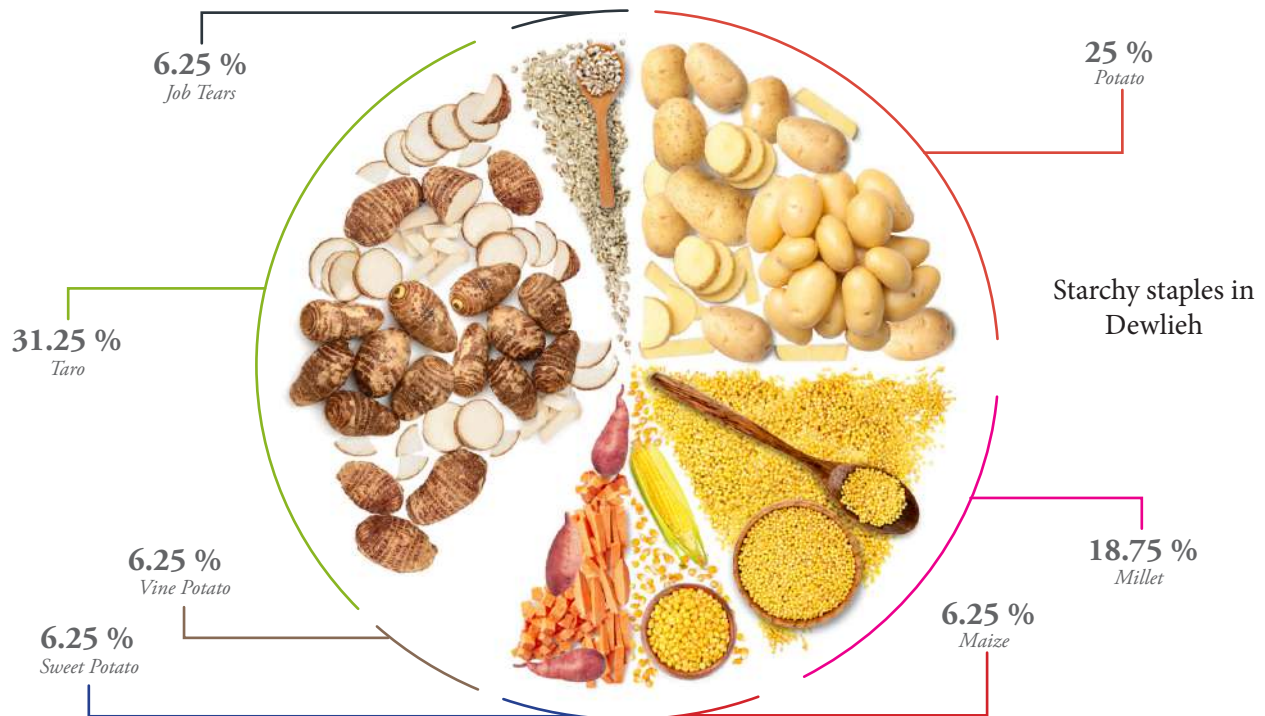
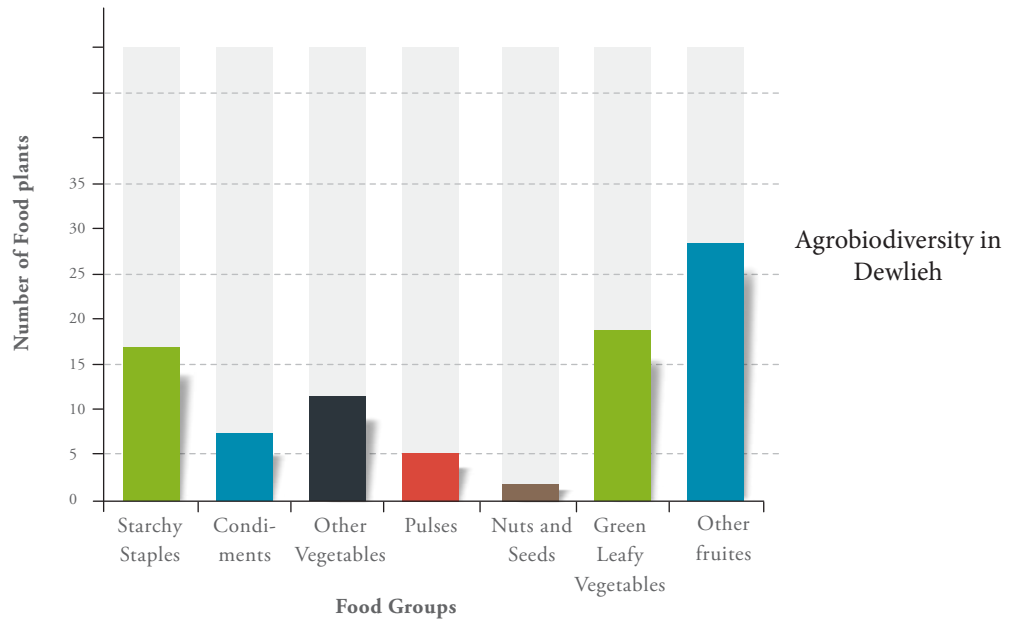
Local Name	Scientific Name	Planting/ Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Jaud (W)	<i>Allium hookeri</i>	Planting												
		Harvesting												
Jamyrdoh (W)	<i>Houttuynia cordata</i>	Planting												
		Harvesting												
Jatira (W)	<i>Oenanthe linearis</i>	Planting												
		Harvesting												
Bat Pylon (W)	<i>Centella asiatica</i>	Planting												
		Harvesting												
Tyrkhang long (W)	<i>Diplazium esculentum</i>	Planting												
		Harvesting												
Jajew Heh Sla (W)	NA	Planting												
		Harvesting												
Jathang (W)	<i>Neilla thyrsoflora</i>	Planting												
		Harvesting												
Jatwad (W)	NA	Planting												
		Harvesting												
Jawieh (W)	NA	Planting												
		Harvesting												
Jangew Kynthong (W)	NA	Planting												
		Harvesting												



Dewlieh

Dewlieh recorded a total of 87 food plants from the local landscape. Out of this, the highest number of plants (>30%) are found among the Other Fruits category which is followed by Green Leafy vegetables, just over 20%. The least number of food plants (<5%) are from Nuts and Seeds followed by Pulses and Condiments. There are no Vitamin A Rich

plants in the village. Starchy Staples have just over 15% of the total food plants. Within this particular food group though eight different species of food plants, viz., potato, maize, sweet potato, taro, millet, vine potato and job tears are found. Except Vitamin A Rich plants, all the plant based food groups are available in the community.



Starchy Staple















Local Name	Scientific Name	Planting/ Harvesting	Other Fruits											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Phan Joyti	<i>Solanum Sp.</i>	Planting												
		Harvesting												
Phan Lyngkait	<i>Solanum Sp.</i>	Planting												
		Harvesting												
Krai Truh	<i>Eleusine coracana</i>	Planting												
		Harvesting												
Krai Jasheh	NA	Planting												
		Harvesting												
Krai Lon	NA	Planting												
		Harvesting												
Riewhadem Stem	<i>Zea mays</i>	Planting												
		Harvesting												
Phan Dieng	<i>Manihot esculenta</i>	Planting												
		Harvesting												
Phan Imdiang	<i>Solanum Sp.</i>	Planting												
		Harvesting												
Phan Karo Saw	<i>Ipomea batatas</i>	Planting												
		Harvesting												
Sohlah	<i>Ipomoea racemosa</i>	Planting												
		Harvesting												
Shriew Tong	<i>Colocasia/Alocasia/ Remutsia Sp.</i>	Planting												
		Harvesting												
Shriew Pylleng	<i>Colocasia/Alocasia/ Remutsia Sp.</i>	Planting												
		Harvesting												
Shriew Shiktia	<i>Colocasia/Alocasia/ Remutsia Sp.</i>	Planting												
		Harvesting												
Shriew Saw	<i>Colocasia/Alocasia/ Remutsia Sp.</i>	Planting												
		Harvesting												
Shriew Khnap Blang	<i>Alocasia macrorrhiza</i>	Planting												
		Harvesting												
Sohriew	<i>Coix lachryma jobi</i>	Planting												
		Harvesting												

Condiments
























Local Name	Scientific Name	Planting/ Harvesting	Months													
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec		
Pudina	<i>Mentha viridis</i>	Planting				🌱	🌱	🌱								
		Harvesting	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾
Dhania	<i>Coriandrum sativum</i>	Planting		🌱												
		Harvesting					🌾	🌾	🌾							
Syng Bah	<i>Zingiber officinale</i>	Planting			🌱											
		Harvesting							🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾
Shynrai Stem	<i>Curcuma longa</i>	Planting			🌱											
		Harvesting			🌾	🌾				🌾	🌾	🌾	🌾	🌾	🌾	🌾
Sohmynken Pyllon	<i>Capsicum sp.</i>	Planting							🌱	🌱	🌱	🌱	🌱	🌱	🌱	
		Harvesting														
Ken Jrong (Sohmynken)	<i>Capsicum sp.</i>	Planting			🌱	🌱										
		Harvesting							🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾
Sla Tyrpad	<i>Cinnamomum tamala</i>	Planting							🌱							
		Harvesting	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾

Other Vegetables





Local Name	Scientific Name	Planting/ Harvesting	Months													
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec		
Tit Tung (W)	<i>Lactarius volemus</i>	Planting														
		Harvesting				🌾	🌾									
Tit Stem/Tit Tangrai (W)	<i>Craterellus odoratus</i>	Planting														
		Harvesting							🌾	🌾						
Jyllang	<i>Allium tuberosum</i>	Planting					🌱	🌱								
		Harvesting							🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾
Soh Thliem	<i>Gomphogyne cissiformis</i>	Planting			🌱											
		Harvesting							🌾	🌾						
Sohkhia Khasi	<i>Cucumis sativus</i>	Planting		🌱	🌱	🌱										
		Harvesting						🌾	🌾	🌾	🌾					
Biskot Shiah	<i>Sechium edule</i>	Planting														
		Harvesting							🌾	🌾	🌾	🌾	🌾	🌾		
Biskot Iong	<i>Sechium edule</i>	Planting														
		Harvesting							🌾	🌾	🌾	🌾	🌾			
Pashor Kait	<i>Musa paradisiaca</i>	Planting			🌱	🌱										
		Harvesting	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾

Syntiew Jallymmut (W)	NA	Planting Harvesting	 
Kait Iong (W)	<i>Musa sp.</i>	Planting Harvesting	       
Soh Ngang	<i>Solanum nigrum</i>	Planting Harvesting	    






























Pulses

Local Name	Scientific Name	Planting/ Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Rymbai Ja	<i>Vigna umbellata</i>	Planting Harvesting			 									
Ri Lyngknap Saw	NA	Planting Harvesting												
Ri Lyngknap Jyrngam	NA	Planting Harvesting												
Presbin	<i>Phaseolus vulgaris</i>	Planting Harvesting	 						 					
Ri Phyrngop	<i>Phaseolus vulgaris</i>	Planting Harvesting			 					 				

Nuts and Seeds













Local Name	Scientific Name	Planting/ Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Neilieh	<i>Perilla frutescens</i>	Planting Harvesting			 									 

Green Leafy Vegetables

Local Name	Scientific Name	Planting/ Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Tyrso	<i>Brassica juncea</i>	Planting Harvesting	 							 				 
Jaud	<i>Allium hookeri</i>	Planting Harvesting		 				 	 	 	 			
Jamyrdoh	<i>Houttuynia cordata</i>	Planting Harvesting				 	 	 		 	 			
Bat Pylon (W)	<i>Centella asiatica</i>	Planting Harvesting				 	 	 	 	 				

Jaiing	<i>Brassica nigra</i>	Planting	 											
		Harvesting		   										
Jajew Heh Sla (W)	NA	Planting												
		Harvesting	           											
Jawieh (W)	NA	Planting												
		Harvesting	           											
Jabuit (W)	<i>Polygonum muricatum</i>	Planting												
		Harvesting			      									
Jajew Myrkhan (W)	NA	Planting												
		Harvesting								  				
Jali (W)	<i>Gynura nepalensis</i>	Planting												
		Harvesting								   				
Jalynnai (W)	<i>Sonchus arvensis</i>	Planting												
		Harvesting							     					
Tangduma (W)	NA	Planting												
		Harvesting					      							
Jajew Skhor Blang (W)	NA	Planting												
		Harvesting	           											
Jasim (W)	NA	Planting												
		Harvesting	           											
Jajew Maw/Jajew Kynih Syiar (W)	<i>Pothos curtizii</i>	Planting												
		Harvesting	           											
Sla Jaiur	<i>Zanthoxylum acanthopodium</i>	Planting					 							
		Harvesting	           											
Jakhria (W)	<i>Rhynchoetichum ellipticum</i>	Planting												
		Harvesting						    						
Jarain (W)	<i>Fagopyrum dibotrys</i>	Planting												
		Harvesting					     							

Other Fruits

Local Name	Scientific Name	Planting/ Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Soh Langdkhur	<i>Morus australis</i>	Planting			   									
		Harvesting		 										
Sohphoh Nongkhlaw	<i>Pyrus communis</i>	Planting			  									
		Harvesting												
Sohshiah	<i>Rubus ellipticus</i>	Planting												
		Harvesting			 									

Soh Lyngkjup	NA	Planting Harvesting	  
Soh Priam	<i>Psidium guajava</i>	Planting Harvesting	     
Soh Myndong	NA	Planting Harvesting	      
Soh Kysiew	NA	Planting Harvesting	  
Soh Khylwiat	NA	Planting Harvesting	     
Soh Lyngwai	NA	Planting Harvesting	     
Soh Thri	<i>Calamus erectus</i>	Planting Harvesting	    
Soh Phan	<i>Artocarpus heterophyllus</i>	Planting Harvesting	     

N.B: W: Wild plant;



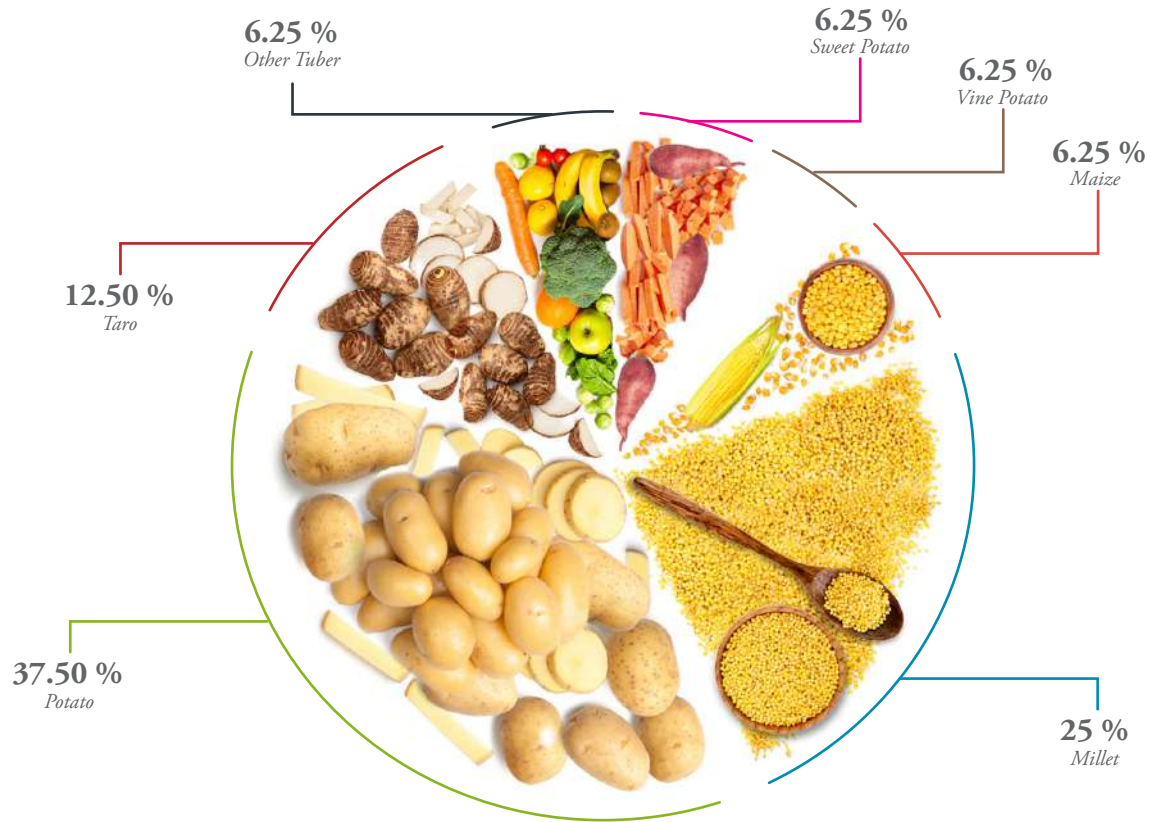
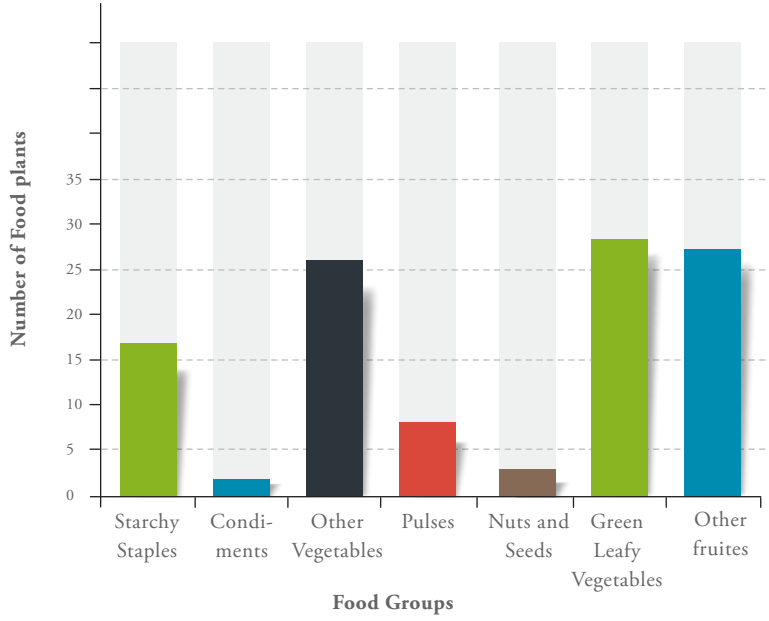
Umdiengpoh

Umdiengpoh recorded a total of 107 food plants from the local landscape. Out of this, the highest number of plants (>25%) are found among the Other Fruits, and Green Leafy Vegetables. The least number of food plants (<5%) are from Condiments and Nuts and Seeds. There are no Vitamin A Rich plants in

the village. Starchy Staples have just over 10% of the total food plants. Within this particular food group though six different species of food plants, viz., potato, maize, sweet potato, taro, vine potato and millet are found. Except Vitamin A Rich plants, all the plant based food groups are available in the community.



Agrobiodiversity in Umdiengpoh



Starchy staples in Umdiengpoh



Local Name	Scientific Name	Planting/ Harvesting	Starchy Staples											
			Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Phan Karo Saw	<i>Ipomea batatas</i>	Planting												
		Harvesting												
Sohlah	<i>Ipomea racemosa</i>	Planting												
		Harvesting												
Riew Hadem Lieh	<i>Zea mays</i>	Planting												
		Harvesting												
Krai Truh	<i>Eleusine coracana</i>	Planting												
		Harvesting												
Krai Jasheh	NA	Planting												
		Harvesting												
Krai Lon	NA	Planting												
		Harvesting												
Krai Soh	NA	Planting												
		Harvesting												
Phan Saw	<i>Solanum sp.</i>	Planting												
		Harvesting												
Phan Joyti	<i>Solanum sp.</i>	Planting												
		Harvesting												
Phan Syntiew	<i>Solanum sp.</i>	Planting												
		Harvesting												
Phan Imdieng	<i>Solanum sp.</i>	Planting												
		Harvesting												
Phan Sanminit	<i>Solanum tuberosum</i>	Planting												
		Harvesting												
Phan Lieh	<i>Solanum sp.</i>	Planting												
		Harvesting												
Shriew Lyngkait	<i>Colocasia/Alocasia/ Remutisia Sp.</i>	Planting												
		Harvesting												
Shriew Shiktia	<i>Colocasia/Alocasia/ Remutisia Sp.</i>	Planting												
		Harvesting												
Soh Phlang	<i>Flemingia vestita</i>	Planting												
		Harvesting												
























Local Name	Scientific Name	Planting/ Harvesting	Condiments											
			Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Pudina	<i>Mentha viridis</i>	Planting												
		Harvesting												

Local Name	Scientific Name	Planting/ Harvesting	Other Vegetables											
			Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Tit Kor (W)	NA	Planting Harvesting												
Tit Tung (W)	<i>Lactarius volemus</i>	Planting Harvesting												
Tit Stem/Tit Tynrai (W)	<i>Craterellus odoratus</i>	Planting Harvesting												
Tit Snier Blang (W)	NA	Planting Harvesting												
Tit Tnaw Syiar (Stem/Lieh) (W)	<i>Clavulina sp.</i>	Planting Harvesting												
Tit Doh (W)	<i>Lactarius volemus</i>	Planting Harvesting												
Tit Dud (W)	NA	Planting Harvesting												
Tit Tyngab (W)	<i>Laccaria lateritia</i>	Planting Harvesting												
Tit Lbonghati (W)	<i>Ramaria sp.</i>	Planting Harvesting												
Tit Eit Masi (W)	NA	Planting Harvesting												
Tit Tah (W)	NA	Planting Harvesting												
Tit Sopjat (W)	NA	Planting Harvesting												
Soh Pen (W)	<i>Eriosema himalaicum</i>	Planting Harvesting												
Kubi	<i>Brassica oleracea var. capitata</i>	Planting Harvesting												
Jyllang	<i>Allium tuberosum</i>	Planting Harvesting												
Soh Thliem	<i>Gomphogyne cissiformis</i>	Planting Harvesting												
Sohkhia Khasi	<i>Cucumis sativus</i>	Planting Harvesting												
Sohlakum	<i>Brassica rapa subsp. rapa</i>	Planting Harvesting												
Muli	<i>Raphanus sativus</i>	Planting Harvesting												

Green Leafy Vegetables

Local Name	Scientific Name	Planting/ Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Jasim (W)	NA	Planting												
		Harvesting												
Jajew Kynih Syiar/ Jajew Maw (W)	<i>Pothos curtizii</i>	Planting												
		Harvesting												
Sla Phul	<i>Brassica oleracea</i> <i>var. botrytis</i>	Planting												
		Harvesting												
Salat	<i>Lactuca sativa</i>	Planting												
		Harvesting												
Jakhria (W)	<i>Rhynchosychem</i> <i>ellipticum</i>	Planting												
		Harvesting												
Tyrso	<i>Brassica juncea</i>	Planting												
		Harvesting												
Jaud	<i>Allium hookeri</i>	Planting												
		Harvesting												
Jamyrdoh	<i>Houttuynia</i> <i>cordata</i>	Planting												
		Harvesting												
Jatira (W)	<i>Oenanthe linearis</i>	Planting												
		Harvesting												
Bat Pylon (W)	<i>Centella asiatica</i>	Planting												
		Harvesting												
Tyrkhang Iong (W)	<i>Diplazium</i> <i>esculentum</i>	Planting												
		Harvesting												
Jaiing (W)	<i>Brassica nigra</i>	Planting												
		Harvesting												
Jajew Heh Sla (W)	NA	Planting												
		Harvesting												
Jathang (W)	<i>Neilla thyrsoflora</i>	Planting												
		Harvesting												
Jatwad (W)	NA	Planting												
		Harvesting												
Jawieh (W)	NA	Planting												
		Harvesting												
Latyrdop (W)	NA	Planting												
		Harvesting												
Jabuit (W)	<i>Polygonum</i> <i>muricatum</i>	Planting												
		Harvesting												



Sohphie Nam	<i>Myrica nagi</i>	Planting Harvesting	 		
Sohphie Liya	<i>Myrica nagi</i>	Planting Harvesting	 		
Sohlang Ja	NA	Planting Harvesting			
Sohshur	<i>Pyrus pashia</i>	Planting Harvesting			
Sohkhyllam (W)	<i>Elaeocarpus prunifolius</i>	Planting Harvesting			
Sohlyngkait	<i>Holboellia latifolia</i>	Planting Harvesting			 
Sohphoh Khasi	<i>Docynia indica</i>	Planting Harvesting		 	
Sohkynphor Shrieh (W)	<i>Citrus dimorphocarpa</i>	Planting Harvesting			 
Sohmad (W)	<i>Citrus medica</i>	Planting Harvesting			 
Sohma (Mluh) (W)	<i>Rhus chinensis</i>	Planting Harvesting			 
Soh Khlor (W)	<i>Elaeagnus pyriformis</i>	Planting Harvesting			
Soh Eit Ksew (W)	NA	Planting Harvesting		 	
Soh Kysiew	NA	Planting Harvesting			 
Soh Pai Risang (W)	NA	Planting Harvesting			 
Soh Um	<i>Syzygium cumini</i>	Planting Harvesting	 		 
Soh Iong (W)	<i>Prunus nepalensis</i>	Planting Harvesting	 		 
Soh Lapoqng (W)	<i>Ficus gibbosa</i>	Planting Harvesting			 
Soh Shiat (W)	NA	Planting Harvesting			 
Soh Pdok	<i>Solanum torvum</i>	Planting Harvesting			

N.B: W: Wild plant; NA: Not available

DRINK
DRINK
DRINK

03

PRIORITISED FOOD PLANTS FOR INCLUSION IN MID-DAY MEAL

For inclusion into the Mid-Day Meal program, crops have been selected from the local agrobiodiversity. This selection is based on the following criteria:

- 1.** Missing food groups: The DDS survey done as part of the participatory mapping brought to light the gaps in food consumption among selected villages (which includes Laitsohpiah) from Meghalaya and Nagaland. Data for the East Khasi Hills district DDS was used to identify the missing food groups which became the prioritised food groups for the villages. These missing food groups are viz., pulses, nuts and seeds, vitamin A rich plants, green leafy vegetables and other fruits.
- 2.** Availability of seeds: Any food plant that is selected as a prioritised plant should not face any shortage of seeds. This is to ensure that there are no supply bottlenecks in the future. Availability of seeds was thus another criterion used for prioritisation.
- 3.** Abundance: Limited production may hamper regular incorporation of the food plants into the Mid-Day Meal diet. The aim is to grow the food plants in the school garden. But in case of low yield, harvesting from the local farms is an option.
- 4.** Taste: Taste, especially for children is a very important criterion. Therefore care was taken that the food plant chosen is something that is relished by the local community, esp. children.

The community was provided with the list of the local agrobiodiversity. They were then asked to select food plants from the missing food groups on the basis of the additional three criteria. Every village come up with a list of their own. This makes the selection village specific removing the danger of generalisation. The community members from their respective villages then create plans, facilitated by NESFAS, to include these selected food plants into the Mid-Day Meal program.



Mawmihthied

The community from Mawmihthied selected a total of 52 food plants for inclusion into the Mid-Day Meal program. Majority of these crops are from the Green Leafy Vegetables category followed by Other Vegetables and Other Fruits. Other vegetables were not part of the

missing food group, but the community felt the need to include it as part of the prioritized food group. The least number of food plants came from Pulses, Nuts and Seeds and Vitamin A Rich Plants (<10%). The prioritised list of food plants included both cultivated as well as wild varieties.

Food Group	Number Of Food Plants
Green Leafy Vegetables	15
Pulses	4
Vitamin A Rich Plant	3
Nuts and Seeds	4
Other Fruits	12
Other Vegetables*	14
Total	52

N.B: * Extra food group

Table 8: Prioritised food group in Mawmihthied

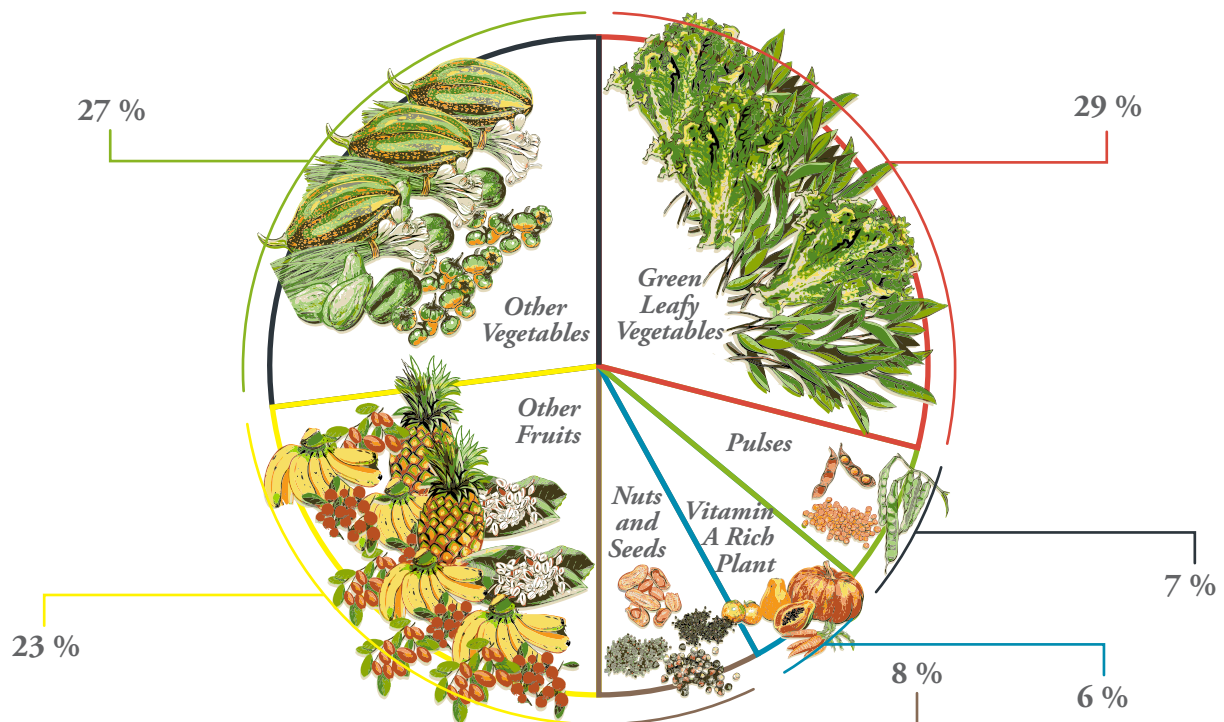


Figure 7: Prioritised food plants from Mawmihthied

Local Name	Scientific Name	Planting/ Harvesting	Other Vegetables												
			Months												
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Tit Tung (W)	<i>Lactarius volemus</i>	Planting													
		Harvesting													
Tit Tnaw Syiar (Stem/Lieh) (W)	<i>Clavulina sp.</i>	Planting													
		Harvesting													
Tit Dud (W)	NA	Planting													
		Harvesting													
Tit Eit Masi (W)	NA	Planting													
		Harvesting													
Kubi	<i>Brassica oleracea var. capitata</i>	Planting													
		Harvesting													
Jyllang	<i>Allium tuberosum</i>	Planting													
		Harvesting													
Soh Thliem	<i>Gomphogyne cissiformis</i>	Planting													
		Harvesting													
Biskot Lieh	<i>Secchium edule</i>	Planting													
		Harvesting													
Muli Lieh	<i>Raphanus sativus</i>	Planting													
		Harvesting													
Sohkhia Khasi	<i>Cucumis sativus</i>	Planting													
		Harvesting													
Syntiew Jalymmud (W)	NA	Planting													
		Harvesting													
Pathaw Thohriew	<i>Cucurbita maxima</i>	Planting													
		Harvesting													
Syntiew Pathaw	<i>Cucurbita maxima</i>	Planting													
		Harvesting													
Sohlakum	<i>Brassica rapa subsp. rapa</i>	Planting													
		Harvesting													

Local Name	Scientific Name	Planting/ Harvesting	Pulses												
			Months												
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Ri Phyrngop	<i>Phaseolus vulgaris</i>	Planting													
		Harvesting													
Ri Lyngknap Saw	NA	Planting													
		Harvesting													

Vitamin A Rich Plants

Local Name	Scientific Name	Planting/ Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Soh Brab	<i>Passiflora edulis</i>	Planting				🌱	🌱							
		Harvesting						🌾	🌾					
Kajor	<i>Daucus carota subsp. sativus</i>	Planting		🌱										
		Harvesting								🌾	🌾			
Pathaw Bah/Heh	<i>Cucurbita maxima</i>	Planting		🌱	🌱									
		Harvesting								🌾	🌾			

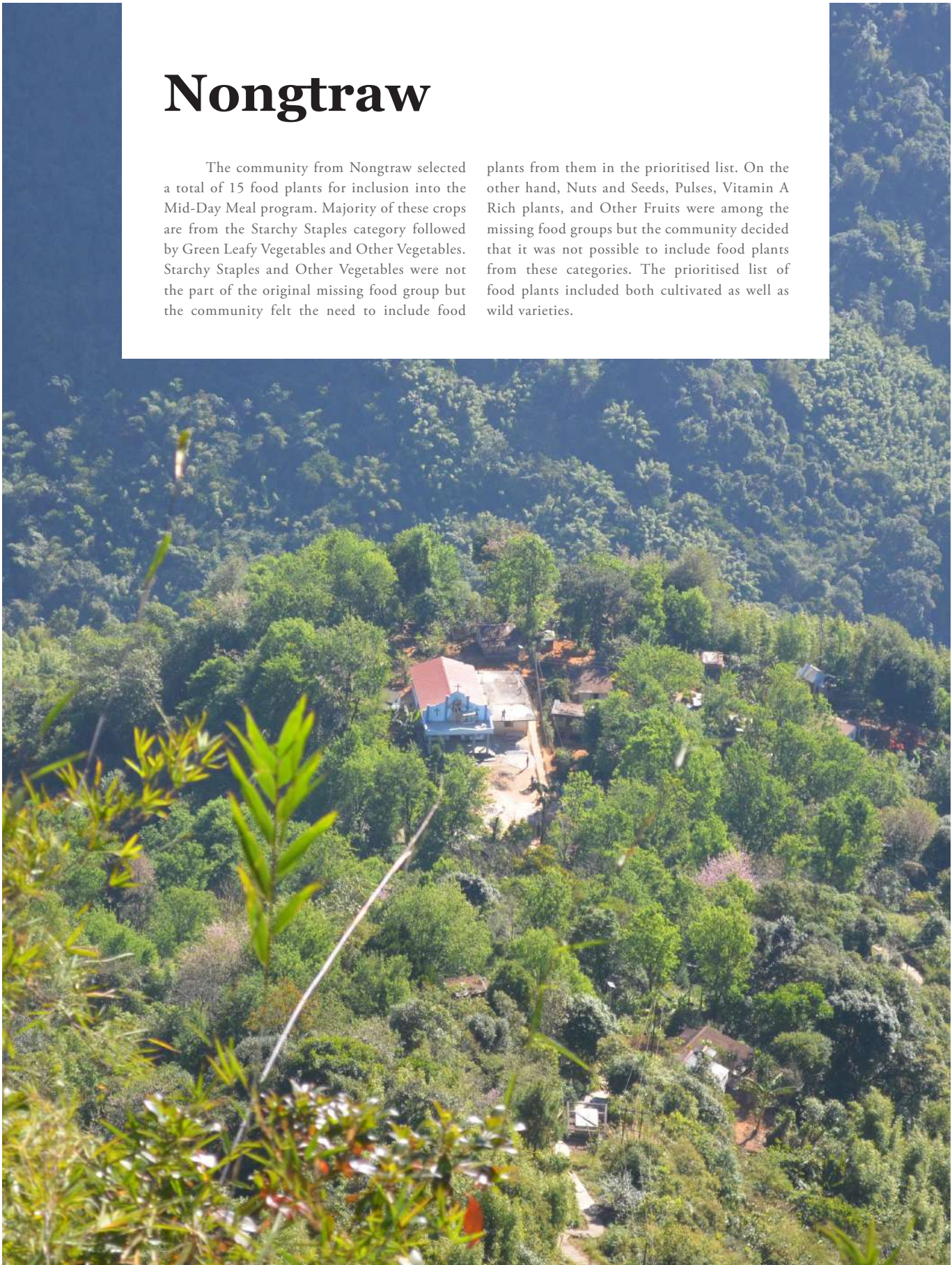
N.B: W: Wild plant; NA: Not available



Nongtraw

The community from Nongtraw selected a total of 15 food plants for inclusion into the Mid-Day Meal program. Majority of these crops are from the Starchy Staples category followed by Green Leafy Vegetables and Other Vegetables. Starchy Staples and Other Vegetables were not the part of the original missing food group but the community felt the need to include food

plants from them in the prioritised list. On the other hand, Nuts and Seeds, Pulses, Vitamin A Rich plants, and Other Fruits were among the missing food groups but the community decided that it was not possible to include food plants from these categories. The prioritised list of food plants included both cultivated as well as wild varieties.



Food Group	Number Of Food Plants
Starchy Staples*	6
Green Leafy Vegetables*	5
Other Vegetables	4
Total	15

*N.B: * Extra food group*

Table 9: Prioritised food groups in Nongtraw

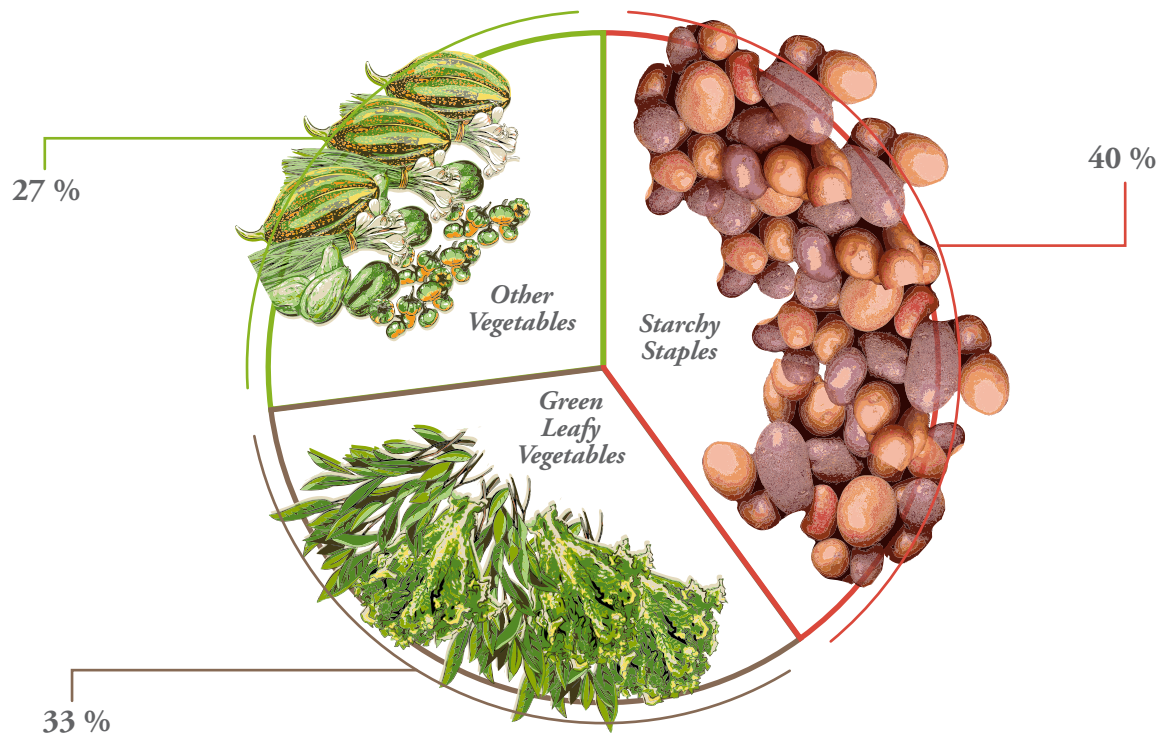


Figure 8 : Prioritised food group in Nongtraw

Local Name	Scientific Name	Planting/ Harvesting	Starchy Staples																			
			Months																			
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec								
Phan Saw	<i>Solanum tuberosum</i>	Planting																				
		Harvesting																				
Phan Imslem	<i>Solanum sp.</i>	Planting																				
		Harvesting																				
Phan Sawhoiñ	<i>Solanum sp.</i>	Planting																				
		Harvesting																				
Phan Lyngseng	<i>Solanum sp.</i>	Planting																				
		Harvesting																				
Phan Jata	<i>Solanum sp.</i>	Planting																				
		Harvesting																				
Phan Shriew	<i>Solanum sp.</i>	Planting																				
		Harvesting																				

Local Name	Scientific Name	Planting/ Harvesting	Other Vegetables																			
			Months																			
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec								
Sohkhia	<i>Cucumis sativus</i>	Planting																				
		Harvesting																				
Jyllang	<i>Allium tuberosum</i>	Planting																				
		Harvesting																				
Siar Kait (W)	<i>Musa paradisiaca</i>	Planting																				
		Harvesting																				
Khoit Kait (W)	<i>Musa paradisiaca</i>	Planting																				
		Harvesting																				

Local Name	Scientific Name	Planting/ Harvesting	Green Leafy Vegetables																			
			Months																			
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec								
Jaiing	<i>Brassica nigra</i>	Planting																				
		Harvesting																				
Tyrso	<i>Brassica juncea</i>	Planting																				
		Harvesting																				
Jali (W)	<i>Gynura nepalensis</i>	Planting																				
		Harvesting																				
Jarain (W)	<i>Fagopyrum dibotrys</i>	Planting																				
		Harvesting																				
Jakhria (W)	<i>Rhynchoetechum ellipticum</i>	Planting																				
		Harvesting																				

N.B: W: Wild plant; NA: Not available



Laitsohpliah

The community from Laitsohpliah selected a total of 37 food plants for inclusion into the Mid-Day Meal program. Majority of these crops are from the Green Leafy Vegetables category followed by Starchy Staples. From among the prioritised food plants, plants from Starchy Staples and Other Vegetables were not the part of the original missing food group but

the community felt the need to include food plants from them in the prioritised list. Nuts and Seeds, Pulses, Vitamin A Rich plants, and Other Fruits were among the missing food groups and were included by the community. The prioritized list of food plants included both cultivated as well as wild varieties.

Food Group	Number Of Food Plants
Starchy Staples*	10
Other Vegetables*	5
Pulses	3
Nuts And Seeds	1
Green Leafy Vegetables	11
Other Fruits	6
Vitamin A Rich Plants	1
Total	37

*N.B: * Extra food group*

Table 10: Prioritised food group in Laitsohpliah



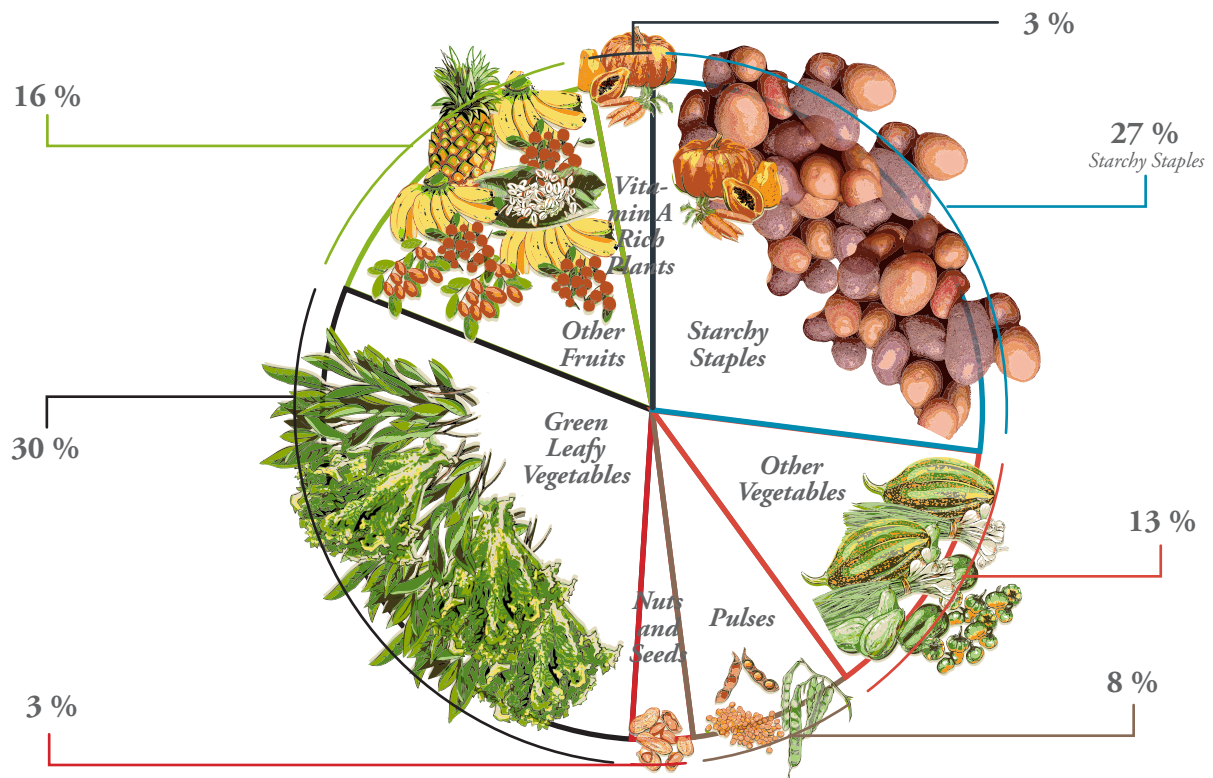


Figure 9: Prioritised food group in Laitsohpliah



Local Name	Scientific Name	Planting/ Harvesting	Starchy Staples												
			Months												
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Phan Lieh	<i>Solanum tuberosum</i>	Planting													
		Harvesting													
Phan Saw	<i>Solanum tuberosum</i>	Planting													
		Harvesting													
Phan Syntiew	<i>Solanum sp.</i>	Planting													
		Harvesting													
Phan Imdiang	<i>Solanum sp.</i>	Planting													
		Harvesting													
Phan San Minit	<i>Solanum tuberosum</i>	Planting													
		Harvesting													
Phan Karo Saw	<i>Ipomea batatas</i>	Planting													
		Harvesting													
Phan Karo Lieh	<i>Ipomea batatas</i>	Planting													
		Harvesting													

Local Name	Scientific Name	Planting/ Harvesting	Other Vegetables												
			Months												
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Biskot Lieh	<i>Secchium edule</i>	Planting													
		Harvesting													
Biskot Shiah	<i>Secchium edule</i>	Planting													
		Harvesting													
Biskot Iong	<i>Secchium edule</i>	Planting													
		Harvesting													
Muli Lieh	<i>Raphanus sativus</i>	Planting													
		Harvesting													
Muli Saw	<i>Raphanus sativus</i>	Planting													
		Harvesting													

Local Name	Scientific Name	Planting/ Harvesting	Pulses												
			Months												
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Presbin	<i>Phaseolus vulgaris</i>	Planting													
		Harvesting													
Motor Heh	<i>Pisum sativum</i>	Planting													
		Harvesting													
Motor Ri	<i>Pisum sativum</i>	Planting													
		Harvesting													

Local Name	Scientific Name	Planting/ Harvesting	Nuts and Seeds												
			Months												
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Soh Ot (W)	<i>Castanopsis indica</i>	Planting													
		Harvesting													

Local Name	Scientific Name	Planting/ Harvesting	Green Leafy Vegetables												
			Months												
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Jaud (W)	<i>Allium hookeri</i>	Planting													
		Harvesting													
Jamyrdoh (W)	<i>Houttuynia cordata</i>	Planting													
		Harvesting													
Bat Pylon (W)	<i>Centella asiatica</i>	Planting													
		Harvesting													
Jangew Kynthong (W)	NA	Planting													
		Harvesting													
Jali (W)	<i>Gynura nepalensis</i>	Planting													
		Harvesting													
Jatira (W)	<i>Oenanthe linearis</i>	Planting													
		Harvesting													
Jalynniar (W)	<i>Sonchus arvensis</i>	Planting													
		Harvesting													
Jangew Mawria (W)	NA	Planting													
		Harvesting													
Jabar (W)	NA	Planting													
		Harvesting													
Jaiing	<i>Brassica nigra</i>	Planting													
		Harvesting													
Tyrso	<i>Brassica juncea</i>	Planting													
		Harvesting													

Local Name	Scientific Name	Planting/ Harvesting	Other Fruits												
			Months												
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Sohshiah (W)	<i>Rubus ellipticus</i>	Planting													
		Harvesting													
Sohkhawiong (W)	<i>Rubus lasiocarpus</i>	Planting													
		Harvesting													
Sohphie Bah (W)	<i>Myrica esculenta</i>	Planting													
		Harvesting													

Sohphie Nam (W)	<i>Myrica nagi</i>	Planting Harvesting	☀️ ☀️ ☀️
Sohphie Liya (W)	<i>Myrica sp.</i>	Planting Harvesting	☀️ ☀️ ☀️
Soh Lyngdhur (W)	<i>Morus australis</i>	Planting Harvesting	☀️ ☀️

Vitamin Rich A Plants

Local Name	Scientific Name	Planting/ Harvesting	Months														
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec			
Kajor	<i>Daucus carota subdp. sativus</i>	Planting Harvesting	☀️	☀️	☀️												

N.B: W: Wild plant; NA: Not available







Dewlieh

The community from Dewlieh selected a total of 49 food plants for inclusion into the Mid-Day Meal program. Majority of these crops (>50%) are from the Other Fruits category followed by Green Leafy Vegetables. Vitamin A rich Fruits were not found in the village so no

food plants were selected from this category. The least number of food plants came from Nuts and Seeds (<5%) followed by Pulses. The prioritised list of food plants included both cultivated as well as wild varieties.

Food Group	Number Of Food Plants
Green Leafy Vegetables	16
Pulses	5
Nuts and Seeds	1
Other Fruits	27
Total	49

*N.B: * Extra food group*

Table 11: Prioritised food group in Dewlieh

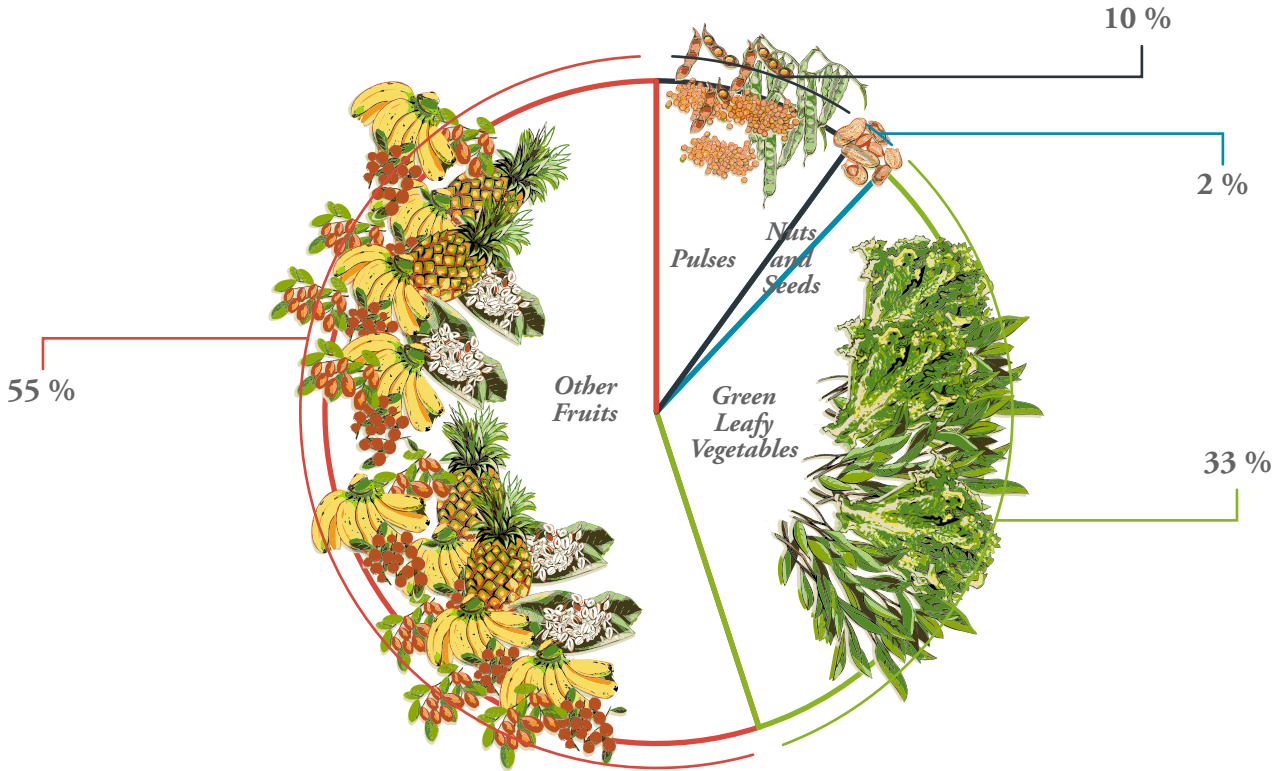


Figure 10: Prioritised food plants from Dewlieh

Local Name	Scientific Name	Planting/ Harvesting	Pulses											
			Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Rymbai Ja	<i>Vigna umbellata</i>	Planting			🌱	🌱								
		Harvesting	🌾											🌾
Ri Lyngknap Saw	NA	Planting			🌱									
		Harvesting									🌾	🌾	🌾	🌾
Ri Lyngknap Jyngam	NA	Planting			🌱									
		Harvesting									🌾	🌾	🌾	🌾
Presbin	<i>Phaseolus vulgaris</i>	Planting	🌱	🌱										
		Harvesting						🌾	🌾					
Ri Phyrngop	<i>Phaseolus vulgaris</i>	Planting			🌱	🌱								
		Harvesting							🌾	🌾				

Local Name	Scientific Name	Planting/ Harvesting	Nuts and Seeds											
			Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Neilieh	<i>Perilla frutescens</i>	Planting			🌱	🌱								
		Harvesting											🌾	🌾

Local Name	Scientific Name	Planting/ Harvesting	Green Leafy Vegetables											
			Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Tyrso	<i>Brassica juncea</i>	Planting								🌱	🌱			
		Harvesting	🌾	🌾									🌾	🌾
Jaud	<i>Allium hookeri</i>	Planting		🌱	🌱	🌱								
		Harvesting					🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾
Jamyrdoh	<i>Houttuynia cordata</i>	Planting				🌱								
		Harvesting					🌾	🌾	🌾	🌾	🌾	🌾	🌾	
Bat Pyllon (W)	<i>Centella asiatica</i>	Planting												
		Harvesting				🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾
Jaiing	<i>Brassica nigra</i>	Planting		🌱	🌱									
		Harvesting					🌾	🌾	🌾	🌾				
Jajew Heh Sla (W)	NA	Planting												
		Harvesting	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾
Jawieh (W)	NA	Planting												
		Harvesting	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾
Jabuit (W)	<i>Polygonum muricatum</i>	Planting												
		Harvesting	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾





Umdiengpoh

The community from Umdiengpoh selected a total of 56 food plants for inclusion into the Mid-Day Meal program. Majority of these crops (>45%) are from the Other Fruits category followed by Green Leafy Vegetables (>40%). Vitamin A rich Fruits were not found

in the village so no food plants were selected from this category. The least number of food plants came from Nuts and Seeds (<5%). The prioritized list of food plants included both cultivated as well as wild varieties.

Food Group	Number Of Food Plants
Green Leafy Vegetables	23
Pulses	5
Nuts and Seeds	2
Other Fruits	26
Total	56

*N.B: * Extra food group*

Table 12: Prioritised food group in Umdiengpoh

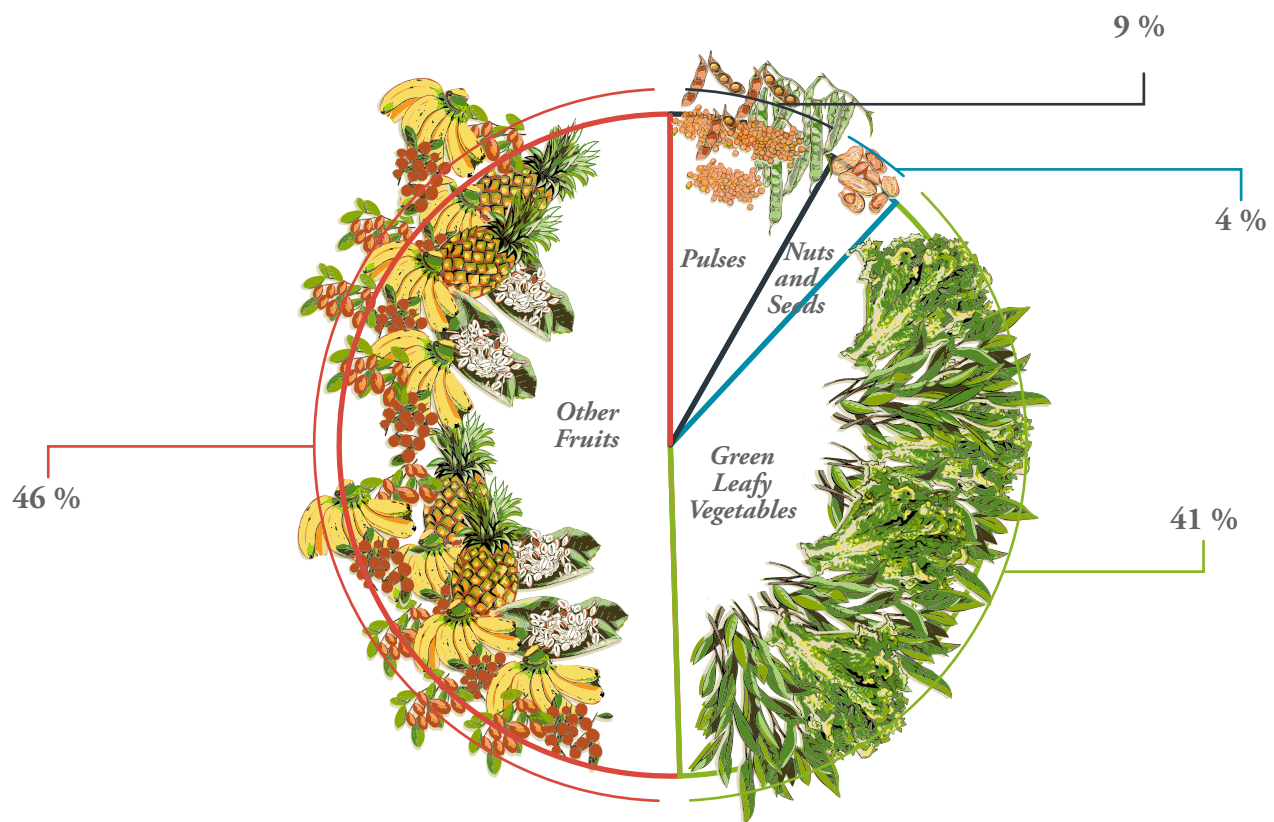


















Figure 11: Prioritised food plants from Umdiengpoh

Local Name	Scientific Name	Planting/ Harvesting	Pulses													
			Months													
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec		
Rymbai Ja	<i>Vigna umbellata</i>	Planting				🌱	🌱									
		Harvesting											🌾	🌾		
Motor Shana	<i>Pisum sativum</i>	Planting								🌱	🌱					
		Harvesting											🌾	🌾		
Motor Heh	<i>Pisum sativum</i>	Planting								🌱	🌱					
		Harvesting											🌾	🌾		
Motor Ri	<i>Pisum sativum</i>	Planting								🌱	🌱					
		Harvesting											🌾	🌾		
Ri Phyrngop	<i>Phaseolus vulgaris</i>	Planting								🌱						
		Harvesting											🌾	🌾	🌾	

Local Name	Scientific Name	Planting/ Harvesting	Nuts and Seeds													
			Months													
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec		
Soh Ot (W)	<i>Castanopsis indica</i>	Planting	Wild													
		Harvesting												🌾	🌾	
Neilieh	<i>Perilla frutescens</i>	Planting				🌱	🌱									
		Harvesting												🌾	🌾	

Local Name	Scientific Name	Planting/ Harvesting	Green Leafy Vegetables													
			Months													
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec		
Jasim (W)	NA	Planting														
		Harvesting	🌾	🌾								🌾	🌾	🌾	🌾	
Jajew Kynih Syiar/ Jajew Maw (W)	<i>Pothos curtizii</i>	Planting														
		Harvesting											🌾	🌾	🌾	🌾
Salat	<i>Lactuca sativa</i>	Planting				🌱	🌱					🌱	🌱			
		Harvesting							🌾	🌾					🌾	🌾
Tyrso	<i>Brassica juncea</i>	Planting									🌱	🌱	🌱	🌱		
		Harvesting	🌾	🌾	🌾										🌾	🌾
Jaud	<i>Allium hookeri</i>	Planting				🌱	🌱	🌱	🌱	🌱	🌱	🌱				
		Harvesting				🌾	🌾	🌾	🌾	🌾	🌾	🌾				
Jamyrdoh	<i>Houttuynia cordata</i>	Planting		🌱	🌱	🌱	🌱	🌱	🌱	🌱	🌱					
		Harvesting		🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾		
Jatira (W)	<i>Oenanthe linearis</i>	Planting														
		Harvesting			🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾		
Bat Pyllon (W)	<i>Centella asiatica</i>	Planting														
		Harvesting			🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾		

Sohphoh Lakun	<i>Pyrus communis</i>	Planting Harvesting			
Sohshiah (W)	<i>Rubus ellipticus</i>	Planting Harvesting			 
Sohkhawiong (W)	<i>Rubus lasiocarpus</i>	Planting Harvesting			 
Sohpdung Ksuit	NA	Planting Harvesting			
Sohryngkham (W)	<i>Vaccinium graffihianum</i>	Planting Harvesting			
Sohphie Bah	<i>Myrica esculenta</i>	Planting Harvesting		 	
Sohphie Nam	<i>Myrica nagi</i>	Planting Harvesting		 	
Sohphie Liya	<i>Myrica nagi</i>	Planting Harvesting		 	
Sohlang Ja	NA	Planting Harvesting			
Sohshur	<i>Pyrus pashia</i>	Planting Harvesting			
Sohkhyllam (W)	<i>Elaeocarpus prunifolius</i>	Planting Harvesting			
Sohlyngkait	<i>Holboellia latifolia</i>	Planting Harvesting			 
Sohphoh Khasi	<i>Docynia indica</i>	Planting Harvesting		 	
Sohkynphor Shrieh (W)	<i>Citrus dimorphocarpa</i>	Planting Harvesting			 
Sohmad (W)	<i>Citrus medica</i>	Planting Harvesting			 
Sohma (Mluh) (W)	<i>Rhus chinensis</i>	Planting Harvesting			 
Soh Khlur (W)	<i>Elaeagnus pyrifomis</i>	Planting Harvesting			
Soh Pai Risang (W)	NA	Planting Harvesting			 

Soh Um	<i>Syzygium cumini</i>	Planting Harvesting	 	 
Soh Iong (W)	<i>Prunus nepalensis</i>	Planting Harvesting	 	 
Soh Lapong (W)	<i>Ficus gibbosa</i>	Planting Harvesting		 
Soh Shiat (W)	NA	Planting Harvesting		 
Soh Pdok	<i>Solanum torvum</i>	Planting Harvesting		

N.B: W: Wild plant; NA: Not available



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CONCLUSION

Chyne *et al* (2018) found that undernutrition (malnutrition) was unacceptably high among the Khasis despite rich food biodiversity. In the five villages that are participating in the project the average food plants recorded is 120 and it ranged from a minimum of 87 food plants in Dewlieh to a maximum of 169 food plants from Latisohpliah. This includes both cultivated as well as wild varieties. Highest numbers of food plants (>20%) were found from the Other Fruits and Green Leafy Vegetables categories. Mawmithied and Laitsohpliah had the highest number of food plants from these categories. The lowest number of food plants was from the Nuts and Seeds category with Dewlieh having only one food plant under this category. Vitamin A Rich plants were missing from Umdiangpoh, Nongtraw and Dewlieh. Thus even though there is a high degree of agrobiodiversity it is concentrated in certain food groups while in others diversity can be augmented. Still, in general, agrobiodiversity is very high in the project villages.

At the same time the prevalence of malnutrition in the State of Meghalaya in general gives hint to the fact that there is a gap between agrobiodiversity and nutrition. NESFAS endeavours to bridge this gap with the partnership with GIZ being a latest step towards this direction. The Government of India has introduced nutritional intervention programs such as Integrated Child Development Services, Mid Day Meal, and the Public Distribution System will improve the nutrient intake and nutritional status of the population. In this particular project NESFAS is working to improve the Mid Day Meal program by supplementing the existing diet with food plants derived from the local agrobiodiversity.

After having listed the agrobiodiversity found in the community, members were asked to select food plants that would be prioritised for inclusion in the Mid Day Meal program. An average of 39 food plants was selected by the community. The highest number of food plants (56) is from Umdiangpoh while the lowest is from Nongtraw, only 15 food plants. The maximum numbers of food plants selected are from Green Leafy Vegetables and Other Fruits with the highest coming from Umdiangpoh. According to the methodology five food groups were given to the community for choosing the selected food plants, viz., Green Leafy Vegetables, Pulses, Nuts

and Seeds, Vitamin A Rich plants and Other Fruits. Vitamin A Rich plants were missing from Umdiangpoh, Nongtraw and Dewlieh, so no food plants could be selected from these groups. Starchy Staples and Other Vegetables were not the prioritised food groups but communities of Nongtraw, Mawmithied and Laitsohpliah wanted them to be included. Food plants from the two extra groups were thus selected as well. Respective communities thus had an individual list based on local agrobiodiversity and prioritised food plants. Since the entire exercise was done in consultation and with participation of the community, sustainability of the initiative is assured.

To tackle the problem of nutrition in India Prime Minister Narendra Modi launched Poshan Abhiyaan to address problem of malnutrition by reducing stunting, low birth weight and anaemia amongst children, adolescent girls, pregnant and nursing mothers (The Times of India, 2018). In collaboration with GIZ NESFAS is trying to do its bid by linking the local agrobiodiversity with the Mid Day Meal program. This document is a contribution towards that and will help guide activities taken forward in realisation of that goal. Malnutrition free Meghalaya is very much possible and with support of GIZ and the local communities it will become a reality soon.





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Agrobiodiversity And Priority Food Plants For Inclusion In The School Mid Day Meal Program

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