



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









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Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH

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

North East Slow Food and Agrobiodiversity Society

2019

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Preface

The North Eastern Region of India including Meghalaya has a rich agrobiodoversity 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, Laitsohpliah, 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



(low height for age) is at 38.4%, wasting (low weight for height) is at 21% and underweight (low weight for age) is at 35.7%. These are still worrisome figures.

To tackle the program of malnutrition the government of India initiated the National Programme of Nutritional Support to Primary Education (NP-NSPE) on 15 August 1995. The objective of the scheme was to help improve the effectiveness of primary education by improving the nutritional status of primary school children. In April 2001, the People's Union for Civil Liberties (PUCL) initiated the public interest litigation (Civil) No. 196/2001, People's Union for Civil Liberties v. Union of India & Otherspopularly known as the "right to food" case. The PUCL argued that article 21 - "right to life" of the Indian constitution when read together with articles 39(a) and 47, makes the right to food a derived fundamental right which is enforceable by virtue of the constitutional remedy provided under article 32 of the constitution. The Supreme Court passed a mandate stating, "We direct the State Governments/Union Territories to implement the Mid-Day Meal Scheme by providing every child in every Government and Government assisted Primary School with a prepared mid-day meal." In 2007 the name of the scheme changed to Mid-Day Meal program. Under this program wholesome freshly-cooked lunch is served to children in government and government-aided schools in India. The Scheme was further extended in 2002 to cover not only children studying in Government, Government aided and local body schools, but also children studying in Education Guarantee Scheme (EGS) and Alternative & Innovative Education (AIE) centres. Revisions of the scheme happened in 2004 and 2006 and on 1st April 2008 it was extended all over the country (Government of India, 2019).

Like other states of the country Meghalaya is also facing problems of malnutrition. For children under 5 in the state, stunting rate is 43.8% and underweight rate is 29%. An additional burden that children in Meghalaya suffer from is anaemia which 40.7% (The Telegraph, 2018). From 2005-2015, Arunachal Pradesh, Mizoram and Nagaland were among the top 10 states who performed best in stunting reduction rates (India Development Review, 2018). Meghalaya was not one of them which reveal the challenge that underlies challenge that lies in front of the state.

Mid-Day Meal Scheme was introduced in the State of Meghalaya since 1995 by giving dry ration to LP schools only. As per directives of the Supreme Court Order, cooked meal is provided to all Govt. and Govt. Aided Lower Primary and Upper Primary Schools @ 100 grams for Primary and 150 grams for Upper Primary per child per day for 10 academic months. The main objective of Mid-Day Meal Programme in the State is to boost universalisation of elementary education. Mid-Day Meal Programme is to attract more children to come to school and in this way it will increase enrolment, attendance, retention and bring down drop-out rate, improving the nutritional status of children and encourage poor children to attend school regularly and help them to concentrate on classroom activities - stop classroom hunger (Government of Meghalaya, 2018).

NESFAS, while lauding the program, is also working on supplementing the program in an attempt to bring about greater nutritional benefit. Except for foodgrains which is supplied free by the Government of India to the states for the program, the other required vitamins and minerals are to come from local sources. While working on agro-ecology and agrobiodiversity among the local communities of Meghalaya and Nagaland, NESFAS was able to bring to light the tremendous degree of agrobiodiversity which exists in North East India in general and in Meghalaya and Nagaland in particular. An average of 200 food plants was recorded among communities from these two states. These again can be categorised into different food groups as provided by FAO (Food and Agricultural Organisation) which classifies foods obtained from different sources into ten groups, viz., 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; other vitamin A-rich fruits and vegetables; other vegetables; and other fruits. There is the additional category of condiments as well which is a minor food group. At the same time dietary diversity, a proxy for nutritonal adequacy, was found to be low espeically in case of pulses (beans, peas and lentils); nuts and seeds; dark green leafy vegetables; other vitamin A-rich fruits and vegetables; and other fruits. NESFAS is batting for the inclusion of these food groups dervied from the local agrobiodiversity in the Mid Day Meal program through the school garden initiative. This, NESFAS, believes will strengthen the landmark program which is the Mid Day Meal scheme and improve nutritonal outcome of children in the community.



## **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 community had understood the various aims of the project, their assent was recorded. Once community particpation 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 Latisohpliah was one such village. Therefore while particiaptory mapping exercise was an entirerly new activity for the other villages, in Latisohpliah, 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 agrobiodivesity 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 (Orig	inal 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												<b>A</b>
	Squash	Biskot Lieh	Harvesting									-			
					B (Modi	fied Lis	t)								
Staple Foods	French Beans	Presbin	Planting												
			Harvesting												
	Raddish	Muli	Planting												
			Harvesting									<b>A</b>	-		-
	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.





### **O2** SEASONAL CALENDAR OF LOCAL AGROBIODIVERSTIY

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 vareity. 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 indispensable 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 community 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.



		Dlandin /	Sta	rchy S	staples			Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Planting												
Phan Joyti	Solanum sp.	Harvesting			1									
		Dianting												
Phan Syntiew	Solanum sp.	Harvesting												
_				2	Na		Ċ	Ľ						
Phan Imdieng	Solanum sp.	Planting			*									
_		i iai vestilig					T)	T						
Phan Sanminit	Solanum tuberosum	Planting												
		Harvesting					1	1						
Phan Lieh	Solanum tuberosum	Planting												
		Harvesting						2				2		
Dhan Sam	Solanum	Planting												
Phan Saw	tuberosum	Harvesting					2	2						
Phan Kophri		Planting												
Meikha	Solanum sp.	Harvesting						<b>A</b>						
		Planting												
Phan Karo Saw	Ipomea batatas	Harvesting										<b>A</b>	A	
	1	DI												
Phan Karo Lieh	Ipomea batatas	Harvesting												
		That vesting										×C	×C	
Riew Hadem	Zea mays	Planting												
Licii		Harvesting							Ĩ.	1 <sub>0</sub>				
Riew Hadem	Zea mays	Planting												
Stem		Harvesting							i de la compañía de l	÷,				
DI V C	7	Planting												
Phan Karo Saw	Zea mays	Harvesting							2	2				
Shriew	Alocasia	Planting												
Knapblang	macrorrhiza	Harvesting											-	
	Colorida	Planting												
Shriew Pylleng	remutsia sp.	Harvesting			<b>1</b>	<b>1</b>							4	
		Dl												
Shriew Lyngkait	Colocasia/alocasia/ remutsia sp.	Harvesting												
	·				<b>~</b>							10	1	
Shriew Jrong	Amorphophallus sp.	Planting												
		Harvesting											1	
Shriew Blue	Colocasia/alocasia/	Planting												
	remutsia sp.	Harvesting												
Shriver I we also it	Colocasia/alocasia/	Planting												
Shriew Lyngkaft	remutsia sp.	Harvesting										-	-	



#### Condiments

								Mo	nths					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Pudina	Mentha viridis	Planting												
Dhania	Coriandrum	Planting											TC.	T.
Dialita	sativum	Harvesting										~		
Shynrai Stem	Curcuma longa	Harvesting						~						
Kenbell	Capsicum sp.	Planting Harvesting												
Ken Jrong	Capsicum sp.	Planting Harvesting												
Rynsun	Allium sativum	Planting Harvesting												
Soh krot (W)	Smilax glaucophylla	Planting Harvesting								*				

#### Other Vegetables

								Mo	nths					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Tit Tung (W)	Lactarius volemus	Planting Harvesting												
Tit Stem/Tit Tynrai (W)	Craterellus odoratus	Planting Harvesting						A contraction of the second se	<b>A</b>	~				
Tit Tangrai	NA	Planting Harvesting												
Tit Snier Blang (W)	NA	Planting Harvesting									*			
Tit Tnaw Syiar (Stem/Lieh) (W)	Clavulina sp.	Planting Harvesting								*				

Tit Dab (W/)	I actaniae no lamae	Planting			
	Luciarias voiemas	Harvesting			
		Planting			
Tit Dud (W)	NA	Harvesting			
	Tricholoma	Planting			
Tit Kdait (W)	viridiolivaceum	Harvesting			
		Diansing			
Tit LbongHati (W)	Ramaria sp.	Harvesting			
Tit Eit Masi (W)	NA	Harvesting			
		Thirvesting			T_
Tit Khoh/ Tyndong (W)	Gomphus floccosus	Planting			
Tynuong (W)		Harvesting			
Tit Tah (W)	NA	Planting			
		Harvesting			- Z
Tit Sia (W)	NA	Planting			
	1 11	Harvesting		<i>₹</i> ₹	-
T*, C . * , (TV)	274	Planting			
Tit Sopjat (W)	IVA	Harvesting		*	) 🤧
		Planting			
Soh Khah (W)	NA	Harvesting			
	Friesand	Planting			
Soh Pen (W)	himalaicum	Harvesting			
		Planting			
Kubi	Brassica oleracea var. capitata	Harvesting			
_					
Jyllang	Allium tuberosum	Harvesting			
_			•		×C
Pathaw Risang	Cucurbita sp.	Planting			
_		riarvesting			TC.
Soh Thliem	Gomphogyne	Planting	*		
	cissiformis	Harvesting			
Biskot Lieh	Sechium edule	Planting			
		Harvesting			
Distro Chiak	Sachine - della	Planting			
Diskot Shiah	Secnium eaule	Harvesting			
		Planting			
Biskot Iong	Sechium edule	Harvesting	~		
		Planting			
Muli lieh	Raphanus sativus	Harvesting		<b>A</b>	
	l I	60°			



— 23 ⊨

Muli com	Dath man artists	Planting										
Mull Saw	Kaphanus sativus	Harvesting				2					<b>*</b>	~
0.111.0		Planting										
Sohkhia Khasi	Cucumis sativus	Harvesting										
		Planting										
Piat	Allium cepa	Harvesting		<b>A</b>	<b>A</b>				2			
	Brassica rapa	Planting										
Sohlakum	subsp. rapa	Harvesting			2				2			
Pashor kait (Siar		Planting										
kait)	Musa paradisiaca	Harvesting				2	2					
0.111. 77		Planting										
Sohkhia Khnai	Oxalis corniculata	Harvesting					2					
Syntiew	374	Planting										
jalymmut (W)	IVA	Harvesting				4	*					
51 111		Planting										
Pathaw thohriew	Cucurbita maxima	Harvesting					*	2	2	2	2	*
0 1		Planting										
Syntiew pathaw	Cucurbita maxima	Harvesting						2	~	2		

Pulses

								Mo	nths					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Presbin	Phaseolus vulgaris	Planting Harvesting								se a la constante da la consta	~	Þ		
Ri Phyrngop	Phaseolus vulgaris	Planting Harvesting									~		<b>A</b>	
Ri Lyngknap Saw	NA	Planting Harvesting									~			
Ri Lyngknap Jyrngam	NA	Planting Harvesting												
Ri Ran/Majai	Vicia faba	Planting Harvesting												
Motor Shana	Pisum sativum	Planting Harvesting												
Motor Heh	Pisum sativum	Planting Harvesting												



#### Green Leafy Vegetables

								Mo	nths					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Jaud (W)	Allium hookeri	Planting Harvesting												
Sla phul	Brassica oleracea var. botrytis	Planting Harvesting							-					
Salat	Lactuca sativa	Planting Harvesting			*				•	۲	۲			*
Tyrso	Brassica juncea	Planting Harvesting			۲					۲	۲			
Jamyrdoh (W)	Houttuynia cordata	Planting Harvesting	*		<b>A</b>	-	<b>A</b>	<b></b>	-	-	-	-	*	
Jatira (W)	Oenanthe linearis	Planting Harvesting	*		<b>A</b>		-	<b></b>	-	4		<b>A</b>	-	

			_					Mo	nths					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Planting												
Bat Pyllon (W)	Centella asiatica	Harvesting						2	~	~		-		
Tyrkhang Jong	Diplazium	Planting												
(W)	esculentum	Harvesting					2							
	D	Planting												
Jaiing	Brassica nigra	Harvesting						2	2					
T 1 (3V/)	NT II I I	Planting												
Jathang (W)	Neilla thyrsiflora	Harvesting								2	2			
	774	Planting												
Jatwad (W)	IVA	Harvesting		2	2			2	$\gtrsim$					
Inviah (W)	NI A	Planting												
Jawieli (w)	11/21	Harvesting						2	æ	2	<b>*</b>	2	2	
Latyrdon (W)	NIA	Planting							_					
	1 421	Harvesting						2	2					
Jahuit (W/)	Polygonum	Planting												
	muricatum	Harvesting					2							
Jajew Khyndew	NA	Planting												
(W)		Harvesting					2	*	*					
Iaiew Rben (W)	NA	Planting												
5.)		Harvesting							*	2	*		2	2
Iali (W)	Gvnura nepalensis	Planting												
<b>3</b> 00 ( 0 /		Harvesting							*	2	*			
JaKhria (W)	Rhynchotechum	Planting												
	ellipticum	Harvesting						₹ <sub>C</sub>	₹ <sub>C</sub>	A.	Ŷ-			
Jalynniar (W)	Sonchus arvensis	Planting												
		Harvesting						te la	T/	Ť	T			
Jalynnoh (W)	Polygonum	Planting												
	orientale	Harvesting						t/	t/	Ť/	T/			
Jahenwet/	NA	Planting												
Jiurswet (w)		Harvesting						7/-	1	Ť	1/-			
Jangew Mawria/ Tangduma (W)	NA	Planting												
		Harvesting						<i>i</i>	×					
Jajer (W)	NA	Planting												
		Harvesting				7	T_	7/	T_					



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#### Other fruits

		and a f						Mo	nths									
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec				
Sohshiah (W)	D. L. Histing	Planting																
	Rubus ellipticus	Harvesting	-					2	2									
Sohkhawiong	Dubuc Inciocampuc	Planting	_						-									
(W)	Kubus usiocarpus	Harvesting						2										
Sohpdung Ksuit (W)	NIA	Planting	_	_	_		-				_			_				
	1 1/21	Harvesting	4	2	2	2	2	2	2	2	2	2	2					
Sohryngkham	Vaccinium	Planting	_															
(W)	graffithianum	Harvesting							Z	2								
		Planting																
Sonphie Ban (W)	Wyrica esculenta	Harvesting	-			≁	2	2	~									
Sohphie Nam		Planting																
(W)	Myrica nagi	Harvesting	-			2	2	2	2									
Sohphie Liya (W)		Planting																
	Myrica sp.	Harvesting	-			$\geq$	~	2	2									
Sohlang Ja (W)		Planting																
	NA	Harvesting	-									-	<u>م</u>					
		Planting																
Sohshur (W)	Pyrus pashia	Harvesting	-						<b>A</b>									
	Elaeocarpus prunifolius	Planting																
Sohkhyllam (W)		Harvesting	-			~												
		Planting																
Sohlyngkait (W)	Holboellia latifolia	Harvesting	-							<b>A</b>								
Sablzmahar	Citrus	Planting																
Shrieh	dimorphocarpa	Harvesting	-					10				<b>A</b>	<b>A</b>					
	<i>E</i> 1	Planting																
Soh khlur (W)	pyriformis	Harvesting	-										2	<b>A</b>				
c 1 n · n·		Planting																
(W)	NA	Harvesting	-															
		Planting																
Soh Um (W)	Syzygium cumini	Harvesting	-		4	4												
		Planting																
Soh kjup (W)	NA	Harvesting	-															
		D1	$\sim$	<i>Q</i>										×.				
Soh Lapong (W)	Ficus gibbosa	Harvesting	-															
	I	0										$\sim$						

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### 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 respecitve 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.



	Scientific Name	Dlanding /	Starchy Staples Months											
Local Name		Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Planting												
Phankaro Lieh	Ipomea batatas	Harvesting												
		0												
Phan Lyniong	Solanum sp.	Planting												
		Harvesting							Ť					
Phan Heb Sla	Solanum st	Planting												
Phan Hen Sia	Sounam sp.	Harvesting							2					
		Planting												
Krai Truh	Eleusine coracana	Harvesting											<b>A</b>	
		Dianting												
Krai Lon	NA	Harvesting												
		Thurvesting											1 C	
Krai Jasheh	NA	Planting												
j		Harvesting											ter al	
Krai Thohriaw	074	Planting												
	1771	Harvesting											<u>چ</u>	
Phan Myngngor/ Phan Joyti		Planting												
	Solanum sp.	Harvesting												
	· · ·				Na									
Phan Saw	Solanum tuberosum	Planting												
		riarvesting							1					
Phan Imslem	Solanum sp.	Planting												
		Harvesting						<b>*</b>						
	Solanum sp.	Planting												
Phan Sawhoiñ		Harvesting						<b>\$</b>						
		Planting												
Phan Lyngseng	Solanum sp.	Harvesting												
	 	0												
Phan Jata	Solanum sp.	Planting												
	-	Harvesting						Ť.						
Phan Shriew	774	Planting												
	IVA	Harvesting						$\not\geq$						
		Planting												
Phandieng	Manihot esculenta	Harvesting			1					4				
	1									A.				
Shriew Lieh	Colocasia/Alocasia/ Remutsia sp.	Harmosting				۲								
	op ·	riarvesting				_								T
Shriew Saw	Colocasia/Alocasia/	Planting												
- Shriew Saw	Remutsia sp.	Harvesting												









Green Leafy Vegetables

			Months											
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Jaiing	Brassica nigra	Planting Harvesting												
Tyrso	Brassica juncea	Planting Harvesting						~						~
Jaud	Allium hookeri	Planting Harvesting	~	~	~	<b>*</b>	æ		<b>A</b>		*	*	*	*
Jamyrdoh	Houttuynia cordata	Planting Harvesting						*						
Jali (W)	Gynura nepalensis	Planting Harvesting												
Jarain (W)	Fagopyrum dibotrys	Planting Harvesting							~		~			
Jakhria (W)	Rhynchotechum ellipticum	Planting Harvesting							<b>A</b>					
Tangduma (W)	NA	Planting Harvesting												
Tyrkhang (W)	Diplazium esculentum	Planting Harvesting												
Japongdieng (W)	NA	Planting Harvesting					*							
Jajew (W)	Hibiscus sabdariffa	Planting Harvesting							*					
Sla Sohshiat (W)	NA	Planting Harvesting												
Sla Tyrkain (W)	NA	Planting Harvesting	*		~	~	~							

								Mo	nths					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Kait Khar		Planting												
	Musa sp.	Harvesting	2		<b>A</b>	<b>A</b>	<b>A</b>	2	<b>*</b>	2	*	<b>A</b>	~	~
Kaitmon	Musa paradiciaca	Planting								_	_	_	_	
Kaitiioii	wusu puruuisiaca	Harvesting	2	2	2	2	2	2	2	2	2	2	2	2
Kait Jrong	Musa paradisiaca	Planting	-								-			
	<i>I</i>	Harvesting			2	2		2	200		*	*	*	~
Sahshana	Elacarmuc latifolia	Planting												
Solishang	Είμεματικό μιτηστιμ	Harvesting			2	2	2							
Sophie Bah	Mvrica esculenta	Planting												
		Harvesting			2	2	2							
Sababia Nam	Municanagi	Planting					_							
	iviyrica nagi	Harvesting			*		2							
	Durante d'arris	Planting												
Soniong (W)	Prunus nepalensis	Harvesting								2	2	2		
Sohpyriam (W)	Deidium augigug	Planting												
	1 suuum guujuvu	Harvesting									2			
Sohtrun (W)	Ananas comosus	Planting												
	1111111113 COMOSIAS	Harvesting									*	*		
Sohthylliang (W)	NA	Planting												
		Harvesting							*	2				
Sohkhyrwiat	Aporosa octandra	Planting												
(W)	1101034 00141141	Harvesting							2	Ż				
Sohphoh	Pyrus communis	Planting												
Nongkhlaw (W)		Harvesting								2				
Sohnhareng (W)	D	Planting												
	1 minis persieu	Harvesting						2	2					
Sohum (W/)	Sumprisum aumini	Planting												
Sonum (w)	Syzygium cumini	Harvesting				~	~							
Sohkhawiang	NA	Planting												
(W)	1 47 1	Harvesting										2	2	
Sahkou (W/)	NIA	Planting					_	~						
- Jonkpu (w) -	1 ¥2 1	Harvesting					2	2						
Sohmad (W)	Citrus medica	Planting											-	
Sohmad (W)	Curus medica	Harvesting											2	~

#### Other Fruits


#### Vitamin A Rich Plants

								Mo	nths					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Sohbrab (W)	Passiflora edulis	Planting Harvesting												
Pathaw Khasi	Cucurbita moschata	Planting Harvesting												<b>~</b>
Sohbaingon dieng	Cyphomandra batacea	Planting Harvesting	æ	*							-			-
Sohkynphor	Carica papaya	Planting Harvesting					2							
<b>N.B:</b> W: Wild plant; NA: Not	available													



### 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.





Starchy staples in Laitsohpliah



		Planting/	St	archy	Staples			Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
	Solanum	Planting												
Phan Lieh	tuberosum	Harvesting	-					2	2		-	-		
Dhan Saw	Solanum	Planting	_						_		_			_
r nan Saw	tuberosum	Harvesting						2	*	2	*	*		2
Dhan Suntian	Solaurum et	Planting	_											
Than Synthew	Sounum sp.	Harvesting						2	2	2	2	2	2	2
Phan Imdieng	Solanum st	Planting	_											
T han tildelig	Sounum sp.	Harvesting	2					2	2	2	2	*	2	2
Phan San Minit	Solanum	Planting	-											
	tuberosum	Harvesting						*	*	2	*	*	$\gtrsim$	2
		Planting												
Phan Karo Saw	Ipomea batatas	Harvesting	-											
	T	Planting												
Phan Karo Lien	Ipomea batatas	Harvesting	-										<u>ج</u>	
Sablab	Itomaga nacemaca	Planting												
Soman	ipomoeu nicemosu	Harvesting	2	<b>*</b>										2
Calarian.	Coin Indonesia indi	Planting	_											
Souriew	Coix iacoryma jooi	Harvesting	A Contraction of the second se	<b>A</b>										$ \gg $
Krai Truh	Elaucina condegna	Planting	_											
		Harvesting											<b>*</b>	2
		Planting												
Krai Jashen	Eleusine coracana	Harvesting	-											<u>چ</u>
Vm: Lon	N/4	Planting	_											
Krai Loii	1 1/21	Harvesting											≁	≁
Krai Sah	N/ 4	Planting	_											
	111/21	Harvesting											<b>A</b>	2
	Paspalum	Planting												
Krai Shan	sanguinale	Harvesting	-										<b>A</b>	<u>م</u>
Riew Hadem	-	Planting												
Lieh	Lea mays	Harvesting	-							-				
Riew Hadem	7	Planting												
Stem	Lea mays	Harvesting	-	<u> </u>						<b>A</b>	2			
		Planting												
Riew Hadem Saw	Zea mays	Harvesting	-	<b>W</b>	<b></b>	<b>I</b>				<b>A</b>	<b>A</b>			

Shrien Iron o	Amouthothalless	Planting							
Sinnew Jrong	Amorphophauus sp.	Harvesting	æ	2					$\geq$
61	Colocasia/Alocasia/	Planting	_						
Shriew Siej	Remutsia sp.	Harvesting	$\gtrsim$	2					$\geq$
c1 · D1	Colocasia/Alocasia/	Planting							
Shriew Blue	Remutsia sp.	Harvesting	~	2					*
Shriew	Alocasia	Planting							
Knapblang	macrorrhiza	Harvesting	~	<b>A</b>					2
	Colocasia/Alocasia/	Planting							
Shriew long	Remutsia sp.	Harvesting	~						
01 J D 11	Colocasia/Alocasia/	Planting							
Shriew Pylleng	Remutsia sp.	Harvesting	~						
	Colocasia/Alocasia/	Planting							
Shriew Shiktia	Remutsia sp.	Harvesting	$\gtrsim$						2
01 I W I	Colocasia/Alocasia/	Planting							
Shriew Wai	Remutsia sp.	Harvesting	$\gtrsim$	2					<b>₽</b>
	Colocasia/Alocasia/	Planting							
Shriew Lyngkait	Remutsia sp.	Harvesting						A	<b>A</b>
c1 · 17	Colocasia/Alocasia/	Planting							
Shriew Keng	Remutsia sp.	Harvesting	$\gtrsim$	<b>A</b>					<b>₽</b>
SL .: S	Colocasia/Alocasia/	Planting							
Shriew Saw	Remutsia sp.	Harvesting	<i>₽</i>						
Dhan Diana	Manihot and arts	Planting							
Phan Dieng	ivianinot esculenta	Harvesting					2	2	~
Sahahlara	Eleminaitit -	Planting							
Sonphiang	ruemingia vestita	Harvesting	<b>A</b>	<b>A</b>				2	>



Condiments

41

01 + 0		Planting												
Shynrai Stem	Curcuma longa	Harvesting										♣	~	~
Sohmynken		Planting												
Pyllon	Capsicum sp.	Harvesting								2	~			
		Planting												
Kenbell	Capsicum sp.	Harvesting				ø								
		Dlanting									-			
Ken Jrong	Capsicum sp.	Harvesting									-			
		0								× C				
Rynsun	Allium sativum	Planting												
		Harvesting												T.
			Oth	er Vege	tables									
T 157	0 1 10 37	Planting/						Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Planting												
Biskot Lieh	Sechium edule	Harvesting									<b>V</b>	Ø		
		Dlanting						*_/			<u>A</u>	5%2		
Biskot Shiah	Sechium edule	Harvesting												
								Ú						
Biskot Iong	Sechium edule	Planting												
		Harvesting						T.	T/	T.				
Jyllang	Allium tuberosum	Planting												
<i></i>		Harvesting			*	~		2		2		2		
Callet Theat	Quality and instants	Planting												
Sonkhia Khhai	Oxalis corniculata	Harvesting						<b>\$</b>	2	2	2			
	Brassica oleracea	Planting												
Kubi	var. capitata	Harvesting				~								
		Planting												
Pathaw Risang	Cucurbita sp.	Harvesting						-						
								÷	÷					
Soh Thliem	Gomphogyne cissiformis	Planting												
	·	i iui (cotiiig		~	~								T.	T_
Soh Ngang	Solanum nigrum	Planting												
		Harvesting								Ť,	÷,			
Sohkhia Khasi	Cucumis satinus	Planting												
		Harvesting						*	÷,	÷,	÷,			
-Dt-4	A11:	Planting												
Piat	Ашит сера	Harvesting												2

Sohlakum	Brassica rapa subsp. rapa	Planting											
	1	i lai vestilig						TC-	T_	T_	Ţ	TC.	
Muli Lieh	Raphanus sativus	Planting											
	*	Harvesting									to	to the second se	
Mul: Sam	Date la resus articum	Planting											
With Saw	Kapnanus sativus	Harvesting								2	2	2	
		Planting											
Tishub	NA	Harvesting											
		Planting											
Tit Siaw (W)	NA	Harvesting		<b>A</b>									
		Dianting											
Tit Kor (W)	NA	Harvesting											
	1												
Tit Tung (W)	Lactarius volemus	Harvesting											
_	1	Thu tooting			10								
Tit Stem/Tit Tynrai (W)	Craterellus odoratus	Planting											
		riarvesting				T	T						
Tit Tangrai (W)	NA	Planting											
		Harvesting				Ĉ	20						
Tit Snier Blang	NA	Planting											
(W)		Harvesting				a contraction of the second se		2					
Tit Tnaw Syiar	Claudinent	Planting											
(Stem/Lieh) (W)	Cuivuina sp.	Harvesting						*	2	2			
		Planting											
Tit Doh (W)	Lactarius volemus	Harvesting				<b>A</b>							
		Planting											
Tit Dud (W)	NA	Harvesting				~	-						
		Planting											
Tit Kdait (W)	Iricholoma viridiolivaceum	Harvesting				-	-						
		Planting				~	÷	~					
Tit Tyngab (W)	Laccaria lateritia	Harvesting											
	1								1				
Tit Lbonghati (W)	Ramaria sp.	Harvesting											
		That vestilling						11	C.				
Tit Eit Masi (W)	NA	Planting											
		Harvesting		T.	T.	77	1						
Tit Khoh/	Gomphus floccosus	Planting											
Tyndong (W)	1 5	Harvesting					2						



Pulses

								Mo	nths					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Presbin	Phaseolus vulgaris	Planting												
_		Harvesting										T/	×.	Ť.
Ri Phyrngop	Phaseolus vulgaris	Harvesting				*						2		
Ri Lyngknan Saw	NA	Planting												
na zyngninip ouw		Harvesting										÷-	*	2
Ri Lyngknap	NIA	Planting										_		
Jyrngam	1 11	Harvesting										2	2	2
D: Dan/Maiai	Vicia faha	Planting												
	νιεία jubu	Harvesting										2	÷	2
Motor Heb	Disum satigum	Planting												
Motor rich	1 134111 341104111	Harvesting												
Motor Di	Discuss estimation	Planting												
Motor Kr	r isum sauvum	Harvesting											2	<b>\$</b>



#### Green Leafy Vegetables

								Mo	nths					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Jaud (W)	Allium hookeri	Planting Harvesting							æ		æ	*	~	R
Jamyrdoh (W)	Houttuynia cordata	Planting Harvesting	*		æ						~		~	~
Jatira (W)	Oenanthe linearis	Planting Harvesting												
Bat Pyllon (W)	Centella asiatica	Planting Harvesting										*		
Tyrkhang Iong (W)	Diplazium esculentum	Planting Harvesting			~	₽ <sub>⊂</sub>								
Jajew Heh Sla (W)	NA	Planting Harvesting												
Jathang (W)	Neilla thyrsiflora	Planting Harvesting							~					
Jatwad (W)	NA	Planting Harvesting							~				*	
Jawieh (W)	NA	Planting Harvesting												
Jangew Kynthong (W)	NA	Planting Harvesting												

Laturdan (W/)	N74	Planting	_	_	_									
Latyrdop (w)	11/21	Harvesting	2	2	2	2	2	2	2	*	2	2	2	2
Inhuit (W/)	Polygonum	Planting	_											
Jabuit (w)	muricatum	Harvesting				÷	÷							
Jajew Khyndew	274	Planting												
(W)	IVA	Harvesting		<b>A</b>	~	2	2	<b>A</b>	<b>A</b>	<b>A</b>	~	2	~	*
I.:	274	Planting	_											
Jajew Kben (W)	IVA	Harvesting	$\gg$	2	2	2	2	~	2	<b>A</b>	<u></u>	2	A-	<b>A</b>
	274	Planting												
Jajew Bsuh (W)	IVA	Harvesting	~	2	2	₽ ₽	2	<b>*</b>	<b>*</b>	2	2	2		2
T 1: (3V/)		Planting												
Jalí (W)	Gynura nepalensis	Harvesting		<b>A</b>	~	2	2	~	<b>A</b>	<b>A</b>	~	2	~	
<b>X 11 ( (337</b> )	Rhynchotechum	Planting												
Jakhria (W)	ellipticum	Harvesting		<b>A</b>	<b>A</b>	2	<b>A</b>		<b>A</b>	<b>A</b>	<b>₽</b>	<b>A</b>		<b>A</b>
T (AV/)		Planting												
Jatira (W)	Oenanthe linearis	Harvesting	_					2	2	۶	2	2		
T 01 (1777)		Planting												
Jangew Skei (W)	IVA	Harvesting	_				2		2	$\gtrsim$	<b>A</b>			
		Planting												
Jalynniar (W)	Sonchus arvensis	Harvesting		<b>A</b>	~	2	<b>A</b>		<b>A</b>	<b>A</b>	~	2	~	<b>A</b>
		Planting												
Jalynnon (W)	Polygonum orientale	Harvesting	_		2	2	2	2						
T · (TW/)	Gentiana	Planting												
Jamiaw (W)	quadrifaria	Harvesting	_				2	~	2	2	~	2	2	2
	274	Planting												
Jahenwet (W)	IVA	Harvesting	_				2	2	2	<b>A</b>	~	2		
Jangew Mawria	374	Planting												
(W)	IVA	Harvesting	_				2		<b>A</b>	۶	*	2		
		Planting												
Jajer (W)	IVA	Harvesting	~		2	2	2	<b>*</b>	<b>*</b>	2	2	2		*
T 1 (3W)		Planting												
Jabar (W)	IVA	Harvesting	-				*	-	-	2	~	*		
		Planting												
Jatira Dkhar (W)	INA	Harvesting	-				2	~	~	<u>چ</u>	$\gtrsim$	♣		
Jajew Shiliang		Planting												
(W)	NA	Harvesting	-	2	~	$\gtrsim$	2	~	2	2	~	2	2	۶





Soh Krot (W/)	Smilax alaucophulla	Planting	_										_	-
	οπταιλ χαιπορηγια	Harvesting												~
Soh Phie Shiteng	Married	Planting	_											
Jait (W)	iviyrica sp.	Harvesting				2	$\Rightarrow$	<b>*</b>						
0 1 D . (1975)	D. I.	Planting												
Soh Priam (W)	Psidium guajava	Harvesting	_								~	~	2	
Sohphoh		Planting												
Nongkhlaw (W)	Pyrus communis	Harvesting	_							-	-	<b>A</b>		
		Planting												
Soh Plom (W)	Prunus domestica	Harvesting	_					-						
0111111		Planting												
Sohphoh Lakun (W)	Pyrus communis	Harvesting	_								-	<b>A</b>		
Sohmyndong (W)	NA	Harvesting	_											
	1											Ċ	×C	×
Kait Iong (W)	Musa sp.	Planting	-											8
_		T fai vestilig	T.	×C	1 C	×,	1 C	×C	×C	1 C	×,	<i>U</i>	×,	×C
Kait Mon (W)	Musa x paradisiaca	Planting	_											
_		narvesting	T	T	T	T	C	T	T	T	T	T	T	T
Kait Khar (W)	Musa sp.	Planting	-											
		Harvesting	Ť	Ť,	Ť	Ť	Ť,	Ť,	Ĩ,	Ť	Ť,	Ť,	Ť C	Ť,
Kait Shyieng	Musa sp.	Planting	-											
(W)	1	Harvesting	*	*	2	-		~				-		2
												×.		
Sohkynphor	Citrus	Planting	-											
Sohkynphor Shrieh (W)	Citrus dimorphocarpa	Planting Harvesting	*										-	-
Sohkynphor Shrieh (W)	Citrus dimorphocarpa	Planting Harvesting	- 🧽 Vitami	n A Rio	ch Plan	ts							-	
Sohkynphor Shrieh (W) Local Name	Citrus dimorphocarpa Scientific Name	Planting Harvesting Planting/	Vitami	n A Rio	ch Plan	ts		Mo	nths				-	<b>A</b>
Sohkynphor Shrieh (W) Local Name	Citrus dimorphocarpa Scientific Name	Planting Harvesting Planting/ Harvesting	P Vitami Jan	n A Rio Feb	ch Plan Mar	ts Apr	May	Moi	nths Jul	Aug	Sep	Oct	Nov	Dec
Sohkynphor Shrieh (W) Local Name	Citrus dimorphocarpa Scientific Name	Planting Harvesting Planting/ Harvesting Planting	Vitami Jan	n A Rio Feb	ch Plan Mar	ts Apr	May	Moz	nths Jul	Aug	Sep	Oct	Nov	Dec
Sohkynphor Shrieh (W) Local Name Sohshan (W)	Citrus dimorphocarpa Scientific Name Duchesnea indica	Planting Harvesting Planting/ Harvesting Planting Harvesting	Vitami Jan	n A Rio Feb	ch Plan Mar	ts Apr	May	Moi Jun	nths Jul	Aug	Sep	Oct	Nov	Dec
Sohkynphor Shrieh (W) Local Name Sohshan (W)	Citrus dimorphocarpa Scientific Name Duchesnea indica	Planting Harvesting Planting/ Harvesting Planting Planting Planting	Vitami Jan	n A Rio Feb	ch Plan Mar	ts Apr	May	Moi Jun	nths Jul	Aug	Sep	Oct	Nov	Dec
Sohkynphor Shrieh (W) Local Name Sohshan (W) Soh Phareng (W)	Citrus dimorphocarpa Scientific Name Duchesnea indica Prunus persica	Planting Harvesting Planting/ Harvesting Planting Planting Planting Harvesting	Vitami Jan	n A Rio Feb	ch Plan Mar	Apr	May	Mor Jun	nths Jul	Aug	Sep	Oct	Nov	Dec
Sohkynphor Shrieh (W) Local Name Sohshan (W) Soh Phareng (W)	Citrus dimorphocarpa Scientific Name Duchesnea indica Prunus persica	Planting Harvesting Planting/ Harvesting Planting Harvesting Planting Harvesting Planting	Vitami Jan	n A Rio Feb	ch Plan Mar	Apr	May	Mor Jun	nths Jul	Aug	Sep	Oct	Nov	Dec
Sohkynphor Shrieh (W) Local Name Sohshan (W) Soh Phareng (W)	Citrus dimorphocarpa Scientific Name Duchesnea indica Prunus persica Passiflora edulis	Planting Harvesting Planting/ Harvesting Planting Planting Harvesting Planting Planting Planting Harvesting	Vitami Jan	n A Rid Feb	ch Plan Mar	Apr	May	Mor Jun	nths Jul	Aug	Sep	Oct	Nov	Dec
Sohkynphor Shrieh (W) Local Name Sohshan (W) Soh Phareng (W) Soh Brab (W)	Citrus dimorphocarpa Scientific Name Duchesnea indica Prunus persica Passiflora edulis Cyphomandra	Planting         Harvesting         Planting/ Harvesting         Planting         Harvesting         Planting         Harvesting         Planting         Harvesting         Planting         Harvesting         Planting         Harvesting         Planting         Planting         Planting         Planting         Planting         Planting         Planting	Vitami Jan	n A Rio Feb	ch Plan Mar	ts Apr	May	Mor Jun	nths Jul	Aug	Sep	Oct	Nov	Dec
Sohkynphor Shrieh (W) Local Name Sohshan (W) Soh Phareng (W) Soh Brab (W)	Citrus dimorphocarpa Scientific Name Duchesnea indica Prunus persica Passiflora edulis Cyphomandra batacea	Planting         Harvesting         Planting/ Harvesting         Planting         Harvesting	Vitami Jan	n A Rio Feb	ch Plan Mar	ts Apr	May	Mor Jun	nths Jul	Aug	Sep	Oct	Nov	Dec
Sohkynphor Shrieh (W) Local Name Sohshan (W) Soh Phareng (W) Soh Brab (W) Sohbaingon Dieng (W)	Citrus dimorphocarpa Scientific Name Duchesnea indica Prunus persica Passiflora edulis Cyphomandra batacea	Planting Harvesting Planting/ Harvesting Planting Harvesting Planting Planting Planting Planting Harvesting Planting Planting Planting Planting	Vitami Jan	n A Rid	ch Plan Mar	Apr	May	Mor Jun	nths Jul	Aug	Sep	Oct	Nov	Pec
Sohkynphor Shrieh (W) Local Name Sohshan (W) Soh Phareng (W) Soh Brab (W) Sohbaingon Dieng (W)	Citrus dimorphocarpa Scientific Name Duchesnea indica Prunus persica Passiflora edulis Cyphomandra batacea Daucus carota subdp. sativus	Planting         Harvesting         Planting/ Harvesting         Planting         Harvesting         Planting         Harvesting	Vitami Jan	n A Rid	ch Plan Mar	ts	May	Mor Jun	nths Jul	Aug	Sep		Nov	Dec
Sohkynphor Shrieh (W) Local Name Sohshan (W) Soh Phareng (W) Soh Brab (W) Sohbaingon Dieng (W)	Citrus dimorphocarpa Scientific Name Duchesnea indica Prunus persica Passiflora edulis Cyphomandra batacea Daucus carota subdp. sativus	Planting Harvesting Planting/ Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Planting	Vitami Jan	n A Rio Feb	ch Plan Mar	ts	May	Mor Jun	nths Jul	Aug	Sep	Oct	Nov	Dec



### Dewlieh

Dewlich 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.



								Other	Fruits					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Planting												
Phan Joyti	Solanum Sp.	Harvesting	-			•	<b>A</b>		<b>A</b>	2	<b>A</b>	<b>A</b>	~	<b>A</b>
		Planting												
Phan Lyngkait	Solanum Sp.	Harvesting	-										-	
		Planting												
Krai Truh	Eleusine coracana	Harvesting												
		Planting	Ľ											<i></i>
Krai Jasheh	NA	Harvesting												
_		Planting	L											* <i>C</i>
Krai Lon	NA	Harvesting												
		8												
Riewhadem Stem	Zea mays	Planting												
	-	Harvesting						2	20					
Phan Dieng	Manihot esculenta	Planting	-											
Than Dieng	11111111111111111111111111111111111111	Harvesting	*	2	2					2	*	*	2	
Dhan Imdiana	Salanauna St	Planting	_											_
r nan findleng	Sounum Sp.	Harvesting			2	<u>چ</u>	<b>*</b>	<b>A</b>	<b>A</b>	2	<b>A</b>	2		<b>A</b>
Dhan Vana Sam	It among la states	Planting	_											
i han Nato Saw	ipomeu bututus	Harvesting								2	<b>*</b>	2		
6 11 1	T.	Planting												
Sohlah	Ipomoea racemosa	Harvesting	-		<b>A</b>	<b>A</b>								
		Planting												
Shriew Tong	Colocasia/Alocasia/ Remutsia Sp.	Harvesting	-											
	-	8				•							10	Ú.
Shriew Pylleng	Colocasia/Alocasia/	Planting	-											
	Kemuisiu Sp.	Harvesting											7/-	7/-
Chatan Chilata	Colocasia/Alocasia/	Planting	_											
Shriew Shiktia	Remutsia Sp.	Harvesting											2	2
01 + 0	Colocasia/Alocasia/	Planting												
Shriew Saw	Remutsia Sp.	Harvesting	-										<b>A</b>	
Shriew Khnap	Alocasia	Planting												
Blang	macrorrhiza	Harvesting	-											
	· · ·	Planting												
Sohriew	Coix lachryma jobi	Harvesting	-											
														6

#### Starchy Staple

								Mo	nths					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Pudina	Mentha viridis	Planting												
		Harvesting			*	*	*			*		*	*	*
	Coraindrum	Planting												
Dhania	sativum	Harvesting					2	$\geq$	$\geq$					
0.1 P.1		Planting												
Sying Bah	Zingiber officinale	Harvesting							~	2		~	~	$\sim$
ot		Planting												
Shynrai Stem	Curcuma longa	Harvesting				<b>A</b>			~		<b>A</b>	~	~	<b>A</b>
Sohmynken		Planting												
Pyllon	Capsicum sp.	Harvesting												
Ken Irong		Planting												
(Sohmynken)	Capsicum sp.	Harvesting						2	~	~	~	2	$\gtrsim$	
	Cinnamomum	Planting												
Sla Tyrpad	tamala	Harvesting	<b>A</b>	-				A	<b>~</b>	~			-	

#### Condiments

Other Vegetables

								Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
T'+ T (W)	I actania and anna	Planting												
Iff lung (w)	Lactarius voiemus	Harvesting				~	2							
Tit Stem/Tit	Craterellus	Planting												
Tangrai (W)	odoratus	Harvesting								2	2			
Ivllang	Allium tuberosum	Planting								-				
Jynang		Harvesting							2	2	~	2	2	*
Soh Thliem	Gomphogyne	Planting									_			
	cissiformis	Harvesting								2	2			
Sobkhia Khasi	Cucumic sations	Planting							_					
Solikilla Miasi	Cucumis sautous	Harvesting							2	2	2			
Ricket Shich	Sachium adula	Planting												
DISKOU SIITAII	Secmum eaute	Harvesting							2	~	2	2		
Riskat Jana	Sachium adula	Planting												
Diskot long	Sectifium eaule	Harvesting							2	₽ ₽	2	2		
Dashor Kait	Mucabanadiciaa	Planting					_			_			_	
Tashor Kalt	1v1usa paraaisiaca	Harvesting	$\gtrsim$	2		2	~	2	~		₽	2	~	~



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Is:"no	Duraning minut	Planting												
Janng	Brassica nigra	Harvesting					2	2	2	2				
Jajew Heh Sla	274	Planting												
(W)	IVA	Harvesting	2	*	2	2	~	2	~	~	2	2	2	2
		Planting												
Jawieh (W)	INA	Harvesting	<b>~</b>	~		~		2	~	2	2	₽		$\gtrsim$
	Polygonum	Planting												
Jabuit (W)	muricatum	Harvesting				<b>A</b>				<b>A</b>	<b>A</b>			
Jaiew Myrkhan		Planting												
(W)	NA	Harvesting										2		~
		Planting												
Jali (W)	Gynura nepalensis	Harvesting												~
		Planting												
Jalynniar (W)	Sonchus arvensis	Harvesting							-	~	<b>A</b>			۶
		Planting												
Tangduma (W)	NA	Harvesting					۶	۶	₽	~	۶	۶	<b>\$</b>	
Jaiew Skhor		Planting												
Blang (W)	NA	Harvesting	~	2	*	2	-	2	*	2	2	2	~	~
		Planting												
Jasim (W)	NA	Harvesting		*		<b>A</b>		2			2	~		$\gtrsim$
Iaiew Maw/Iaiew		Planting												
Kynih Syiar (W)	Pothos curtizii	Harvesting		<b>A</b>		<b>A</b>		<b>A</b>			<b>A</b>		<b>A</b>	~
	Zanthoxylem	Planting												
Sla Jaiur	acanthopodium	Harvesting	♣	♣	$\gtrsim$	۶		2	$\gtrsim$	2	2	۶	2	$\gtrsim$
	Rhynchotechum	Planting												
Jakhria (W)	ellipticum	Harvesting							~	2	*	$\gtrsim$	2	
I (1977)		Planting												
Jarain (W)	Fagopyrum dibotrys	Harvesting						2	<b>A</b>	*	2	2		
			0	ther Fr	uits									
x 157	0.4.40.33	Planting/						Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		DI :												
Soh Langdkhur	Morus australis	Harvesting						3						
		DI ·			Ľ									
Sohphoh Nongkhlaw	Pyrus communis	Harvesting												
								1 C						
Sohshiah	Rubus ellipticus	Planting												
		Harvesting				Z	Z							

Sablebarriana	Dubus Ississantes	Planting												
Sonknawiong	Kubus usiocurpus	Harvesting				~	<b>A</b>							
		Planting												
Sohphie Bah	Myrica esculenta	Harvesting	-		<b>~</b>	~	A contraction of the second se		<b>S</b>					
Sohphie Liya	M	Planting												
(W)	Myrica nagi	Harvesting	-		2	~	2							
Sahl-hullam (W/)	Elaeocarpus	Planting	_											
Sonkirynain (w)	prunifolius	Harvesting										2	2	
Sohkynphor	Citrus	Planting	_											
Shrieh	dimorphocarpa	Harvesting	♣											
0 1 1		Planting												
Sonmad	Citrus meaica	Harvesting	<i>₽</i>											
Sohma (Mluh)		Planting												
(W)	Knus chinensis	Harvesting	-											
		Planting												
Son Khiur (W)	Elaegnus pyrijormis	Harvesting	-	2	$\gg$	$\approx$								
0 1 D · D	274	Planting												
Son Pai Risang	IVA	Harvesting									2	~	2	
6-1. U.v. (W/)	Ci	Planting	_											
Son Um (w)	Syzygium cumini	Harvesting						۶	۶	2				
Sah Jana	Durante to the domain	Planting	_											
Son long	rrunus nepatensis	Harvesting								2	2			
C.1. T.11:	NIA	Planting												
Son Tylliang		Harvesting	-						2	2		2		
C 1 T		Planting												
Son Lapong	Ficus gibbosa	Harvesting	-				~	~	2	2				
e 1 el • .	N7.4	Planting												
Son Shiat	IVA	Harvesting	-					2	2					
C 1 D 1 1		Planting												
Soh Pdok	Solanum torvum	Harvesting	-						<b>A</b>					
IZ * IZ1	14	Planting												
Kait Khar	ıviusa sp.	Harvesting	2		*	<b>A</b>		2		<b>A</b>	*	2	<b>A</b>	
T . M	Maria	Planting												
Kait Mon	Musa paradisiaca	Harvesting	~		~	<b>\$</b>	- 	2		2	2	~	~	
IZ * Cl ·	M. 1 .	Planting												
Kait Shyleng	Wusa velutina	Harvesting	-	<b>A</b>	<b>A</b>	-	<b>A</b>	<b>A</b>	<b>A</b>		<b>A</b>	<b>\$</b>	<b>\$</b>	



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.







		Planting/	St	tarchy	Staples			Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		DI					Ste							
Phan Karo Saw	Ipomea batatas	Harvesting												
		i iai vestilig									T_	T_	T_	
Sohlah	Ipomoea racemosa	Planting												
	1	Harvesting	1	2	Ť,								1	*
Riew Hadem	7	Planting												
Lieh	Lea mays	Harvesting								<u>ج</u>	<u>م</u>			
	[	Planting												
Krai Truh	Eleusine coracana	Harvesting												
	1												~	Ľ
Krai Jasheh	NA	Planting				*	*							
		Harvesting											Z	TC.
Krai Lon	NA	Planting												
	1111	Harvesting											*	*
		Planting												
Krai Soh	NA	Harvesting												
		Dlanting												
Phan Saw	Solanum sp.	Harvesting						~						
	1	That vesting						×C	× C	1 C	× C	×C		
Phan Joyti	Solanum sp.	Planting												
		Harvesting					2	÷,		Ť	7/	7		
Dhan Suntiarr	Solaurum et	Planting												
Filan Syntiew	Sounum sp.	Harvesting					<u>چ</u>	<b>\$</b>	2	<u>م</u>	<u>چ</u>	2		
	[	Planting												
Phan Imdieng	Solanum sp.	Harvesting			<ul> <li>V</li> </ul>				-	-		<b>A</b>		
Phan Sanminit	Solanum tuberosum	Harvesting		3	3				3	3				
		That vestilling					1 C					Ċ	T_	
Phan Lieh	Solanum sp.	Planting												
		Harvesting			Ċ							2	te and the second secon	
Chuitana Tana alaatt	Colocasia/Alocasia/	Planting												
Shriew Lyngkatt	Remutsia Sp.	Harvesting												
	Colocasia/Alocasia/	Planting												
Shriew Shiktia	Remutsia Sp.	Harvesting												
	1					2								
Soh Phlang	Flemingia vestita	Harwesting												
		1 Idi vestilly										T/	T_	ŦĿ
		Planting/		Condii	ments			Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Dlami												
Pudina	Mentha viridis	Harvesting												
		riarvesting									1/	1	7	T

		304 · ·	Ot	her Veg	getable	s		Ма	nthe					
Local Name	Scientific Name	Planting/ Harvesting	Ian	Feb	Mar	Apr	May	Iun	Iul	A110	Sen	Oct	Nov	Dec
			Jui	100			11111	Juii	Jui	1146	oop	000	1101	200
Tit Kor (W)	NA	Planting												
		Harvesting									*			
	T and an income larger	Planting												
lit lung (W)	Lactarius volemus	Harvesting				<b>A</b>								
Tit Stor /Tit	Custonellas	Planting												
Tynrai (W)	odoratus	Harvesting												
_		_									~			
Tit Snier Blang	NA	Planting												
(w)		Harvesting									72			
Tit Tnaw Syiar	Clanulina sp	Planting												
(Stem/Lieh) (W)	Cuivuinu sp.	Harvesting									2			
		Planting												
Tit Doh (W)	Lactarius volemus	Harvesting									-			
Tit Dud (W)	NA	Planting												
		riarvesting									T			
Tit Tungah (W/)	I accania lateritia	Planting												
III Iyiigab (w)	Luccurra anerma	Harvesting									۶			
Tit Lbonghati		Planting												
(W)	Ramaria sp.	Harvesting												
		Planting												
Tit Eit Masi (W)	NA	Harvesting												
		That vesting									T_			
Tit Tah (W)	NA	Planting												
		Harvesting									2			
$T + C_{-n} + (NV)$	N7.4	Planting												
Tit Sopjat (w)	IVA	Harvesting									<u>م</u>			
	<i>L</i> .	Planting												
Soh Pen (W)	himalaicum	Harvesting												
		0												×e
Kubi	Brassica oleracea	Planting												
	var. capitata	Harvesting												
T 11	411	Planting												
Jyllang	Allium tuberosum	Harvesting												
		Planting												
Soh Thliem	Gomphogyne cissiformis	Harvesting					<b>3</b>							
	-	That yesting										10		
Sohkhia Khasi	Cucumis sativus	Planting												
		Harvesting												
	Brassica rapa subsp.	Planting												
Sohlakum	rapa	Harvesting				Ņ	-							
		Dianting			<u>.</u>									
Muli	Raphanus sativus	Harvesting												
		1 fai vestillig		61	_7_		T						T	T.



Pulses

T 137	0 I IC M	Planting/						Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Planting												
Kymbai Ja	Vigna umbellata	Harvesting											<b>A</b>	<b>A</b>
Rymhai Ktung	Chucine mar	Planting												
Kynibai Ktung		Harvesting											<b>A</b>	2
Motor Shana	Disama catianama	Planting												
Witter Shalla	1 154111 541104111	Harvesting										2	~	
Motor Ush	Discuss estimum	Planting											_	
Motor Hen	Pisum sativum	Harvesting										~	$\sim$	
Motor Ri Pisu	Dimension	Planting												
	Pisum sativum	Harvesting										<u>چ</u>	÷	
Destin		Planting												
Presdin	Phaseolus vulgaris	Harvesting									e e e e e e e e e e e e e e e e e e e			
D: DI		Planting												
Ki Phyrngop	Phaseolus vulgaris	Harvesting										2	>	-
			N	ute an	d Saade									
		Planting/	14	uts and	u Secus			Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Planting	Wild											
Soh Ot (W)	Castanopsis indica	Harvesting											♣	~
		Planting												
Neilieh	Perilla frutescens	0												

Perilla frutescens

Harvesting

			Green l	Leafy V	egetabl	es								
Local Name	Scientific Name	Planting/ Harvesting	¥	<b>1</b> 11 4	16	A	15	Mo	nths	A	C	0	2.2	D
		11ai vestillig	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Uct	Nov	Dec
	274	Planting	_											
Jasim (w)	1724	Harvesting	2	<b>*</b>							2	2	<b>A</b>	2
Iaiew Kynih Sviar/		Planting												
Jajew Maw (W)	Pothos curtizii	Harvesting									-	2	-	~
		Planting												
Sla Phul	Brassica oleracea var. botrytis	Harvesting	_											
_				×e									×e	×
Salat	Lactuca sativa	Planting	_				*			*				
		Harvesting						Z	T/				Z	TC-
Iakhria (W)	Rhynchotechum	Planting	_											
	ellipticum	Harvesting					2	A	*	2		<b>*</b>	<b>A</b>	
		Planting												
Tyrso	Brassica juncea	Harvesting	-						~	~	~	~	-	~
		Planting												
Jaud	Allium hookeri	Harvesting	_											
_		0												
Jamyrdoh	Houttuynia cordata	Planting	_											
	07662202	Harvesting			C	TC.	Ċ	T.	T.	T.	T.	T.		
Iatira (W)	Oenanthe linearis	Planting	_											
Juiru (W)		Harvesting			2	2	2		*	2	*	*		
//		Planting												
Bat Pyllon (W)	Centella asiatica	Harvesting	_							<b>A</b>				
Teulitare Iana	Distantion	Planting												
(W)	esculentum	Harvesting	_											<u></u>
												~	~	42
Jaiing (W)	Brassica nigra	Planting	_											
_		i iai vestilig					T_	T_	T_	T_	T_	T_		
Jajew Heh Sla	NA	Planting	_											
(W)		Harvesting									7	7	Ť,	*
Inthene (W/)	Noilla thursifford	Planting	_											
Jatnang (w)	iveilla tryrsifiora	Harvesting									<b>\$</b>			
		Planting												
Jatwad (W)	NA	Harvesting	_				<b>A</b>	4	-		4	-	-	
		DL											-	
Jawieh (W)	NA	Harvesting	_									-		
		1 III FOULIE								1	10	1	1	
Latyrdop (W)	NA	Planting	_											
		Harvesting								1	7/		1	
Ishuit (W)	Polygonum	Planting	_										-	
Jabuit (W)	muricatum	Harvesting						-	-	4	-	-	<b>A</b>	

Jajew Khyndew (W)	NA	Planting Harvesting												
Jajew Rben (W)	NA	Planting												
_		Plansing												
Jali (W)	Gynura nepalensis	Harvesting					<b>ج</b>	Z	R	æ	æ	<b>*</b>		
Jangen Skei (W)	NA	Planting Harvesting								<u>A</u>				
Jahranias (W/)	Somelaue amoracie	Planting						<i>L</i>		~				
Jarynniar (w)	Soncirus arvensis	Harvesting							~	2	2			
Jalynnoh (W)	Polygonum orientale	Planting Harvesting												
	Cartinua	Planting												
Jamiaw (W)	quadrifaria	Harvesting			2	2	~	~	2	~				
Iahenwet (W)	NA	Planting												
Janenwet (w)	1 12 1	Harvesting			2	2								
Jangew Mawria	NA	Planting												
(W)		Harvesting						2	₹ <sub>C</sub>	*	A Company			
Jabar (W)	NA	Planting												
		1 fai vestilig				-	-	-	1	7-	7			
			ſ	)than E										
Local Name	Scientific Name	Planting/	(	Other F	Fruits			Мо	nths					
Local Name	Scientific Name	Planting/ Harvesting	( Jan	Other F Feb	Fruits Mar	Apr	May	Mo Jun	nths Jul	Aug	Sep	Oct	Nov	Dec
Local Name Sohlyngdkhur	Scientific Name Morus australis	Planting/ Harvesting Planting	( Jan	Other F Feb	Fruits Mar	Apr	May	Mo Jun	nths Jul	Aug	Sep	Oct	Nov	Dec
Local Name Sohlyngdkhur	Scientific Name Morus australis	Planting/ Harvesting Planting Harvesting	Jan	Other F	Fruits Mar	Apr	May	Mo Jun	nths Jul	Aug	Sep	Oct	Nov	Dec
Local Name Sohlyngdkhur Sohphoh	Scientific Name Morus australis Pyrus communis	Planting/ Harvesting Planting Harvesting Planting	Jan	Dther F	Fruits Mar	Apr	May	Mo Jun 🍪	nths Jul	Aug	Sep	Oct	Nov	Dec
Local Name Sohlyngdkhur Sohphoh Nongkhlaw	Scientific Name Morus australis Pyrus communis	Planting/ Harvesting Planting Harvesting Planting Harvesting	Jan	Ther F	Fruits Mar	Apr	May	Mo Jun 🍪	nths Jul	Aug	Sep	Oct	Nov	Dec
Local Name Sohlyngdkhur Sohphoh Nongkhlaw	Scientific Name Morus australis Pyrus communis Pyrus communis	Planting/ Harvesting Planting Harvesting Planting Planting Planting	Jan	Ther F	Fruits Mar	Apr	May	Mo Jun 🍪	nths Jul	Aug	Sep	Oct	Nov	Dec
Local Name Sohlyngdkhur Sohphoh Nongkhlaw Sohphoh Lakun	Scientific Name Morus australis Pyrus communis Pyrus communis	Planting/ Harvesting Planting Harvesting Planting Planting Planting Harvesting	Jan	Feb	Fruits Mar	Apr	May	Mo Jun 🎨	nths Jul	Aug	Sep	Oct	Nov	Dec
Local Name Sohlyngdkhur Sohphoh Nongkhlaw Sohphoh Lakun Sohshiah (W)	Scientific Name Morus australis Pyrus communis Pyrus communis Rubus ellipticus	Planting/ Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Harvesting Planting Harvesting Harvesting	Jan	Feb	Fruits Mar	Apr	May	Mo Jun 🍪	nths Jul	Aug	Sep	Oct	Nov	Dec
Local Name Sohlyngdkhur Sohphoh Nongkhlaw Sohphoh Lakun Sohshiah (W)	Scientific Name Morus australis Pyrus communis Pyrus communis Rubus ellipticus	Planting/ Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting	Jan	Feb	Fruits Mar	Apr	May	Mo Jun 谷	nths Jul	Aug	Sep	Oct	Nov	Dec
Local Name Sohlyngdkhur Sohphoh Nongkhlaw Sohphoh Lakun Sohshiah (W) Sohkhawiong (W)	Scientific Name Morus australis Pyrus communis Pyrus communis Rubus ellipticus Rubus lasiocarpus	Planting/ Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Harvesting	Jan	Feb	Fruits Mar	Apr	May	Mo Jun 🍪	nths Jul	Aug	Sep	Oct	Nov	Dec
Local Name Sohlyngdkhur Sohphoh Nongkhlaw Sohphoh Lakun Sohshiah (W) Sohkhawiong (W)	Scientific Name Morus australis Pyrus communis Pyrus communis Rubus ellipticus Rubus lasiocarpus	Planting/ Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting	Jan	Feb	Fruits Mar	Apr	May	Mo Jun (200 (200) (20) (2	nths Jul	Aug	Sep	Oct	Nov	Dec
Local Name Sohlyngdkhur Sohphoh Nongkhlaw Sohphoh Lakun Sohshiah (W) Sohkhawiong (W)	Scientific Name Morus australis Pyrus communis Pyrus communis Rubus ellipticus Rubus lasiocarpus NA	Planting/ HarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvesting	Jan	Other F	Fruits Mar	Apr	May	Mo Jun (**)	nths Jul	Aug	Sep	Oct	Nov	Dec
Local Name Sohlyngdkhur Sohphoh Nongkhlaw Sohphoh Lakun Sohshiah (W) Sohkhawiong (W)	Scientific Name Morus australis Pyrus communis Pyrus communis Rubus ellipticus Rubus lasiocarpus NA Vaccinium	Planting/ Harvesting         Planting         Harvesting         Planting         Planting         Planting         Planting         Planting         Planting	Jan	Pther F	Fruits Mar	Apr	May	Mo Jun (**)	nths Jul	Aug	Sep	Oct	Nov	Dec
Local Name Sohlyngdkhur Sohphoh Nongkhlaw Sohphoh Lakun Sohshiah (W) Sohkhawiong (W) Sohpdung Ksuit	Scientific Name         Morus australis         Pyrus communis         Pyrus communis         Rubus ellipticus         Rubus lasiocarpus         NA         Vaccinium         graffithianum	Planting/ HarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvesting	Jan	Feb	Fruits	Apr	May	Mo Jun (2) (2) (2) (2) (2) (2) (2) (2) (2) (2)	nths Jul	Aug	Sep	Oct	Nov	Dec
Local Name Sohlyngdkhur Sohphoh Nongkhlaw Sohphoh Lakun Sohshiah (W) Sohkhawiong (W) Sohpdung Ksuit Sohpdung Ksuit	Scientific Name         Morus australis         Pyrus communis         Pyrus communis         Rubus ellipticus         Rubus lasiocarpus         NA         Vaccinium         graffitbianum         Myrica esculenta	Planting/ HarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingPlantingPlantingPlantingPlantingPlantingPlantingPlantingPlantingPlanting	Jan	Feb	Fruits Mar	Apr	May	Mo Jun ③	nths Jul	Aug	Sep	Oct	Nov	Dec

Sohnhia Nam	Manicanagi	Planting							
Soliphie Nam	wiyncu nugi	Harvesting		2	$\gtrsim$				
S-1-1:	Municereneri	Planting							
Sonphie Liya	iviyrica nagi	Harvesting		2	~				
		Planting							
Sohlang Ja	NA	Harvesting			~	<b>A</b>			
		Planting							
Sohshur	Pyrus pashia	Harvesting				<b>~</b>			
	Flaeocarpus	Planting							
Sohkhyllam (W)	prunifolius	Harvesting							~
		Planting							
Sohlyngkait	Holboellia latifolia	Harvesting						-	-
		Planting							
Sohphoh Khasi	Docynia indica	Harvesting				<b>A</b>			
							~		
Sohkynphor Shrieh (W)	Citrus dimorphocarpa	Harvesting							
_		8							
Sohmad (W)	Citrus medica	Planting Harvesting							
_		That vestilling						T C	T_
Sohma (Mluh) (W)	Rhus chinensis	Planting							
(**)		Harvesting						T/	Ċ
Soh Khlur (W)	Elaegnus pyriformis	Planting							
		Harvesting							
Soh Eit Ksew	NA	Planting							
(W)		Harvesting					*		
Sab Kursion	N7.4	Planting							_
Son Kyrsiew	1 1/21	Harvesting						2	~
Soh Pai Risang		Planting							
(W)	IVA	Harvesting							~
		Planting							
Soh Um	Syzygium cumini	Harvesting						-	<b>A</b>
		Planting							
Soh Iong (W)	Prunus nepalensis	Harvesting	~	<b>A</b>				~	~
Soh Langerra		Planting							
(W)	Ficus gibbosa	Harvesting						<b>A</b>	
		Dlanting							• man *
Soh Shiat (W)	NA	Harvesting						-	
Soh Pdok	Solanum torvum	Harvesting							
								×C	

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

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### **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 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. 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

		Dlanting /	Ot	her Veg	getable	S		Mo	nths					
Local Name	Scientific Name	Harvesting	Ian	Feb	Mar	Apr	Mav	Jun	Jul	Aug	Sen	Oct	Nov	Dec
			Jui	100			11149	Jun	Jui	1148	oop	000	1101	200
Tit Tung (W)	I actarius volemus	Planting												
in hing (w)	Lacianias voicinias	Harvesting												
Tit Tnaw Syiar		Planting												
(Stem/Lieh) (W)	Ciavuina sp.	Harvesting								<b>\$</b>	-			
		Planting												
Tit Dud (W)	IVA	Harvesting								~	2			
		Planting												
Tit Eit Masi (W)	NA	Harvesting							~		*			
	Brassica oleracea	Planting												
Kubi	var. capitata	Harvesting										~		
		Planting												
Jyllang Allin	Allium tuberosum	Harvesting							~	~	~	~		
Soh Thliem Gomphogyne cissiformis	Gomphogyne	Planting												
	cissiformis	Harvesting								<b>A</b>	2	<b>A</b>		
<b>D</b> (1) <b>D</b> (1)		Planting												
Biskot Lieh	Sechium edule	Harvesting												
		Planting												
Muli Lieh	Raphanus sativus	Harvesting						۶					2	<b>\$</b>
		Planting												
Sohkhia Khasi	Cucumis sativus	Harvesting							2					
Syntiew		Planting												
Jalymmut (W)	NA	Harvesting						<b>~</b>						
		Planting												
Pathaw Thohriew	Cucurbita maxima	Harvesting		<b>O</b>					<b>A</b>	<b>A</b>	2	2	<b>A</b>	2
		Planting												
Syntiew Pathaw	Cucurbita maxima	Harvesting		<b>W</b>	<b>~</b>					<b>A</b>	<b>A</b>	<b>A</b>		
	Pursuing and a sub-	Planting												
Sohlakum	Brassica rapa subsp. rapa	Harvesting		<b>W</b>										
		8				10	10				10			







Other Fruits

Local Name	0 I IC M	Planting/						Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Planting												
Sohshiah (W)	Rubus ellipticus	Harvesting						2	2					
Sohryngkham	Vaccinium	Planting												
(W)	graffithianum	Harvesting							-	2				
Sohphie Nam		Planting												
(W)	Myrica nagi	Harvesting					2	2	2					
Sohphie Liya		Planting												
(W)	Myrica sp.	Harvesting					2	2	2					
	274	Planting												
Sohlang Ja (W)	IVA	Harvesting										2	2	
Sohshur (W)		Planting												
Sohshur (W)	Pyrus pashia	Harvesting						$\not\geq$	<b>A</b>					
0 1 1 1 (WZ)	Elaeocarpus	Planting												
Sohkhyllam (W)	prunifolius	Harvesting				2								
		Planting												
Sohlyngkait (W)	Holboellia latifolia	Harvesting							2	2				
0.1.111 (777)		Planting												
Soh khlur (W)	Elaegnus pyriformis	Harvesting											*	~
		Planting												
Soh Um (W)	Syzygium cumini	Harvesting			<b>A</b>	₽ ₽								
Sohlang Dkhur		Planting												
(W)	Morus australis	Harvesting				<b>*</b>	2	2						
Sohphoh		Planting												
Nongkhlaw	Pyrus communis	Harvesting									*			

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			Vitamin A Rich Plants											
Local Name	Scientific Name	Planting/ Herrosting		<b>D</b> 1	14		14	Mo	nths		0	0		-
		That vesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Soh Brab	Passiflora edulis	Planting												
		Harvesting						Ť,	T/					
Kaior	Daucus carota	Planting												
ingor	subdp. sativus	Harvesting								2	2			
		Planting												
Pathaw Bah/Heh	Cucurbita maxima	Harvesting			<b>1</b>					-	<b>A</b>			





### 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

			St	tarchy	Staples			Mo	nthe					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
									-		<u> </u>			
Phan Saw	Solanum tuberosum	Planting												
	1000103000	Harvesting							T.					
Phan Imslem	Solanum st	Planting												
i nan imstem	Sounam sp.	Harvesting						*						
		Planting												
Phan Sawhoiñ	Solanum sp.	Harvesting												
		Planting												
Phan Lyngseng	Solanum sp.	Harvesting												
								16						
Phan Jata	Solanum sp.	Planting												
	-	Harvesting												
Dhan Chainn	C-1	Planting												
Phan Shriew	Solanum sp.	Harvesting						<b>A</b>						
			Ot	her Ve	getables	6								
Local Name	Scientific Name	Planting/						Mo	nths					
		Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
C 1111		Planting												
Sonknia		Harvesting						$\not\geq$						
		Planting												
Jyllang	Allium tuberosum	Harvesting							-					
	1													
Siar Kait (W)	Musa paradisiaca	Harvesting			A									
		Thatvesting	TC.	T_	T_	T_	1	16	T_	1/	T.	1	T_	17
Khoit Kait (W)	Musa paradisiaca	Planting												
	1	Harvesting	te	to the second se	1	1	to the second se	to the second se	to the second se	te la comparte de la	the second secon	to the second se	the second secon	the second se
			Green	1 Leafy	Vegetal	bles								
Local Name	Scientific Name	Planting/						Mo	nths		-			
		Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Taiing	Brassica niara	Planting												
Jailing	Drussicu nigru	Harvesting					2							
		Planting												
Tyrso	Brassica juncea	Harvesting									<b>O</b>			
		Dlantin-												
Jali (W)	Gynura nepalensis	Harvesting							-					
		i in county							10	×C	×C			
Jarain (W)	Fagopyrum	Planting												
	awotrys	Harvesting							×	×	×,			
Jakhria (W/)	Rhynchotechum	Planting						_	_	_	_			
Jakinia (W)	ellipticum	Harvesting						÷	2	2	₽⊃			



# 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



			St	archy	Staples									
Local Name	Scientific Name	Planting/						Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
	Solanum	Planting												
Phan Lien	tuberosum	Harvesting						2	~	2	2	2	2	<b>A</b>
	Solanum	Planting												
Phan Saw	tuberosum	Harvesting						2	2	2	2	2	2	<u>چ</u>
		Planting												
Phan Syntiew	Solanum sp.	Harvesting						2	2	2	~	2	2	
		Planting												
Phan Imdieng	Solanum sp.	Harvesting	~											<b>A</b>
	Solanum	Planting												
Phan San Minit	tuberosum	Harvesting												<b>A</b>
		Planting												
Phan Karo Saw	Ipomea batatas	Harvesting						<b>I</b>					~	
		Planting												
Phan Karo Lieh	Ipomea batatas	Harvesting											2	

#### Other Vegetables

Local Name Scientific Name		Planting/						Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Biskot Lieh	Sechium edule	Planting Harvesting						-						
Biskot Shiah	Sechium edule	Planting Harvesting												
Biskot Iong	Sechium edule	Planting Harvesting												
Muli Lieh	Raphanus sativus	Planting Harvesting											~	
Muli Saw	Raphanus sativus	Planting Harvesting												

Pulses

T 131		Planting/		1 410				Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Presbin	Phaseolus vulgaris	Planting Harvesting												
Motor Heh	Pisum sativum	Planting Harvesting												
Motor Ri	Pisum sativum	Planting Harvesting												

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		Dianting/	Ν	uts and	l Seeds			Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
	1	Planting												
Soh Ot (W)	Castanopsis indica	Harvesting	<b>*</b>	2	2								2	2
			Green	Leafy	Vegetal	bles								
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Mo: Jun	nths Jul	Aug	Sep	Oct	Nov	Dec
		Planting												
Jaud (W)	Allium hookeri	Harvesting						2	<b>A</b>	2	<b>A</b>	<b>*</b>	₽⊃	2
	Houttuynia	Planting												
Jamyrdoh (W)	cordata	Harvesting	≁	2	2	2	2	2	2	2	*	*	2	*
		Planting												
Bat Pyllon (W)	Centella asiatica	Harvesting						2	2	۶	♣	$\gtrsim$	۶	~
Jangew		Planting												
Kynthong (W)	INA	Harvesting					2	-						
- 1. (777)		Planting												
Jali (W)	Gynura nepalensis	Harvesting	<b>A</b>	2	2	2	2	2	2	2	2	2	2	~
		Planting												
Jatira (W)	Oenanthe linearis	Harvesting						2	~	≁	~	~		
		Planting												
Jalynniar (W)	Sonchus arvensis	Harvesting	and the second s	2	2	2	2	2	2	۶	2	2	2	2
Jangew Mawria		Planting												
(W)	NA	Harvesting					<b>A</b>	<b>A</b>	<b>A</b>		<b>A</b>	*		
		Planting												
Jabar (W)	NA	Harvesting				2				~				
		Planting												
Jaiing	Brassica nigra	Harvesting												
		Planting												
Tyrso	Brassica juncea	Harvesting	<u>م</u>	<u>چ</u>	<pre> </pre>	2					<pre> </pre>	2	2	-
								(	8					
T 131		Planting/		Other I	Fruits			Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Planting												
Sohshiah (W)	Kubus ellipticus	Harvesting					<b>A</b>							
Sohkhawiong		Planting												
(W)	Kubus lasiocarpus	Harvesting					$\gtrsim$							
S-h-1 + D + (W)	Mandala	Planting												
Sohphie Bah (W)	Myrica esculenta	Harvesting					<b>A</b>	۶						









### 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





Figure 10: Prioritised food plants from Dewlieh

Local Name S		Plantine/	Pulses Months											
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Planting												
Rymbai Ja	Vigna umbellata	Harvesting	-			•								
		Planting												
Ri Lyngknap Saw	NA	Harvesting	-											
		Planting												
Ri Lyngknap Jyrngam	NA	Harvesting	-											
		0									Ľ			* <i>C</i>
Presbin	Phaseolus vulgaris	Planting	_											
		Harvesting						T/	Ť.					
Ri Phyrngop	Phaseolus vulgaris	Planting	_											
in i nyingop		Harvesting							2					
			Ν	uts and	d Seeds				.1					
Local Name	Scientific Name	Planting/ Harvesting	Ian	Feb	Mar	Apr	May	Iun	Iul	A110	Sen	Oct	Nov	Dec
			Juii	100			ivity	Juii	Jui	1145	oep	000	1107	Dee
Neilieh	Perilla frutescens	Planting	-											
	5	Harvesting											2	100
			Green	1 Leafy	Vegeta	bles								
Local Name	Scientific Name	Planting/						Mo	nths					
		Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Turne	Duraning internet	Planting	_											
19150	Drussica juncea	Harvesting	2	2									2	2
		Planting												
Jaud	Allium hookeri	Harvesting	-				2	-		<b>A</b>				
	Houttuvnia	Planting												
Jamyrdoh	cordata	Harvesting	-									-		
		Planting												
Bat Pyllon (W)	Centella asiatica	Harvesting	-											
	1			No.						<i>V</i>	<i>Z</i>	~		
Jaiing	Brassica nigra	Planting	-											
		riarvesting					T	T	TC.	T				
Jajew Heh Sla	NA	Planting	_											
(W)		Harvesting	÷,	÷-	2	÷_	*-	2	2	*	÷,	÷,		÷,
Invial (W)	774	Planting	_											
- Jawien (W)	1921	Harvesting	2	2	2	2	<b>*</b>	2	$\gtrsim$	2	2	2	2	2
	Polygonum	Planting												
Jabuit (W)	muricatum	Harvesting	-	Þ	2	~	~	2	2	-	2	~	2	2

Iali (WV)	Comuna metralensis	Planting		_								_		_
Jaii (w)	Gynuru neputensis	Harvesting		~							2	2	2	2
		Planting												
Jalynniar (W)	Sonchus arvensis	Harvesting							2	<b>A</b>	2	<b>A</b>	2	2
TT 1 (1970)	27.4	Planting												
Tangduma (W)	NA	Harvesting					2	*	2	2	2	2	2	
Jajew Skhor	27.4	Planting												
Blang (W)	IVA	Harvesting	$\gtrsim$	2	~	2	2	$\gtrsim$	2	2	~	2	2	2
I · (IW)	27.4	Planting												
Jasım (W)	INA	Harvesting	~	2	2	<b>*</b>	2	*	4	<b>A</b>	*	2	2	
Jajew Maw/Jajew		Planting												
Kynih Syiar (W)	Pothos curtizii	Harvesting	e e e e e e e e e e e e e e e e e e e	2	$\not\geq$	2	2	2	2	2	♣	2	$ \geq $	
	Rhynchotechum	Planting												
Jakhria (W)	ellipticum	Harvesting							2	2	≁	2	$\geq$	
T (117)	Fagopyrum	Planting												
Jarain (W)	dibotrys	Harvesting					2	*	2	2	2	2		
				Other	Fruits									
Local Name	Scientific Name	Planting/ Harvesting	Les	E-1	Man	A	Mari	Mo	nths	A	<b>S</b> - 17	0	N	Dee
			Jan	TCD	IVIAL	AU	IVIAV		1111		100	ou	TADA	1/50
						1		Jun	J	1100	r			2.00
Soh Langdkhur	Morus australis	Planting							<i></i>	1149				
Soh Langdkhur	Morus australis	Planting Harvesting						<u>}</u>						
Soh Langdkhur Sohshiah	Morus australis Rubus ellipticus	Planting Harvesting Planting						<u>*</u>	<i></i>					200
Soh Langdkhur Sohshiah	Morus australis Rubus ellipticus	Planting Harvesting Planting Harvesting						<u></u>						200
Soh Langdkhur Sohshiah Sohkhawiong	Morus australis Rubus ellipticus Rubus lasiocarpus	Planting Harvesting Planting Harvesting Planting			8 		<ul> <li>(*)</li> <li>(*)</li></ul>	<u></u>		- mg				
Soh Langdkhur Sohshiah Sohkhawiong	Morus australis Rubus ellipticus Rubus lasiocarpus	Planting Harvesting Planting Harvesting Planting Harvesting			8 ***		(*) (*) (*)	(*************************************		- mg				
Soh Langdkhur Sohshiah Sohkhawiong	Morus australis Rubus ellipticus Rubus lasiocarpus Murica esculenta	Planting Harvesting Planting Harvesting Planting Planting Planting					**************************************	<u>بهم</u> ۲	<u>,</u>					
Soh Langdkhur Sohshiah Sohkhawiong Sohphie Bah	Morus australis Rubus ellipticus Rubus lasiocarpus Myrica esculenta	Planting         Harvesting         Planting         Harvesting         Planting         Harvesting         Planting         Harvesting         Harvesting         Harvesting         Harvesting         Harvesting         Harvesting						) (***)	<u>ب</u>					
Soh Langdkhur Sohshiah Sohkhawiong Sohphie Bah Sohphie Liya	Morus australis Rubus ellipticus Rubus lasiocarpus Myrica esculenta	Planting         Harvesting         Planting         Harvesting         Planting         Harvesting         Planting         Harvesting         Planting         Planting         Planting         Planting         Planting         Planting         Planting						<u>بهمار</u> ۲	<u>**</u>					
Soh Langdkhur Sohshiah Sohkhawiong Sohphie Bah Sohphie Liya (W)	Morus australis Rubus ellipticus Rubus lasiocarpus Myrica esculenta Myrica nagi	Planting         Harvesting         Planting         Harvesting         Planting         Harvesting         Planting         Harvesting         Planting         Planting         Harvesting         Planting         Harvesting         Harvesting         Harvesting         Harvesting         Harvesting						<u>بیر</u>	<u>,</u>					
Soh Langdkhur Sohshiah Sohkhawiong Sohphie Bah Sohphie Liya (W)	Morus australis Rubus ellipticus Rubus lasiocarpus Myrica esculenta Myrica nagi Elaeocarpus	Planting         Harvesting         Planting         Planting         Planting         Planting         Planting         Planting						<ul> <li>(*)</li> <li>(*)</li></ul>	<u>ب</u>					
Soh Langdkhur Sohshiah Sohkhawiong Sohphie Bah Sohphie Liya (W)	Morus australis Rubus ellipticus Rubus lasiocarpus Myrica esculenta Myrica nagi Elaeocarpus prunifolius	Planting         Harvesting         Planting         Harvesting         Planting         Harvesting         Planting         Harvesting         Planting         Harvesting         Planting         Harvesting         Planting         Planting         Harvesting         Planting         Harvesting         Harvesting         Harvesting         Harvesting						(*)	<u>,</u>			<b>A</b>		
Soh Langdkhur Sohshiah Sohkhawiong Sohphie Bah Sohphie Liya (W)	Morus australis Rubus ellipticus Rubus lasiocarpus Myrica esculenta Myrica nagi Elaeocarpus prunifolius	Planting         Harvesting         Planting         Planting         Planting         Planting         Planting         Planting						<ul> <li>(*)</li> <li>(*)</li></ul>	<u>**</u>			P		
Soh Langdkhur Sohshiah Sohkhawiong Sohphie Bah Sohphie Liya (W) Sohkhyllam (W)	Morus australis Rubus ellipticus Rubus lasiocarpus Myrica esculenta Myrica nagi Elaeocarpus prunifolius Citrus medica	Planting         Harvesting							<u>ب</u>			<b>~</b>	P	
Soh Langdkhur Sohshiah Sohshiah Sohkhawiong Sohphie Bah Sohphie Liya (W) Sohkhyllam (W) Sohmad	Morus australis Rubus ellipticus Rubus lasiocarpus Myrica esculenta Myrica nagi Elaeocarpus prunifolius Citrus medica	Planting         Harvesting         Planting         Planting         Planting         Planting         Planting         Planting							<u>ب</u>					
Soh Langdkhur Sohshiah Sohkhawiong Sohphie Bah Sohphie Liya (W) Sohkhyllam (W) Sohmad	Morus australis Rubus ellipticus Rubus lasiocarpus Myrica esculenta Myrica nagi Elaeocarpus prunifolius Citrus medica Rhus chinensis	Planting         Harvesting							<u>ب</u>			P	₽ <sub>−</sub>	
Soh Langdkhur Sohshiah Sohshiah Sohkhawiong Sohphie Bah Sohphie Liya (W) Sohkhyllam (W) Sohka (Mluh) (W)	Morus australis Rubus ellipticus Rubus lasiocarpus Myrica esculenta Myrica nagi Elaeocarpus prunifolius Citrus medica Rhus chinensis	PlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingHarvestingPlantingPlantingPlantingPlantingPlantingPlantingPlantingPlantingPlantingPlantingPlanting							<u>ب</u>					

	37.4	Planting												
Soh Pai Risang	INA	Harvesting									2	<b>A</b>	<b>A</b>	
		Planting												
Soh Um (W)	Syzygium cumini	Harvesting						≁	*	$\sim$				
		Planting												
Soh long	Prunus nepalensis	Harvesting								2				
		Planting												
Soh Tylliang	NA	Harvesting							<b>A</b>	<b>A</b>		<b>A</b>		
		Planting												
Soh Lapong	Ficus gibbosa	Harvesting				•			<u>_</u>	<u>_</u>				
		Dlaneina					Ste							
Soh Shiat	NA	Harvesting							<b>A</b>					
	1	י ות				Sta		~						
Soh Pdok	Solanum torvum	Harvesting												
	1													
Kait Khar	Musa sp.	Planting												
		riarvesting		T		T	T	TE.	T	T	T.	T	E	T
Kait Mon	Musa paradisiaca	Planting												
		Harvesting	Ċ		Ĉ	Ť		₹ <sub>C</sub>	÷,	Ť	÷		2	÷,
Kait Shviena	Musa velutina	Planting												_
Kan Shyleng	Ivinsu beiminu	Harvesting	*	*	2	2	<b>A</b>	2	2	2	2	A		*
		Planting												
Soh Lyngkjup	INA	Harvesting												<b>A</b>
		Planting												
Soh Priam	Psidium guajava	Harvesting											-	-
		Planting												
Soh Myndong	NA	Harvesting												
_	1	DI I												
Soh Kyrsiew	NA	Harvesting												
	1	1 lai vesting	7/	70	<i>T</i>		76	₹_	TC		76	76		70
Soh Khylwiat	NA	Planting												
		Harvesting	₹ <sub>C</sub>		×	1	1	÷_	2	Z		2	1	Z
Soh Lyngwai	NA	Planting							۲					
- John Lyngwar	1 72 1	Harvesting	restance in the second	2	÷,	÷	4	2	æ,	2	2	2	2	4
	Artocarpus	Planting												
Son Phan	heterophyllus	Harvesting	₽	~	$\gtrsim$	2	~	~	$\sim$	2	$\gtrsim$	2	$\gtrsim$	~





# 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

				Puls	es			Mo	nths					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Planting												
Rymbai Ja	Vigna umbellata	Harvesting				<b>3</b>								-
		Planting												
Motor Shana	Pisum sativum	Harvesting												
		Dlandar										~		
Motor Heh	Pisum sativum	Harvesting												
	1	8											×C	
Motor Ri	Pisum sativum	Planting								*				
		riarvesting										T	T_	
Ri Phyrngop	Phaseolus vulgaris	Planting												
	0	Harvesting												1
			N	uts and	l Seeds									
Local Name	Scientific Name	Planting/ Harvesting	Ian	Feb	Mar	Apr	May	Iun	Iul	Aug	Sen	Oct	Nov	Dec
			Jan	100	19141	лрі	Iviay	Juii	Jui	nug	Jep	00	1107	Dee
Soh Ot (W)	Castanopsis indica	Planting	Wild											
	*	Harvesting											1	T/
Neilieh	Perilla frutescens	Planting												
remen	1 0111111 11 1110 500115	Harvesting											-	
	1													T
			Green	Leafy	Vegeta	bles		М	. 4				×C	T
Local Name	Scientific Name	Planting/ Harvesting	Green	Leafy Feb	Vegeta Mar	bles Apr	Mav	Mo	nths Iul	Aug	Sep	Oct	Nov	Dec
Local Name	Scientific Name	Planting/ Harvesting	Green Jan	Leafy Feb	Vegeta Mar	bles Apr	May	Mo: Jun	nths Jul	Aug	Sep	Oct	Nov	Dec
Local Name Jasim (W)	Scientific Name	Planting/ Harvesting Planting	Green Jan	Leafy Feb	Vegeta Mar	bles Apr	May	Mo Jun	nths Jul	Aug	Sep	Oct	Nov	Dec
Local Name Jasim (W)	Scientific Name	Planting/ Harvesting Planting Harvesting	Green Jan	E Leafy Feb	Vegeta Mar	bles Apr	May	Mo Jun	nths Jul	Aug	Sep	Oct	Nov	Dec
Local Name Jasim (W) Jajew Kynih Syiar/	Scientific Name NA Pothos curtizii	Planting/ Harvesting Planting Harvesting Planting	Green Jan	E Leafy Feb	Vegeta Mar	bles Apr	May	Mo. Jun	nths Jul	Aug	Sep	Oct	Nov	Dec
Local Name Jasim (W) Jajew Kynih Syiar/ Jajew Maw (W)	Scientific Name NA Pothos curtizii	Planting/ Harvesting Planting Harvesting Planting Harvesting	Green Jan	Leafy Feb	Vegeta Mar	bles Apr	May	Mo. Jun	nths Jul	Aug	Sep A	Oct	Nov	Dec
Local Name Jasim (W) Jajew Kynih Syiar/ Jajew Maw (W)	Scientific Name NA Pothos curtizii Lactuca sativa	Planting/ Harvesting Planting Harvesting Planting Planting Planting	Green Jan	Feb	Vegeta Mar	bles Apr	May	Mo. Jun	nths Jul	Aug	Sep	Oct	Nov	Dec
Local Name Jasim (W) Jajew Kynih Syiar/ Jajew Maw (W) Salat	Scientific Name NA Pothos curtizii Lactuca sativa	Planting/ Harvesting Planting Harvesting Planting Harvesting Planting Harvesting	Green Jan	Feb	Vegeta Mar	bles Apr	May	Mo Jun	nths Jul	Aug	Sep	Oct	Nov	Dec
Local Name Jasim (W) Jajew Kynih Syiar/ Jajew Maw (W) Salat	Scientific Name NA Pothos curtizii Lactuca sativa	Planting/ Harvesting Planting Harvesting Planting Planting Planting Harvesting Planting	Green Jan	Feb	Vegeta Mar	bles Apr	May	Mo. Jun	nths Jul	Aug	Sep	Oct	Nov	
Local Name Jasim (W) Jajew Kynih Syiar/ Jajew Maw (W) Salat Tyrso	Scientific Name NA Pothos curtizii Lactuca sativa Brassica juncea	Planting/ Harvesting Planting Harvesting Planting Planting Harvesting Planting Harvesting	Green Jan	Feb	Vegeta	bles Apr	May	Mo. Jun	nths Jul	Aug	Sep	Oct		
Local Name Jasim (W) Jajew Kynih Syiar/ Jajew Maw (W) Salat Tyrso	Scientific Name NA Pothos curtizii Lactuca sativa Brassica juncea	Planting/ Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting	Green Jan	E Leafy Feb	Vegeta Mar	bles Apr	May	Mo Jun	nths Jul	Aug	Sep	Oct	Nov	
Local Name Jasim (W) Jajew Kynih Syiar/ Jajew Maw (W) Salat Tyrso Jaud	Scientific Name NA Pothos curtizii Lactuca sativa Brassica juncea Allium hookeri	Planting/ Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Harvesting	Green Jan	Leafy Feb	Vegeta Mar	bles Apr	May (***)	Mo Jun	nths Jul (3) (3) (3) (3) (3) (3) (3) (3) (3) (3)	Aug	Sep	Oct		
Local Name Jasim (W) Jajew Kynih Syiar/ Jajew Maw (W) Salat Tyrso Jaud	Scientific Name NA Pothos curtizii Lactuca sativa Brassica juncea Allium hookeri	Planting/ Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Planting Planting Planting Planting	Green Jan	E Leafy Feb	Vegeta Mar	bles Apr	May (***)	Mo Jun	nths Jul (*) (*) (*) (*) (*) (*) (*) (*) (*) (*)	Aug	Sep	Oct		
Local Name Jasim (W) Jajew Kynih Syiar/ Jajew Maw (W) Salat Tyrso Jaud Jaud	Scientific Name NA Pothos curtizii Lactuca sativa Brassica juncea Allium hookeri Houttuynia cordata	Planting/ Harvesting Planting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting	Green Jan	Leafy Feb	Vegeta Mar	bles Apr	May	Mo Jun	nths Jul (***)	Aug	Sep	Oct	Nov	Dec
Local Name Jasim (W) Jajew Kynih Syiar/ Jajew Maw (W) Salat Tyrso Jaud Jamyrdoh	Scientific Name NA Pothos curtizii Lactuca sativa Brassica juncea Allium hookeri Houttuynia cordata	Planting/ Harvesting Planting Harvesting	Green Jan	Leafy Feb	Vegeta Mar	bles Apr (%) (%) (%) (%) (%) (%) (%) (%) (%) (%)	May	Mo Jun	nths Jul (***)	Aug	Sep	Oct	Nov	
Local Name Jasim (W) Jajew Kynih Syiar/ Jajew Maw (W) Salat Jaud Jaud Jaud	Scientific Name NA Pothos curtizii Lactuca sativa Brassica juncea Allium hookeri Houttuynia cordata Oenanthe linearis	Planting/ Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Planting Planting Planting Planting Planting Planting Planting Planting Planting Planting Planting	Green Jan	E Leafy	Vegeta Mar	bles Apr (***)	May	Mo Jun	nths Jul (*) (*) (*) (*) (*) (*) (*) (*) (*) (*)	Aug	Sep	Oct	Nov	Dec
Local Name Jasim (W) Jajew Kynih Syiar/ Jajew Maw (W) Salat Jaud Jaud Jaud	Scientific Name         NA         Pothos curtizii         Lactuca sativa         Brassica juncea         Allium hookeri         Houttuynia         cordata         Oenanthe linearis	Planting/         Planting         Harvesting	Green Jan	Leafy Feb	Vegeta Mar	bles Apr	<u>May</u>	Mo Jun	nths Jul (***)	Aug	<u>Sep</u> ♣   ♠   ♠   ♠   ♠   ♠   ♠   ♠	Oct	Nov	
Local Name Jasim (W) Jajew Kynih Syiar/ Jajew Maw (W) Salat Tyrso Jaud Jaud Jamyrdoh Jatira (W)	Scientific Name NA Pothos curtizii Lactuca sativa Brassica juncea Allium hookeri Houttuynia cordata Oenanthe linearis	Planting/ Harvesting Planting Harvesting Planting	Green	Leafy Feb	Vegeta Mar	bles Apr	May			Aug	Sep Sep Sep			

Tyrkhang Iong	Diplazium	Planting										
(W)	esculentum	Harvesting							2	2	A.	2
laiing (W)	Brassica nigra	Planting							-			
Juing (**)		Harvesting				2	2	2	2	*		
Jajew Heh Sla	NA	Planting										
(W)		Harvesting							₹~	2	A Contraction	2
Jathang (W)	Neilla thursiflora	Planting							_	_		
Jathang (w)		Harvesting							2	2		
Jatwad (W/)	N/A	Planting						-	-			-
Jatwad (W)	1 1/21	Harvesting			2	*		2	2	*	*	2
Invial (W/)	074	Planting										
Jawieli (w)	11/1	Harvesting						2	2	<b>A</b>	₽ ₽	
Laturdan (W)	074	Planting										
Latyrdop (w)	11/21	Harvesting						*	2	2	2	
Johnit (W)	Polygonum	Planting						_				
Jaburt (w)	muricatum	Harvesting				2	2	*	2	2	2	
Jajew Khyndew	NA	Planting										
(W)		Harvesting				2	i de la comercia de l	Å.	2	Å.		
Iaiew Rhen (W)	NA	Planting										
		Harvesting				2	2	*	₹_	*		
Iali (W)	Gunura nepalensis	Planting					_	_	_	_		
Jun (w)		Harvesting			2	*	*	2	2	*		
Jalvnniar (W)	Sonchus arnensis	Planting					_	_	_			
		Harvesting					2	2	2			
Jalvnnoh (W)	Polygonum	Planting	_									
Julymon (w)	orientale	Harvesting	2	*								
Jahenwet (W/)	NA	Planting	_									
Janenwet (w)	1 4/1	Harvesting	*	2								
Jahar (W/)	NA	Planting		_	_	~	-	_	-			
Jabar (W)	1 1/21	Harvesting		2	2	2	2	2	2			

#### Other Fruits

T INT	C C M	Planting/						Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Sohlyngdkhur	Morus australis	Planting Harvesting												
Sohphoh Nongkhlaw	Pyrus communis	Planting Harvesting						۲						

Sohphoh Lakun	Pyrus communis
Sohshiah (W)	Rubus ellipticus
Sohkhawiong (W)	Rubus lasiocarpus
Sohpdung Ksuit	NA
Sohryngkham (W)	Vaccinium graffithianum
Sohphie Bah	Myrica esculenta
Sohphie Nam	Myrica nagi
Sohphie Liya	Myrica nagi
Sohlang Ja	NA
Sohshur	Pyrus pashia
Sohkhyllam (W)	Elaeocarpus prunifolius
Sohlyngkait	Holboellia latifolia
Sohphoh Khasi	Docynia indica
Sohkynphor Shrieh (W)	Citrus dimorphocarpa
Sohmad (W)	Citrus medica
Sohma (Mluh) (W)	Rhus chinensis
	1
Soh Khlur (W)	Elaegnus pyriformis











## **O4** CONCLUSION

Chyne et al (2018) found that undernutrition (malnutrtion) 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 Umdiengpoh, Nongtraw and Dewlieh. Thus even though there is a high degree of agrbiodiversity it is concentrated in certain food groups while in others diversity can be augemented. Still, in general, agrobiodiversity is very high in the project villages.

At the same time the prevalence of malnurtion 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 Umdiengpoh 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 Umdiengpoh. 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 Umdiengpoh, 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 agrbiodiversity 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. Malnutriton 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

Published by **NESFAS** Kerie Ville, Arbuthnott Road, Behind Nazareth Hospital, Laitumkhrah, Shillong Meghalaya 793003.

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**Technical Editors:** Bhogtoram Mawroh and Stefan Wann Lyngdoh

**Publication Design:** Educated Environments **Content Coordinators:** Damica Marcia Mawlong Alethea Kordor Lyngdoh Image copyright: NESFAS Alethea Kordor Lyngdoh