







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

North East Slow Food and Agrobiodiversity Society



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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.

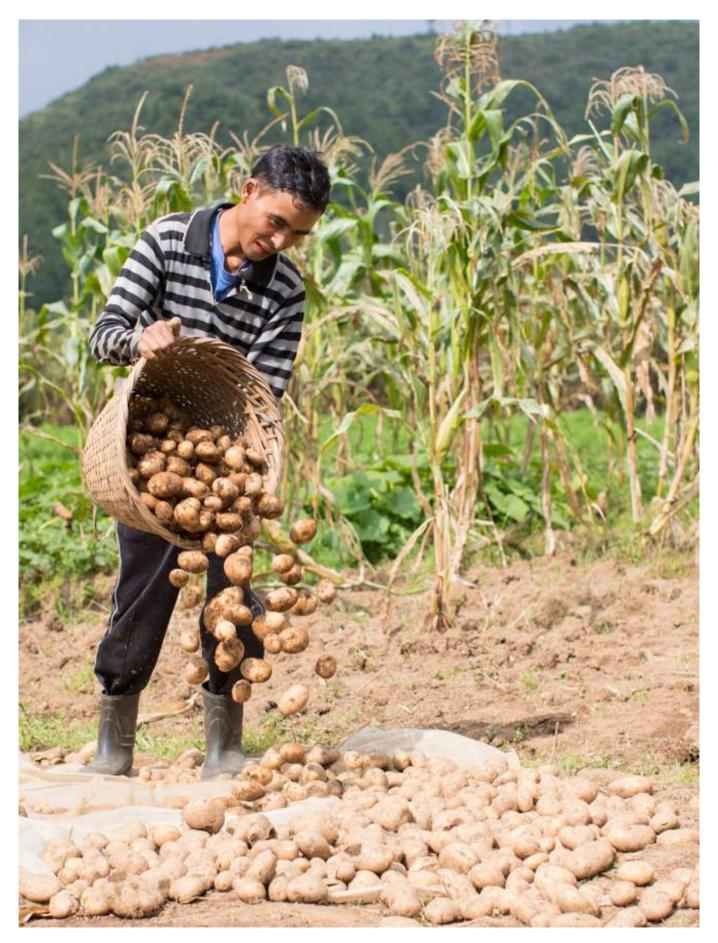
Once community participation was confirmed a participatory mapping exercise was done with the community for getting data on local agrobiodiversity and selection of prioritised crops (for more details see methodology section). Child population, 0-6 years, was around 20% in all the villages with only Nongtraw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

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

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



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



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.

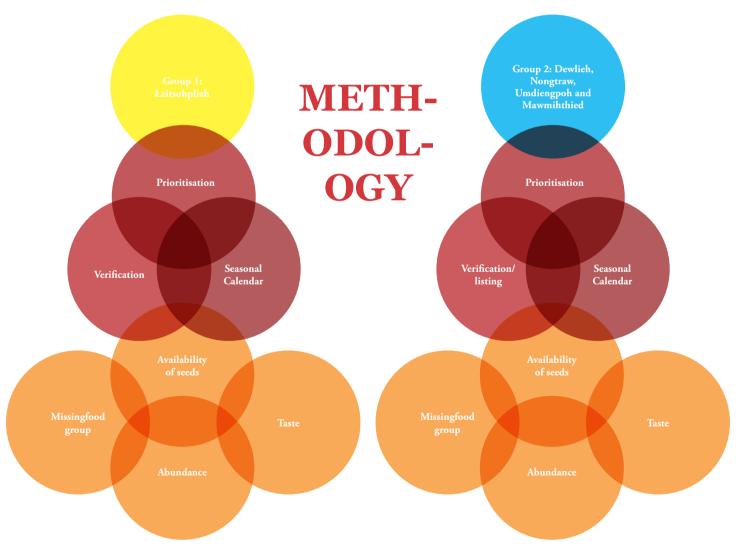
Confirming of food plants and seasonal calendar

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								P	P			
	Raddish	Muli	Harvesting									A	-	P	-
	Squash	Biskot Lieh	Harvesting								-	-	-	-	-
					B (Mod	ified Lis	t)								
Staple Foods	French Beans	Presbin	Planting					*							
			Harvesting								-	P			
	Raddish	Muli	Planting												
			Harvesting									-	-	P	4
	Squash	Biskot Lieh	Planting		*										
			Harvesting								4	A	4	A	4

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:

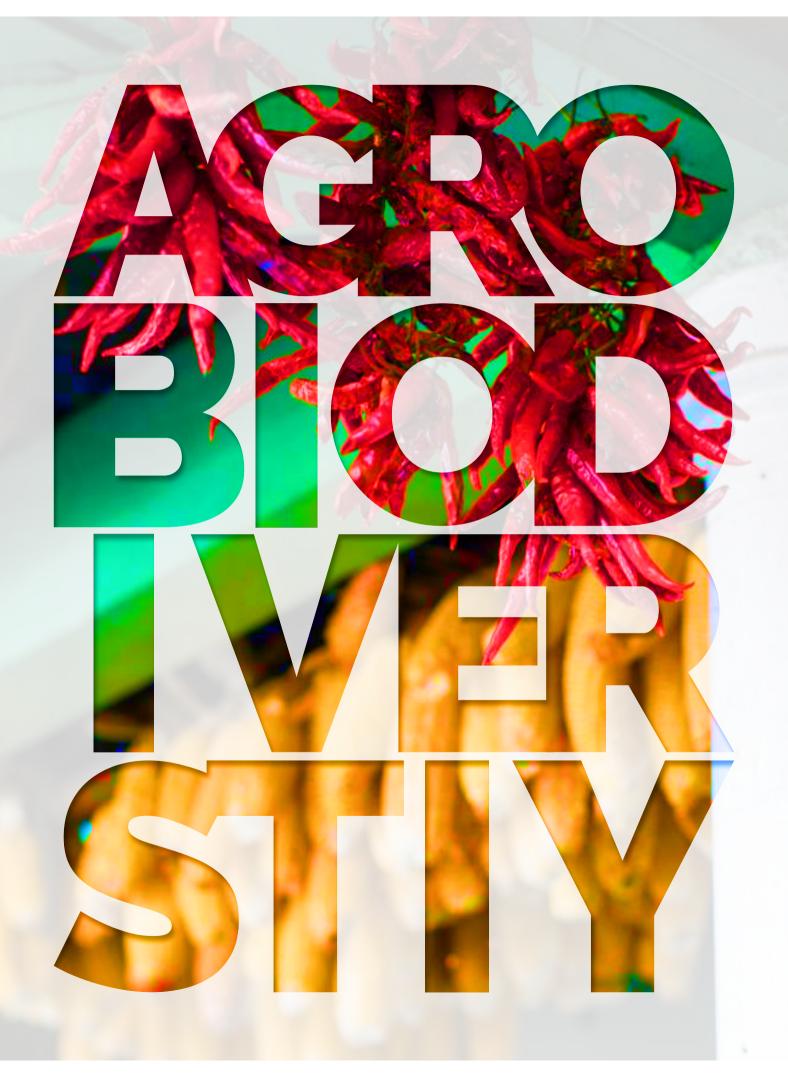
- **1. Missing food groups:** The DDS survey done as part of the participatory mapping brought to light the gaps in food consumption among selected villages (which includes Laitsohpliah) from Meghalaya and Nagaland. Data for the East Khasi Hills district DDS was used to identify the missing food groups 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 agrobiodiveristy 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.



02

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

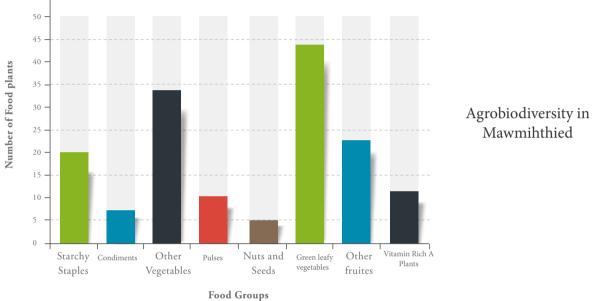
collected from the forest only the harvesting period is given. This is mostly the case with Green Leafy Vegetables, majority of whom infact are of the wild vareity. Similar is the case with Fruits, many of whom can only be found from the forest. In times of food shortage these plants are highly indispensable 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.

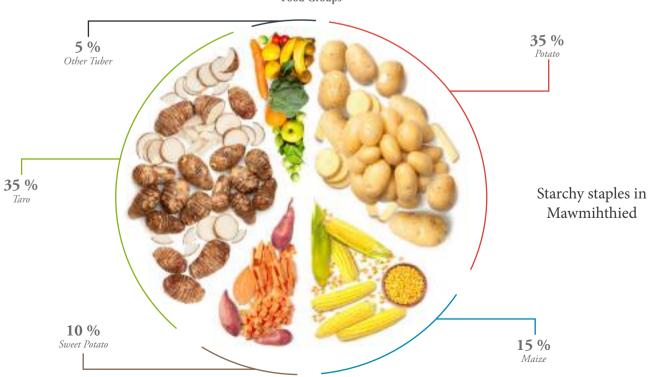


Mawmihthied

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

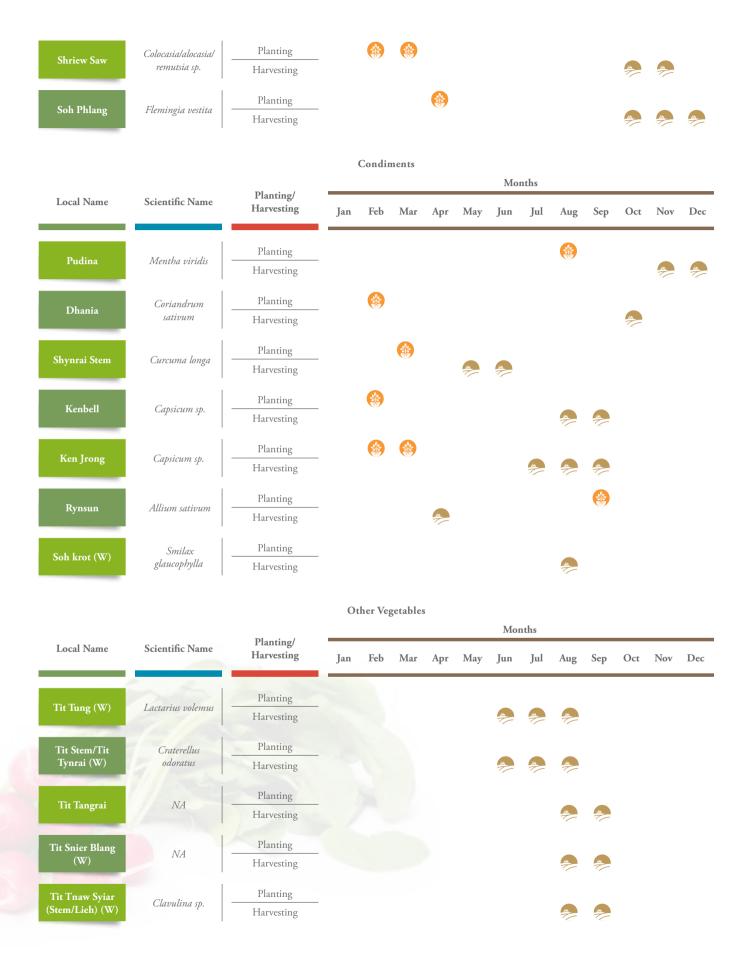
than 10 food plants in their respective groups. Starchy Staples have just over 10% of the total food plants. Within this particular food group though five different species of food plants, viz., potato, maize, sweet potato, taro and other tuber, are found. In general, all the plant based food groups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





Starchy Staples

T 137	C +C N	Planting/			otapies			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												
		Planting												
Phan Syntiew	Solanum sp.	Harvesting		69			A	A						
		nl .:		8/2	Na									
Phan Imdieng	Solanum sp.	Planting Harvesting					<u>A</u>	A						
	ı													
Phan Sanminit	Solanum tuberosum	Planting Harvesting						<u></u>						
								T/						
Phan Lieh	Solanum tuberosum	Planting												
		Harvesting					7	2					-	
Phan Saw	Solanum	Planting												
	tuberosum	Harvesting					2	*						
Phan Kophri	Solanum sp.	Planting												
Meikha	Sounum sp.	Harvesting						A	-					
		Planting												
Phan Karo Saw	Ipomea batatas	Harvesting										A	-	
		Planting												
Phan Karo Lieh	Ipomea batatas	Harvesting										4	4	
D		Planting												
Riew Hadem Lieh	Zea mays	Harvesting							<u> </u>	-				
	ı													
Riew Hadem Stem	Zea mays	Planting Harvesting												
									To	TO				
Phan Karo Saw	Zea mays	Planting												
		Harvesting							7	7				
Shriew	Alocasia	Planting												
Knapblang	macrorrhiza	Harvesting											*	
C1 · D II	Colocasia/alocasia/	Planting												
Shriew Pylleng	remutsia sp.	Harvesting											*	
	Colocasia/alocasia/	Planting												
hriew Lyngkait	remutsia sp.	Harvesting										-	P	
		Planting												
Shriew Jrong	Amorphophallus sp.	Harvesting			(3)								4	
Shriew Blue	Colocasia/alocasia/ remutsia sp.	Planting Harvesting											<u>A</u>	
	·													
hriew Lyngkait	Colocasia/alocasia/ remutsia sp.	Planting												
	remusu sp.	Harvesting										7	P	



	I											
Tit Doh (W)	Lactarius volemus	Planting Harvesting										
		Planting										
Tit Dud (W)	NA	Harvesting										
T*, 1/2 1 *, (AV/)	Tricholoma	Planting										
Tit Kdait (W)	viridiolivaceum	Harvesting						*	*			
Tit LbongHati	Ramaria sp.	Planting										
(W)		Harvesting					-	7				
Tit Eit Masi (W)	NA	Planting										
		Harvesting				7	7	7				
Tit Khoh/ Tyndong (W)	Gomphus floccosus	Planting										
Tyndong (w)		Harvesting					7	A TO	*			
Tit Tah (W)	NA	Planting										
		Harvesting			10	1	1	10				
Tit Sia (W)	NA	Planting Harvesting						A				
				7		7	7	10				
Tit Sopjat (W)	NA	Planting Harvesting										
		_			To	T	To	To				
Soh Khah (W)	NA	Planting Harvesting										
						T/	T/					
Soh Pen (W)	Eriosema himalaicum	Planting Harvesting						A				
	I							*(C	*(C)			
Kubi	Brassica oleracea var. capitata	Planting Harvesting										
	·	-										
Jyllang	Allium tuberosum	Planting Harvesting					<u>a</u>	A				
							10	16				
Pathaw Risang	Cucurbita sp.	Planting Harvesting				4						
				S. Po								
Soh Thliem	Gomphogyne cissiformis	Planting Harvesting						<u> </u>	4			
Biskot Lieh	Sechium edule	Planting Harvesting					4					
Biskot Shiah	Sechium edule	Planting Harvesting					4					
		Planting										
Biskot Iong	Sechium edule	Harvesting					4					
		Planting										
Muli lieh	Raphanus sativus	Harvesting		7	P							
	ı	U	23							V 4		

		Planting								*				
Muli saw	Raphanus sativus	Harvesting	-										-	
		Planting												
Sohkhia Khasi	Cucumis sativus	Harvesting	-											
Piat	Allium cepa	Planting Harvesting	-											
		i iai vestilig				7	T.				70			
Sohlakum	Brassica rapa	Planting	-		*									
	subsp. rapa	Harvesting				7	The state of the s				-			
Pashor kait (Siar	Manageranadiniana	Planting	_											
kait)	Musa paradisiaca	Harvesting							-					
		Planting												
Sohkhia Khnai	Oxalis corniculata	Harvesting	-						-					
		DI												
Syntiew jalymmut (W)	NA ·	Planting Harvesting	-											
	I													
Pathaw thohriew	Cucurbita maxima	Planting	-											C.
		Harvesting							P	7	7	7	7	7
Syntiew pathaw	Cucurbita maxima	Planting	-											
Syntiew patriaw	Cucurotta maxima	Harvesting									4			
	'													
	'													
	'	Ü		Puls	ses									
Local Name	Scientific Name	Planting/		Puls	ses			Мо	nths					
Local Name	Scientific Name		Jan	Puls Feb	ses Mar	Apr	May	Mo Jun	nths Jul	Aug	Sep	Oct	Nov	Dec
Local Name	Scientific Name	Planting/ Harvesting	Jan			Apr	May			Aug	Sep	Oct	Nov	Dec
Local Name Presbin	Scientific Name Phaseolus vulgaris	Planting/ Harvesting Planting	Jan			Apr	May			Aug	Sep	Oct	Nov	Dec
		Planting/ Harvesting	Jan			Apr	May			Aug	Sep	Oct	Nov	Dec
Presbin	Phaseolus vulgaris	Planting/ Harvesting Planting	Jan			Apr	May		Jul	A	A.	Oct	Nov	Dec
		Planting/ Harvesting Planting Harvesting	Jan			Apr	May		Jul	Aug	Sep	Oct	Nov	Dec
Presbin Ri Phyrngop	Phaseolus vulgaris Phaseolus vulgaris	Planting/ Harvesting Planting Harvesting Planting	Jan			Apr	May		Jul	A	A.	Oct	Nov	Dec
Presbin	Phaseolus vulgaris	Planting/ Harvesting Planting Harvesting Planting Harvesting	Jan				May		Jul	A	A.	Oct	Nov	Dec
Presbin Ri Phyrngop Ri Lyngknap Saw	Phaseolus vulgaris Phaseolus vulgaris	Planting/ Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Harvesting	Jan				May		Jul	A	A.	Oct	Nov	Dec
Presbin Ri Phyrngop	Phaseolus vulgaris Phaseolus vulgaris	Planting/ Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting	Jan				May		Jul	A		Oct	Nov	Dec
Presbin Ri Phyrngop Ri Lyngknap Saw Ri Lyngknap	Phaseolus vulgaris Phaseolus vulgaris NA	Planting/ Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Harvesting	Jan			*	May		Jul	A	A.	Oct 🍨	Nov	Dec
Presbin Ri Phyrngop Ri Lyngknap Saw Ri Lyngknap	Phaseolus vulgaris Phaseolus vulgaris NA	Planting/ Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Harvesting Planting Planting Planting	Jan				May		Jul	A		Oct	Nov	Dec
Presbin Ri Phyrngop Ri Lyngknap Saw Ri Lyngknap Jyrngam	Phaseolus vulgaris Phaseolus vulgaris NA NA	Planting/ Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Harvesting	Jan	Feb		*	May		Jul	*		Oct	Nov	Dec
Presbin Ri Phyrngop Ri Lyngknap Saw Ri Lyngknap Jyrngam	Phaseolus vulgaris Phaseolus vulgaris NA NA	Planting/ Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Planting	Jan			*	May	Jun	Jul	A		Oct 🍨		Dec
Presbin Ri Phyrngop Ri Lyngknap Saw Ri Lyngknap Jyrngam Ri Ran/Majai	Phaseolus vulgaris Phaseolus vulgaris NA NA Vicia faba	Planting/ Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Harvesting Harvesting	Jan	Feb		*	May		Jul	*		Oct	Nov	Dec
Presbin Ri Phyrngop Ri Lyngknap Saw Ri Lyngknap Jyrngam Ri Ran/Majai	Phaseolus vulgaris Phaseolus vulgaris NA NA Vicia faba	Planting/ Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Planting	Jan	Feb		*	May	Jun	Jul	*		Oct 🍨		Dec

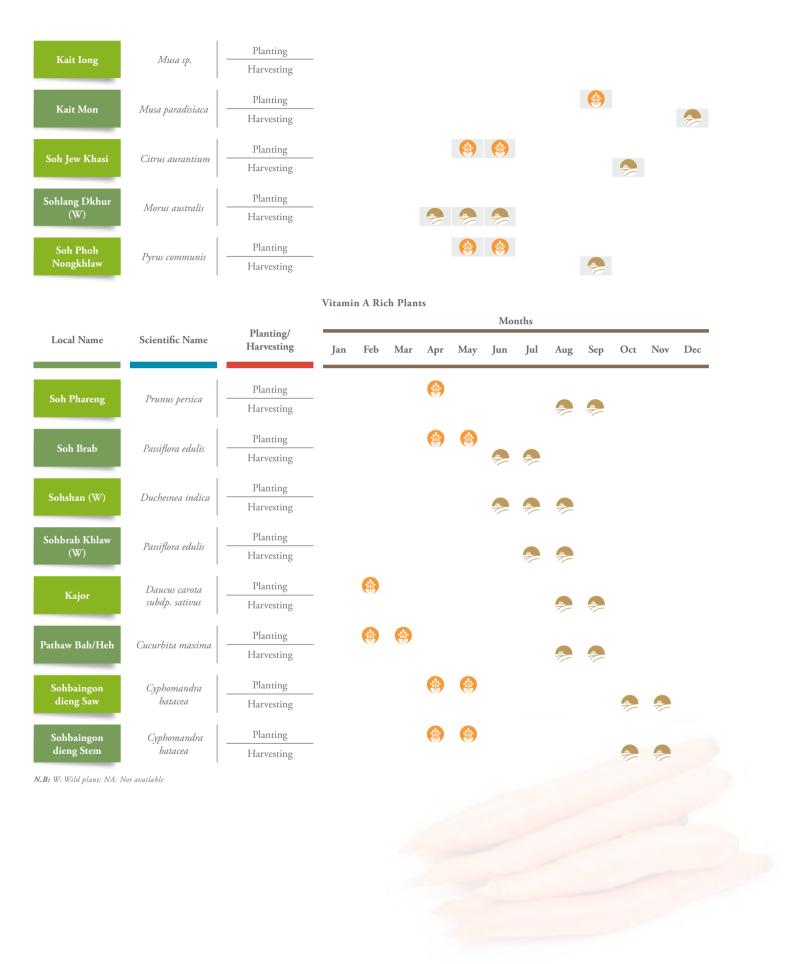
Motor Ri	Pisum sativum	Planting												
		Harvesting Planting						7					7	
Rymbai Ja	Vigna umbellata	Harvesting											*	
Rymbai Ktung	Glycine max	Planting Harvesting											?	
			N	uts and	l Seeds									
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	nths Jul	Aug	Sep	Oct	Nov	Dec
Soh Ot Heh (W)	Castanopsis indica	Planting												
Soh Ot rit (W)	Castanopsis indica	Harvesting Planting											Ť	10
Son Ot Ht (w)	Castanopsis inatta	Harvesting	7	*										
Neilieh	Perilla frutescens	Planting Harvesting												
Shyieng Pathaw	Cucurbita maxima	Planting Harvesting												
Shyieng Sohphie	Myrica esculenta	Planting Harvesting					?		A					
			Green	Leafy	Vegetal	oles								
Local Name	Scientifa Nama	Planting/	Green	Leafy	Vegetal	oles		Mo	nths					
Local Name	Scientific Name	Planting/ Harvesting	Green	Leafy Feb	Vegetal Mar	Apr	May	Mo: Jun	nths Jul	Aug	Sep	Oct	Nov	Dec
Local Name Jaud (W)	Scientific Name Allium hookeri		_				May			Aug	Sep	Oct	Nov	Dec
		Planting Harvesting Planting	_				May		Jul	Aug	Sep	Oct	Nov	Dec
Jaud (W)	Allium hookeri Brassica oleracea	Planting Harvesting Planting Harvesting Harvesting Harvesting	_		Mar		May		Jul	Aug	Sep	Oct	Nov	Dec
Jaud (W) Sla phul	Allium hookeri Brassica oleracea var. botrytis	Planting Harvesting Planting Harvesting Harvesting Planting Harvesting Planting	_		Mar		May		Jul	Aug	Sep 🍣		Nov	Dec
Jaud (W) Sla phul Salat	Allium hookeri Brassica oleracea var. botrytis Lactuca sativa	Planting Harvesting Planting Harvesting Harvesting Harvesting Harvesting	_		Mar		May		Jul			Oct	Nov	Dec

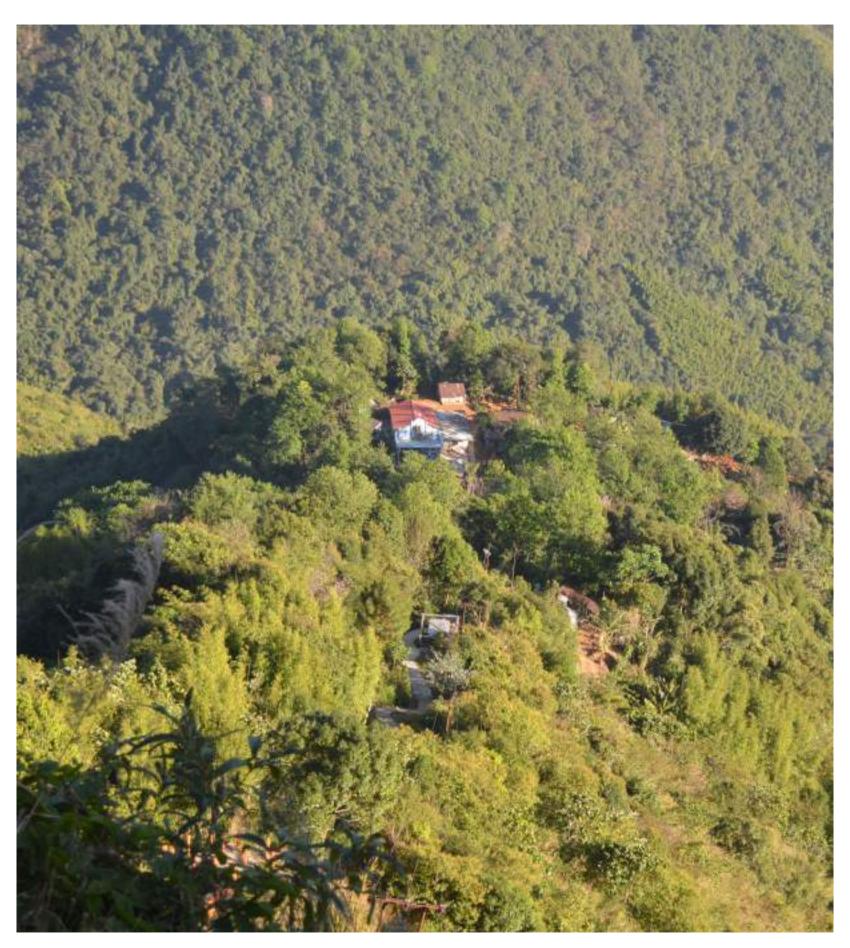
		DI /						Mo	nths					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Bat Pyllon (W)	Centella asiatica	Planting												
2001 (11)		Harvesting						*	7	a de la companya de l	7	2		
Tyrkhang Iong	Diplazium	Planting												
(W)	esculentum	Harvesting					-							
Jaiing	Brassica nigra	Planting												
Jamig	Diassica nigra	Harvesting						7	7					
Jathang (W)	Neilla thyrsiflora	Planting												
Jathang (W)	iveitii irryrsigiorii	Harvesting									-			
Jatwad (W)	NA .	Planting												
Jaiwad (w)	IVA	Harvesting		P	*			*	P					
Jawieh (W)	NA	Planting												
Jawien (w)	NA	Harvesting					*	*	*	*	*	*	*	
Latyrdop (W)	NA .	Planting												
Latyrdop (W)	IVA	Harvesting						*	-					
I 1 • (AV/)	Polygonum	Planting												
Jabuit (W)	muricatum	Harvesting					4	4						
Jajew Khyndew	NA .	Planting												
(W)	IVA	Harvesting					**	4	4	**				
Jajew Rben (W)	NA	Planting												
Jajew Rben (w)	NA	Harvesting						-	-		-	-	*	**
Jali (W)	Comment	Planting												
Jan (w)	Gynura nepalensis	Harvesting							-		*			
I I/I · (XV/)	Rhynchotechum	Planting												
JaKhria (W)	ellipticum	Harvesting						*	P	A	2			
Internation (W/)	Sonchus arvensis	Planting												
Jalynniar (W)	Sonemus urvensis	Harvesting						-	-		-			
I 1 (W/)	Polygonum	Planting												
Jalynnoh (W)	orientale	Harvesting						4	A	A A	-			
Jahenwet/	A7.4	Planting												
Jhurswet (W)	NA	Harvesting						4	A	A	7			
Jangew Mawria/	3.7.4	Planting												
Tangduma (W)	NA	Harvesting						-						
I.: (W)	7.7.4	Planting												
Jajer (W)	NA	Harvesting				P	1	-						

		Planting									
Jabal (W)	NA	Harvesting					A	A	4	4	
Jajew Skhor	NA	Planting									
Blang (W)	17/1	Harvesting				2		*	*	-	?
Japung (W)	Alternanthera	Planting									
	philoxeroids	Harvesting			-		7	7	-		
Jasim (W)	NA	Planting				(A)					
		Harvesting						T			
Jajew Kynih Syiar/ Jajew maw (W)	Pothos curtizii	Planting Harvesting									
							*2			* C	
Sla Wang	Colocasia esculenta	Planting Harvesting				<u>A</u>					
		Planting				*					
Sla Phankaro	Ipomea batatas	Harvesting				4					
	Cucurbita	Planting									
Sla Pathaw	maxima	Harvesting							*		
Sla Biskot	Sechium edule	Planting									
Sid Diskot	occirium cumic	Harvesting						-	*		
Sla Byrthti (W)	NA	Planting									
		Harvesting				-	7	- A	-		
Jhur Thlieh	Gomphogyne cissiformis	Planting Harvesting									
	, l								TO		
Sla Muli	Raphanus sativus	Planting Harvesting					-				
		Planting									
Sla Beet	Beta vulgaris	Harvesting						<u>a</u>		4	
	Brassica rapa	Planting									
Sla Sohlakum	subsp. rapa	Harvesting				*		-			
Sla Piat	Allium cepa	Planting									
Sia I Iat	Tuum cepu	Harvesting		7	4				-		
Sla Kajor	Daucus carota	Planting									
	subdp. sativus	Harvesting								7	
Sla Rynsun	Allium sativum	Planting									
		Harvesting									
Sla Jyllang	Allium tuberosum	Planting Harvesting							A		
		Planting									
Riew kai (W)	NA	Harvesting			A	P	P	A		A	

Other fruits

		DI /			Mo	Months								
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Planting												
Sohshiah (W)	Rubus ellipticus	Harvesting						4	A					
Sohkhawiong	Rubus lasiocarpus	Planting												
(W)	Ruous ustocurpus	Harvesting						A	A					
Sohpdung Ksuit	NA .	Planting												
(W)		Harvesting		7	1	-		7		7			The state of the s	
Sohryngkham	Vaccinium	Planting												
(W)	graffithianum	Harvesting								7				
Sohphie Bah (W)	Myrica esculenta	Planting												
	1.2)vveu esemenu	Harvesting				7			AN A					
Sohphie Nam	Myrica nagi	Planting												
(W)	wiyitta nagi	Harvesting				7	-	2	2					
Sohphie Liya	Myrica sp.	Planting												
(W)	wiyrica sp.	Harvesting				*		-						
Sohlang Ja (W)	NA .	Planting												
Somang Ja (w)	IVA	Harvesting										A	A	
Sohshur (W)	Pyrus pashia	Planting												
Sonshur (w)	ryrus pasma	Harvesting						*	P					
Sohkhyllam (W)	Elaeocarpus	Planting												
Sonknynam (w)	prunifolius	Harvesting												
C 11 1 . (AV)	Holboellia latifolia	Planting												
Sohlyngkait (W)	Holooella latifolia	Harvesting							*	*				
Sohkynphor	Citrus	Planting					-	4						
Shrieh	dimorphocarpa	Harvesting										7	*	
C I III (AV)	Elaegnus	Planting												
Soh khlur (W)	pyriformis	Harvesting											-	
Soh Pai Risang		Planting												
(W)	NA .	Harvesting										1		
		Planting												
Soh Um (W)	Syzygium cumini	Harvesting			*	*								
C 1.1: AWY	3. T. A	Planting												
Soh kjup (W)	NA .	Harvesting	-	*										P
C 1 I (W)	F: -11	Planting												
Soh Lapong (W)	Ficus gibbosa	Harvesting										-		



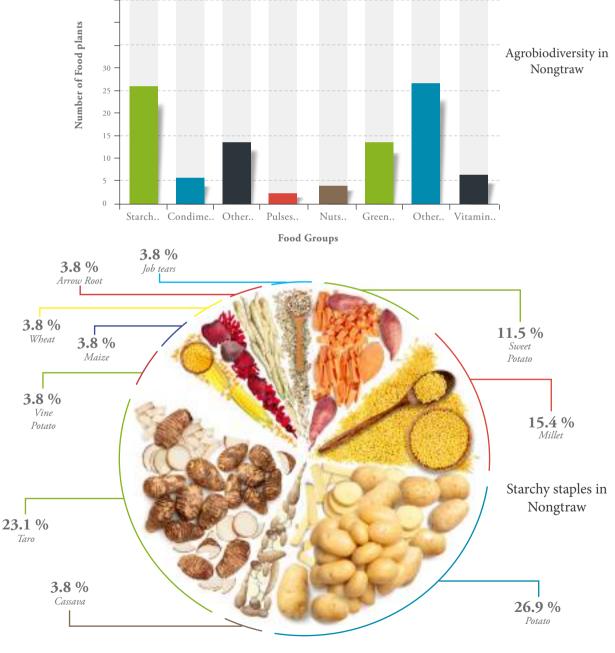




Nongtraw

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.



Starchy Staples

		DI /	St	archy S	Staples			Mos	nths					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Phankaro Lieh	Ipomea batatas	Planting												
		Harvesting												
Phan Lyniong	Solanum sp.	Planting												
9		Harvesting							7					
Phan Heh Sla	C. I.	Planting												
Phan Hen Sia	Solanum sp.	Harvesting							-					
		Planting												
Krai Truh	Eleusine coracana	Harvesting				•							-	
		Planting												
Krai Lon	NA	Harvesting											4	
	1													
Krai Jasheh	NA	Planting Harvesting											A	
		Tranvesting											To the second	
Krai Thohriaw	NA	Planting												
		Harvesting											2	
Phan Myngngor/	Solanum sp.	Planting												
Phan Joyti	Sounum sp.	Harvesting						A						
DI G	Solanum	Planting												
Phan Saw	tuberosum	Harvesting							4					
		Planting												
Phan Imslem	Solanum sp.	Harvesting						A						
	i i	nl .			Sta									
Phan Sawhoiñ	Solanum sp.	Planting Harvesting						ä						
	I													
Phan Lyngseng	Solanum sp.	Planting												
		Harvesting						7						
Phan Jata	Solanum sp.	Planting												
	1	Harvesting						4						
Dl Cl	NA	Planting												
Phan Shriew	NA	Harvesting						A						
		Planting												
Phandieng	Manihot esculenta	Harvesting								-				
		Planting												
Shriew Lieh	Colocasia/Alocasia/ Remutsia sp.	Harvesting												
	I					002								
Shriew Saw	Colocasia/Alocasia/ Remutsia sp.	Planting												
	T.	Harvesting												1

	Colocasia/Alocasia/	Planting				*								
Shriew Phangong	Remutsia sp.	Harvesting												4
	Colocasia/Alocasia/	Planting												
Shriew Lar	Remutsia sp.	Harvesting												4
Shriew	Alocasia	Planting												
Khnapblang	macrorrhiza	Harvesting												A
	Colocasia/Alocasia/	Planting												
Shriew Lyngkait	Remutsia sp.	Harvesting												-
		Planting												
Kew	Triticum aestivum	Harvesting												4
		Planting												
Sohlah	Ipomoea racemosa	Harvesting												
		Planting												•
Riewhadem	Zea mays	Harvesting							4					
		_												
Alarut	Maranta arundinacea	Planting Harvesting												
	I	_												
Soh riew	Coix lachryma jobi	Planting Harvesting												<u>a</u>
	I													10
			(Condi	nents			Mo	nths					
Local Name	Scientific Name	Planting/				A = =	M		nths	A	S	0-4	N	Des
Local Name	Scientific Name	Planting/ Harvesting	Jan	Condir Feb	Mar	Apr	May	Mo	nths Jul	Aug	Sep	Oct	Nov	Dec
						Apr	May			Aug	Sep	Oct	Nov	Dec
Local Name Sying Bah	Scientific Name Zingiber officinale	Harvesting				Apr	May			Aug	Sep	Oct	Nov	Dec
Sying Bah	Zingiber officinale	Harvesting Planting			Mar	Apr	May			Aug	Sep	Oct	Nov	Dec
		Planting Harvesting				Apr	May			Aug	Sep	Oct	Nov	Dec
Sying Bah Sohmynken	Zingiber officinale Capsicum frutescens	Planting Harvesting Planting			Mar	Apr	May			Aug	Sep	Oct	Nov	Dec
Sying Bah	Zingiber officinale	Planting Harvesting Planting Harvesting Harvesting			Mar		May	Jun		Aug	Sep	Oct	Nov	Dec
Sying Bah Sohmynken Pudina (W)	Zingiber officinale Capsicum frutescens Mentha viridis	Planting Harvesting Planting Harvesting Harvesting Harvesting Harvesting	Jan	Feb	Mar			Jun	Jul	Aug	Sep		Nov	Dec
Sying Bah Sohmynken	Zingiber officinale Capsicum frutescens	Planting Harvesting Planting Harvesting Harvesting Planting	Jan	Feb	Mar			Jun	Jul	Aug	Sep		Nov	Dec
Sying Bah Sohmynken Pudina (W)	Zingiber officinale Capsicum frutescens Mentha viridis	Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting	Jan	Feb	Mar	A		Jun	Jul	Aug	Sep		Nov	Dec
Sying Bah Sohmynken Pudina (W)	Zingiber officinale Capsicum frutescens Mentha viridis	Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting	Jan	Feb	Mar	A		Jun	Jul	Aug	Sep		Nov	Dec
Sying Bah Sohmynken Pudina (W)	Zingiber officinale Capsicum frutescens Mentha viridis	Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting	Jan	Feb	Mar	A		Jun	Jul	Aug	Sep		Nov	Dec
Sying Bah Sohmynken Pudina (W) Shynrai	Zingiber officinale Capsicum frutescens Mentha viridis Curcuma longa	Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting	Jan Ot	Feb	Mar			Jun	Jul					
Sying Bah Sohmynken Pudina (W) Shynrai	Zingiber officinale Capsicum frutescens Mentha viridis Curcuma longa Scientific Name	Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting	Jan Ot	Feb	Mar			Jun	Jul					
Sying Bah Sohmynken Pudina (W) Shynrai Local Name	Zingiber officinale Capsicum frutescens Mentha viridis Curcuma longa Scientific Name	Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Harvesting	Jan Ot	Feb	Mar			Jun	Jul					
Sying Bah Sohmynken Pudina (W) Shynrai Local Name	Zingiber officinale Capsicum frutescens Mentha viridis Curcuma longa Scientific Name	Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting	Jan Ot	Feb	Mar			Jun	Jul					

T. II	411:	Planting												
Jyllang	Allium tuberosum	Harvesting							-	-				
	Cucurhita mavima	Planting												
Pathaw Thohrew	Cucurbita maxima	Harvesting										4		
		Planting												
Sohngang	Solanum nigrum	Harvesting												
	' 	DI ·												
Biskot	Sechium edule	Planting Harvesting					A							
		1 lai vesting	To	T/	7	7/	T.	T.					T	7
Tit Tung (W)	Lactarius volemus	Planting												
3 (1)		Harvesting			=	=	A							
		Planting												
Tit Thlong (W)	Gomphus floccosus	Harvesting									-	4		
		Planting												
Tit Iong (W)	Laccaria lateritia	Harvesting										4		
	1													
Tit Kor (W)	NA	Planting												
		Harvesting			1	1	1/							
Siar Kait (W)	(W) Musa paradisiaca	Planting												
		Harvesting	=	-	7	7	-	-	-	7	-	-	-	7
171 . 17 . (39)		Planting												
Khoit Kait (W)	Musa paradisiaca	Harvesting	4	4	-	4	-	-	-	-	-		-	
		Planting												
Knob (W)	NA	Harvesting										A	A	A
	'			Puls	200									
				I uis	SC3			Mo	nths					
Local Name	Scientific Name	Planting/ Harvesting	T.	т 1	Μ.	Δ		т	T 1	Δ.	· ·	0.	».T	D
		That vesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Planting												
Rymbai Ja	Vigna umbellata	Harvesting											P	
	· · · · · · · · · · · · · · · · · · ·	DI .			S ⁰ / ₂									
Ri Saw	Phaseolus vulgaris	Planting Harvesting	4									A		
	I	i iai vesting			10	1/	10		10					
			N	uts and	d Seeds									
Local Name	S -: 4: C - N	Planting/						Мо	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
														
Neilieh Rit	Perilla frutescens	Planting												
		Harvesting											7	
Neilieh Heh	Perilla frutescens	Planting												
		Harvesting											P	





Green Leafy Vegetables

		DI /	Months											
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
T	D	Planting												
Jaiing	Brassica nigra	Harvesting	-				*							
Tyrso	Brassica juncea	Planting	_											
19150	<i>Βια</i> ssικά funcea	Harvesting												-
T I	Allium hookeri	Planting	_											
Jaud	Autum nookeri	Harvesting	2	*	*	*	*	-	*	-	*		-	*
T 11	Houttuynia	Planting												
Jamyrdoh	cordata	Harvesting							4	-	-	*		
I 1. (1V)		Planting												
Jali (W)	Gynura nepalensis	Harvesting	-						A	4	-			
I • (NV)	Fagopyrum	Planting												
Jarain (W)	dibotrys	Harvesting	-						4		-			
T.11 • (W)	Rhynchotechum	Planting												
Jakhria (W)	ellipticum	Harvesting						4	*	4	-			
T 1 (NV)	27.4	Planting												
Tangduma (W)	NA	Harvesting	-					A	A					
T 11 (W)	Diplazium	Planting												
Tyrkhang (W)	esculentum	Harvesting					-							
1. (AV)	NA	Planting												
Japongdieng (W)	IVA	Harvesting				*	*							
Jajew (W)	Hibiaana anh danista	Planting												
- Jajew (w)	Hibiscus sabdariffa	Harvesting					*	-	*	-	-			
Sla Sohshiat (W)	NA	Planting	_											
Sia Sonshiat (W)	IVA	Harvesting				4	4							
Sla Tyrkain (W)	NA	Planting	_											
-3ia Tyrkaili (W)	1 1/1	Harvesting	-	-	4	A	<u>a</u>	<u>a</u>	-	4	4	4	4	-

Other Fruits

		DI /		tner Fr	ruits		Months								
Local Name	Scientific Name	c Name Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Kait Khar	Musa sp.	Planting Harvesting	?	P	P		?	?						*	
Kaitmon	Musa paradisiaca	Planting Harvesting	7		P		-	P	P	P	?	P	?	4	
Kait Jrong	Musa paradisiaca	Planting Harvesting		P	?		P	?	P	?	?	?	?		
Sohshang	Elaeagnus latifolia	Planting Harvesting			P	P	P								
Sophie Bah	Myrica esculenta	Planting Harvesting	-		*	?	*								
Sohphie Nam	Myrica nagi	Planting Harvesting	-		-	-									
Sohiong (W)	Prunus nepalensis	Planting Harvesting	-							2	-				
Sohpyriam (W)	Psidium guajava	Planting Harvesting	-												
Sohtrun (W)	Ananas comosus	Planting Harvesting	-								P	P			
Sohthylliang (W)	NA	Planting Harvesting	-						4						
Sohkhyrwiat (W)	Aporosa octandra	Planting Harvesting	-						*	?					
Sohphoh Nongkhlaw (W)	Pyrus communis	Planting Harvesting	-						-	7					
Sohphareng (W)	Prunus persica	Planting Harvesting	-					?							
Sohum (W)	Syzygium cumini	Planting Harvesting	-			P	P								
Sohkhawiang (W)	NA	Planting Harvesting	-												
Sohkpu (W)	NA	Planting Harvesting					?	-							
Sohmad (W)	Citrus medica	Planting Harvesting											?	*	



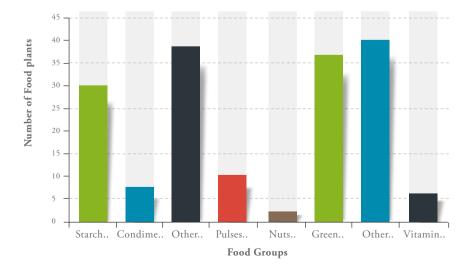
 $\textit{N.B:}\ W:\ Wild\ plant;\ NA:\ Not\ available$



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

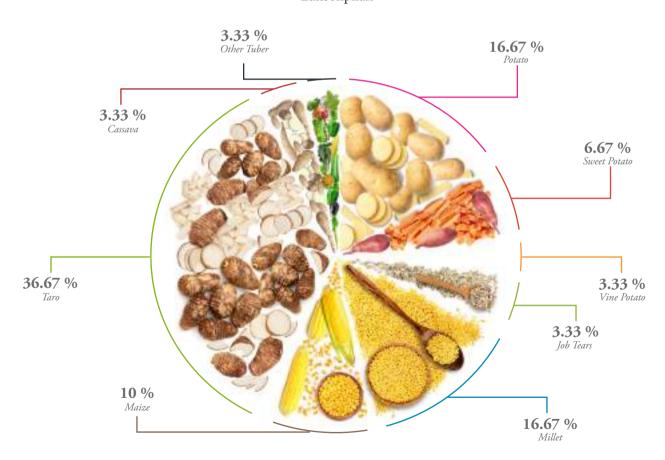
have less than 10 food plants in their respective groups. Starchy Staples have just over 15% of the total food plants. Within this particular food group though eight different species of food plants, viz., potato, maize, sweet potato, taro, vine potato, millet, job tears, and tapioca, are found. In general,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



Agrobiodiversity in Laitsohpliah



Starchy staples in Laitsohpliah



Starchy Staples

	0.1	Planting/			1			Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	De
	Solanum	Planting		*										
Phan Lieh	tuberosum	Harvesting	-					4	4	A	4	2	4	9
	Solanum	Planting			**									
Phan Saw	tuberosum -	Harvesting	-					<u>A</u>	A	A	4	-	A	4
		Planting												
Phan Syntiew	Solanum sp.	Harvesting	-						<u></u>	<u>A</u>	<u>A</u>	4	<u>A</u>	*
		_												~
Phan Imdieng	Solanum sp.	Planting Harvesting	-											
		riarvesting	10					10	10	10	1	10	1	Z
Phan San Minit	Solanum	Planting	_											
	tuberosum	Harvesting						7	7	-		7		7
Phan Karo Saw	Ipomea batatas	Planting	_											
r IIaii Karo Saw	ipomea vaiaias	Harvesting											-	
		Planting												
Phan Karo Lieh	Ipomea batatas	Harvesting	-										A	
		Planting												
Sohlah	Ipomoea racemosa	Harvesting												de
														~
Sohriew	Coix lachryma jobi	Planting Harvesting												&
		riarvesting												7
Krai Truh	Eleusine coracana	Planting	_											
		Harvesting												7
Krai Jasheh	Eleusine coracana	Planting	_	*										
Mai Jashen	Eleusine coracana	Harvesting											2	No.
		Planting												
Krai Lon	NA -	Harvesting	-										A CONTRACTOR OF THE CONTRACTOR	8
	·	Planting												
Krai Soh	NA -	Harvesting	-										<u>A</u>	4
	I													~
Krai Shan	Paspalum sanguinale	Planting Harvesting	-										6	68
		1 fai vesting											70	T
Riew Hadem	Zea mays -	Planting	_											
Lieh		Harvesting								7	-			
Riew Hadem	Zea mays	Planting	_								_			
Stem	Leu muys	Harvesting								A	*			
		Planting												
Riew Hadem Saw	Zea mays	Harvesting	-			9					-			

Cl: I	Assessed to a design of the second	Planting						
hriew Jrong	Amorphophallus sp.	Harvesting	7	-				***
71 · C· ·	Colocasia/Alocasia/	Planting						
hriew Siej	Remutsia sp.	Harvesting	2					
hriew Blue	Colocasia/Alocasia/	Planting	_					
riew Diue	Remutsia sp.	Harvesting	*					*
Shriew	Alocasia	Planting	_					
Knapblang	macrorrhiza	Harvesting	*					*
hriew Tong	Colocasia/Alocasia/	Planting	_					
ilriew long	Remutsia sp.	Harvesting	P	A				=
nriew Pylleng	Colocasia/Alocasia/	Planting						
riew Pylleng	Remutsia sp.	Harvesting	2	*				P
	Colocasia/Alocasia/	Planting						
riew Shiktia	Remutsia sp.	Harvesting	2	*				P
Shriew Wai	Colocasia/Alocasia/	Planting						
iiriew wai	Remutsia sp.	Harvesting	P	-				*
riarri I romaleais	Colocasia/Alocasia/	Planting	_					
riew Lyngkait	Remutsia sp.	Harvesting	P	A			P	=
Shriew Keng	Colocasia/Alocasia/	Planting	_					
onriew Keng	Remutsia sp.	Harvesting	2	**				P
Shriew Saw	Colocasia/Alocasia/	Planting	_					
onriew Saw	Remutsia sp.	Harvesting	*					
Phan Dieng	Manihot esculenta	Planting	_					
I han Dieng	Triunimoi escuieniu	Harvesting				7	P	*
Sohphlang	Eleminai a motita	Planting	_					
Soliphiang	Flemingia vestita	Harvesting	-	-			A	-

Condiments

								Mo	nths					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Pudina (W)	Mentha viridis	Planting Harvesting						?	?	?	?	?		
Dhania	Coriandrum sativum	Planting Harvesting										*		
Sying Bah	Zingiber officinale	Planting Harvesting											-	-

		Planting												
Shynrai Stem	Curcuma longa	Harvesting											A.	A
Sohmynken		Planting												
Pyllon	Capsicum sp.	Harvesting								a de	2			
** 4.0		Planting												
Kenbell	Capsicum sp.	Harvesting								2	-			
Ken Jrong	Catalanan	Planting												
Ken Jrong	Capsicum sp.	Harvesting									-			
D	All:	Planting												
Rynsun	Allium sativum	Harvesting												P
			Oth	er Vege	etables									
				8				Mo	nths					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Planting												
Biskot Lieh	Sechium edule	Harvesting												
	I	_												
Biskot Shiah	Sechium edule	Planting Harvesting												
		riaivesting						1	10	1/				
Biskot Iong	Sechium edule	Planting												
		Harvesting						-	-	7				
Jyllang	Allium tuberosum	Planting												
Jynang	municipal in the state of the s	Harvesting	7	*	**		4		-		A	A	-	-
		Planting												
Sohkhia Khnai	Oxalis corniculata	Harvesting						-	P	-	A			
	Brassica oleracea	Planting												
Kubi	var. capitata	Harvesting									P	-		
	·	Dlanting												
Pathaw Risang	Cucurbita sp.	Planting Harvesting							-					
	I													
Soh Thliem	Gomphogyne cissiformis	Planting Harvesting												
		i iai vestilig											7	T
Soh Ngang	Solanum nigrum	Planting												
		Harvesting								7	*			
Sohkhia Khasi	Cucumis sativus	Planting												
— Sonkma Knasi	Commiss 3WWW	Harvesting						#	7	-	7			
D*	411:	Planting												
Piat	Allium cepa	Harvesting												-

Sohlakum	Brassica rapa subsp.	Planting										
Somakum	rapa	Harvesting						A	*	-	P	=
		Planting										
Muli Lieh	Raphanus sativus	Harvesting						•			-	-
		Planting										
Muli Saw	Raphanus sativus	Harvesting									P	=
m t t		Planting										
Tishub	NA	Harvesting							-	4		
FI. C. 2312		Planting										
Tit Siaw (W)	NA	Harvesting		*								
		Planting										
Tit Kor (W)	NA	Harvesting			4	4						
		Planting										
Tit Tung (W)	Lactarius volemus	Harvesting	A CONTRACTOR OF THE PROPERTY O									
Tit Stem/Tit		Planting										
Tynrai (W)	Craterellus odoratus	Harvesting				*						
		Planting										
Tit Tangrai (W)	NA	Harvesting				?	*					
Tit Snier Blang		Planting										
(W)	NA	Harvesting						-				
Tit Tnaw Syiar		Planting										
(Stem/Lieh) (W)	Clavulina sp.	Harvesting							-	4		
		Planting										
Tit Doh (W)	Lactarius volemus	Harvesting				*						
		Planting										
Tit Dud (W)	NA	Harvesting				4	A					
	Tricholoma	Planting										
Tit Kdait (W)	viridiolivaceum	Harvesting				P	-	*				
		Planting										
Tit Tyngab (W)	Laccaria lateritia	Harvesting						-	A			
Tit Lbonghati		Planting										
(W)	Ramaria sp.	Harvesting						-	-			
		Planting										
Tit Eit Masi (W)	NA	Harvesting		A	4		A					
Tit Khoh/	·	Planting										
	Gomphus floccosus							A				

Tit Tah (W)	NA	Planting												
Tit fair (w)	1721	Harvesting						7	*					
Tit Sia (W)	NA	Planting												
Tit Sia (W)	IVA	Harvesting							The state of the s					
Tit Sohpailen	27.4	Planting												
(Ŵ)	NA	Harvesting								A	4			
		Planting												
Tit Sopjat (W)	NA	Harvesting								A	A			
T: 0	DI .	Planting												
Tit Oyster	Pleurotus sp	Harvesting				*	*	*	*	4	*			
		Planting												
Soh Khah (W)	NA	Harvesting						1	A					
	Eriosema	Planting												
Soh Pen (W)	himalaicum	Harvesting											P	*
D 1 17 1 (197)	1.6	Planting												
Pashor Kait (W)	Musa paradisiaca	Harvesting	7	7	-	-	*	*	-	?	*	*	*	*
C. IV. (AVO	1.6	Planting												
Siar Kait (W)	Musa paradisiaca	Harvesting		-		-	-	-	-	4	-	-	-	4
	'													
	1			Pulses	6									
	'	DI .: /		Pulses	6			Mo	nths					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Pulses	Mar	Apr	May	Mo	nths Jul	Aug	Sep	Oct	Nov	Dec
Local Name	Scientific Name	Harvesting	Jan			Apr	May			Aug		Oct	Nov	Dec
Local Name Presbin	Scientific Name Phaseolus vulgaris	Harvesting Planting	Jan			Apr	May			Aug	Sep	Oct	Nov	Dec
		Harvesting	Jan			Apr	May					Oct	Nov	Dec
Presbin	Phaseolus vulgaris	Planting Harvesting Planting	Jan			Apr	May					Oct	Nov	P
		Planting Harvesting	Jan			Apr	May					Oct	Nov	Dec
Presbin Ri Phyrngop	Phaseolus vulgaris Phaseolus vulgaris	Planting Harvesting Planting Harvesting Planting Harvesting	Jan			Apr	May					Oct	Nov	P
Presbin	Phaseolus vulgaris	Planting Harvesting Planting Harvesting Harvesting	Jan			Apr	May					Oct	Nov	P
Presbin Ri Phyrngop Ri Lyngknap Saw Ri Lyngknap	Phaseolus vulgaris Phaseolus vulgaris NA	Planting Harvesting Planting Harvesting Harvesting Planting Planting Harvesting	Jan			Apr	May					Oct	Nov	P
Presbin Ri Phyrngop Ri Lyngknap Saw	Phaseolus vulgaris Phaseolus vulgaris	Planting Harvesting Planting Harvesting Harvesting Harvesting Harvesting	Jan				May					Oct	Nov	P
Presbin Ri Phyrngop Ri Lyngknap Saw Ri Lyngknap Jyrngam	Phaseolus vulgaris Phaseolus vulgaris NA NA	Planting Harvesting Planting Harvesting Harvesting Planting Harvesting Harvesting Planting Planting Harvesting	Jan				May					Oct	Nov	P
Presbin Ri Phyrngop Ri Lyngknap Saw Ri Lyngknap	Phaseolus vulgaris Phaseolus vulgaris NA	Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Harvesting	Jan				May					Oct	Nov	P
Presbin Ri Phyrngop Ri Lyngknap Saw Ri Lyngknap Jyrngam Ri Ran/Majai	Phaseolus vulgaris Phaseolus vulgaris NA NA Vicia faba	Planting Harvesting Planting Harvesting Harvesting Planting Harvesting Harvesting Planting Planting Harvesting	Jan				May					Oct	Nov	P
Presbin Ri Phyrngop Ri Lyngknap Saw Ri Lyngknap Jyrngam	Phaseolus vulgaris Phaseolus vulgaris NA NA	Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Harvesting Harvesting	Jan				May					Oct	Nov	P
Presbin Ri Phyrngop Ri Lyngknap Saw Ri Lyngknap Jyrngam Ri Ran/Majai	Phaseolus vulgaris Phaseolus vulgaris NA NA Vicia faba	Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Planting Planting Harvesting	Jan				May					Oct		P

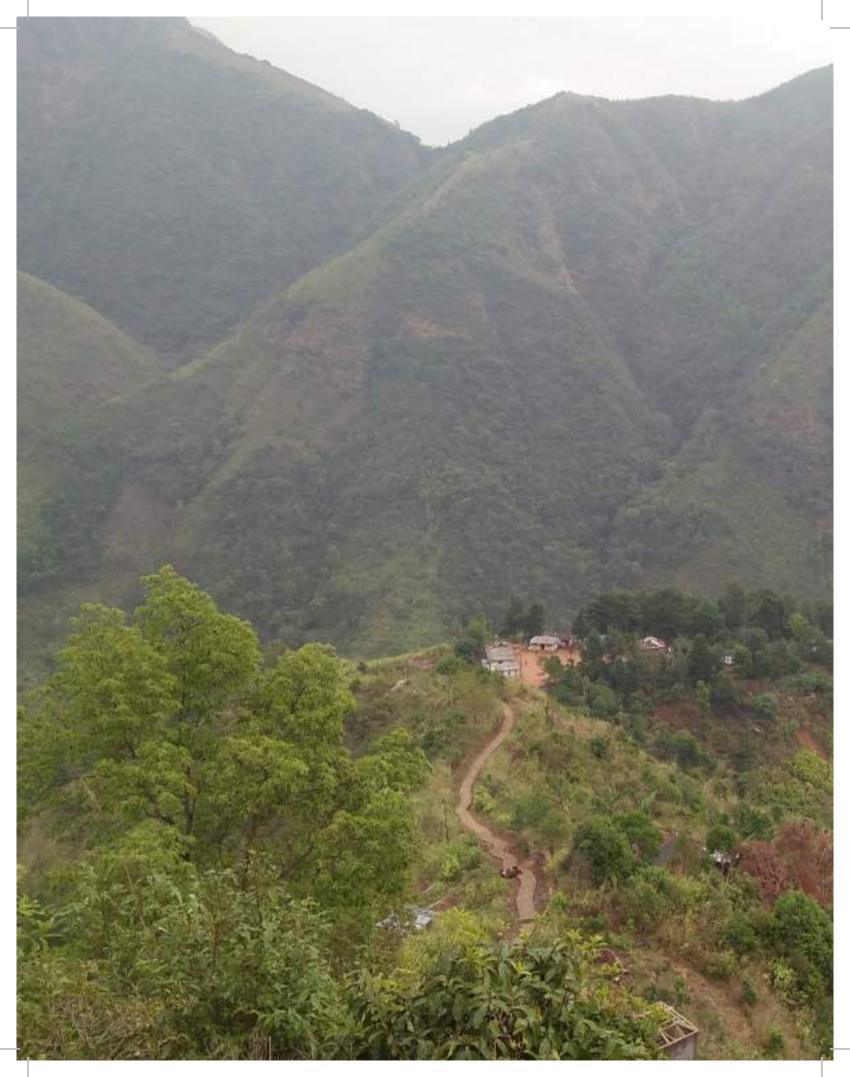
D. 1 · T	V. III.	Planting												
Rymbai Ja	Vigna umbellata	Harvesting	4								-			
Rymbai Ktung	Glycine max	Planting	_											
Rymbal Ktung	Giyeine max	Harvesting	*	*							*	-	-	*
			Nu	ts and S	Seeds									
		DI /						Mo	nths					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Planting												
Neilieh	Perilla frutescens	Harvesting	_										A V	
		Planting												
Soh Ot (W)	Castanopsis indica	Harvesting	P	-	P								-	*
			Green 1	Leafy V	egetabl	es								
		Planting/						Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Planting												
Jaud (W)	Allium hookeri	Harvesting	_					A	P	P	A	A	A	*
	Houttuynia	Planting												
Jamyrdoh (W)	cordata	Harvesting	-	A	-	-			A	-	P	A	4	P
		Planting												
Jatira (W)	Oenanthe linearis	Harvesting	_					P	-	-	4			
		Planting												
Bat Pyllon (W)	Centella asiatica	Harvesting	_						P	-	P	A P	P	P
Tyrkhang Iong	Diplazium	Planting												
(W)	esculentum	Harvesting	_		*	*								
Jajew Heh Sla		Planting												
(W)	NA	Harvesting	7	A		-		A	2	2	2	NA PARTIES AND	A	-
I all and (W/)	N.:II. diifi	Planting												
Jathang (W)	Neilla thyrsiflora	Harvesting	_					4	A	-				
Jatwad (W)	NA	Planting	_											
- Jatwati (W)	17/1	Harvesting	P	*	*	*		*	P	-	*	*	*	*
Jawieh (W)	NA	Planting	_						_					
- Jawien (W)	IVA	Harvesting					2	*						
Jangew	NA	Planting	_											
Kynthong (W)	17/1	Harvesting					-	A						

- 1 mm		Planting												
Latyrdop (W)	NA	Harvesting	-	-	-	*	*	2	*	*	-	*	2	-
Jabuit (W)	Polygonum	Planting												
Jabuit (w)	muricatum	Harvesting				*	*							
Jajew Khyndew	NA	Planting	_											
(W)	IVA	Harvesting	-	A P	A	-	4	A P	A	-	A TO	-	A	A
Jajew Rben (W)	NA	Planting	_											
Jajew Roen (w)	IVA	Harvesting	-	-	***	*	7	*	4	*	-	*	A	-
Jajew Bsuh (W)	NA	Planting	_											
Jajew Bsun (w)	IVA	Harvesting	2	7	7	*	7	7		*	-	*	A	*
I 1. (3V/)		Planting												
Jali (W)	Gynura nepalensis	Harvesting	-	A P	A	-	4	A P	A	A	A P	-	A	A
7 11 · (NY)	Rhynchotechum	Planting												
Jakhria (W)	ellipticum	Harvesting	P		A	1	1		-	*		P		-
I · · (IVI)		Planting												
Jatira (W)	Oenanthe linearis	Harvesting	_					7	P	*	*	*		
at a gran		Planting												
Jangew Skei (W)	NA	Harvesting	_				-	4	4	-	-	-		
7.1 (797)		Planting												
Jalynniar (W)	Sonchus arvensis	Harvesting	P	A	A	-	P	-	A	-	-	-		P
7 1 1 (AVI)		Planting												
Jalynnoh (W)	Polygonum orientale	Harvesting	_		*	P	P	-						
I • (NY)	Gentiana	Planting												
Jamiaw (W)	quadrifaria	Harvesting	_				2	4	4	-	7	*	4	
T. I. CAVO	274	Planting												
Jahenwet (W)	NA	Harvesting					7	7	7	*	-	*		
Jangew Mawria	A74	Planting												
(W)	NA	Harvesting					*	A P	A	*	A P	*		
I.: (W/)	NA	Planting												
Jajer (W)	IVA	Harvesting	*	*	*	*	*	*	7	*	*	?	*	*
I.I (W/)	A74	Planting												
Jabar (W)	NA	Harvesting				-	-	A P	A	4		4		
Intina District (W)	A74	Planting	_											
Jatira Dkhar (W)	NA	Harvesting					-	A P	4	1	2	P		
Jajew Shiliang	7.7.4	Planting	_											
(W)	NA	Harvesting	2	A	4	*	*	A	2	*	*	*	A	4

Jajew Skhor		Planting												
Blang (W)	NA	Harvesting	P	*	-	*	*	*	-	2	*	*	*	P
7 . (717)		Planting												
Jasim (W)	NA	Harvesting	4	W.		A	A	A P		4	-	A P	4	-
Jajew Kynih		Planting												
Syiar (W)	Pothos curtizii	Harvesting	P			-	-	A		-	A V	P		4
	Zanthoxylem	Planting												
Jaiur Leaf (W)	acanthopodium	Harvesting	P	-	4	-		4		-	*	*	-	
		Planting												
Jaiing	Brassica nigra	Harvesting						*	-					
	Brassica oleracea	Planting												
Sla Phul	var. botrytis	Harvesting								-	-	P	-	4
		Planting												
Salat	Lactuca sativa	Harvesting												A
		Dlansina												
Tyrso	Brassica juncea	Planting Harvesting	A	<u>A</u>	**	<u>A</u>							<u></u>	A
	1	_											Ø	
Sohkhia Blei (W)	Solena heterophyla	Planting Harvesting								-				
	ı	That vooling												
			0	ther Fr										
			O	tner rr	uits			Mo	nthe					
Local Name	Scientific Name	Planting/	_				3.6	Mo			6	0	N	<i>D</i>
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Mo: Jun	nths Jul	Aug	Sep	Oct	Nov	Dec
			_			Apr	May			Aug	Sep	Oct	Nov	Dec
Local Name Sohshiah (W)	Scientific Name	Harvesting	_			Apr	May			Aug	Sep	Oct	Nov	Dec
Sohshiah (W)	Rubus ellipticus	Planting Harvesting	_			Apr	May			Aug	Sep	Oct	Nov	Dec
		Harvesting Planting	_			Apr	May			Aug	Sep	Oct	Nov	Dec
Sohshiah (W) Sohkhawiong (W)	Rubus ellipticus Rubus lasiocarpus	Planting Harvesting Planting Harvesting Harvesting	_			Apr	May			Aug	Sep	Oct	Nov	Dec
Sohshiah (W)	Rubus ellipticus	Planting Harvesting Planting	_			Apr	May	Jun		Aug	Sep	Oct	Nov	Dec
Sohshiah (W) Sohkhawiong (W) Sohpdung Ksuit (W)	Rubus ellipticus Rubus lasiocarpus NA	Planting Harvesting Planting Harvesting Harvesting Harvesting Harvesting	_			Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Sohshiah (W) Sohkhawiong (W) Sohpdung Ksuit	Rubus ellipticus Rubus lasiocarpus	Planting Harvesting Planting Harvesting Harvesting Harvesting	_			Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Sohshiah (W) Sohkhawiong (W) Sohpdung Ksuit (W) Sohryngkham (W)	Rubus ellipticus Rubus lasiocarpus NA Vaccinium graffithianum	Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting	_			Apr	May	Jun	Jul	Aug		Oct	Nov	Dec
Sohshiah (W) Sohkhawiong (W) Sohpdung Ksuit (W) Sohryngkham	Rubus ellipticus Rubus lasiocarpus NA Vaccinium	Planting Harvesting Planting Harvesting Harvesting Planting Planting Harvesting	_			Apr	May	Jun	Jul	Aug		Oct	Nov	Dec
Sohshiah (W) Sohkhawiong (W) Sohpdung Ksuit (W) Sohryngkham (W) Sohphie Bah (W)	Rubus ellipticus Rubus lasiocarpus NA Vaccinium graffithianum	Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Harvesting	_			Apr	May	Jun	Jul	Aug		Oct	Nov	Dec
Sohshiah (W) Sohkhawiong (W) Sohpdung Ksuit (W) Sohryngkham (W)	Rubus ellipticus Rubus lasiocarpus NA Vaccinium graffithianum	Planting Harvesting Planting Harvesting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting	_			Apr	May	Jun	Jul	Aug		Oct	Nov	Dec
Sohshiah (W) Sohkhawiong (W) Sohpdung Ksuit (W) Sohryngkham (W) Sohphie Bah (W) Sohphie Nam (W)	Rubus ellipticus Rubus lasiocarpus NA Vaccinium graffithianum Myrica esculenta	Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Harvesting Harvesting Harvesting	_			Apr	May	Jun	Jul	Aug		Oct	Nov	Dec
Sohshiah (W) Sohkhawiong (W) Sohpdung Ksuit (W) Sohryngkham (W) Sohphie Bah (W)	Rubus ellipticus Rubus lasiocarpus NA Vaccinium graffithianum Myrica esculenta	Planting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Planting Planting Planting Harvesting	_			Apr	May	Jun -	Jul	Aug		Oct	Nov	Dec
Sohshiah (W) Sohkhawiong (W) Sohpdung Ksuit (W) Sohryngkham (W) Sohphie Bah (W) Sohphie Nam (W)	Rubus ellipticus Rubus lasiocarpus NA Vaccinium graffithianum Myrica esculenta Myrica nagi	Planting Harvesting Harvesting Harvesting	_			Apr		Jun -	Jul	Aug		Oct	Nov	Dec
Sohshiah (W) Sohkhawiong (W) Sohpdung Ksuit (W) Sohryngkham (W) Sohphie Bah (W) Sohphie Nam (W)	Rubus ellipticus Rubus lasiocarpus NA Vaccinium graffithianum Myrica esculenta Myrica nagi	Planting Harvesting Planting Planting Planting Planting Planting	_			Apr		Jun -	Jul	Aug			Nov	

Sohshur (W)	Pyrus pashia	Planting											
Gonshar (w)	1 yrus pasmu	Harvesting								*	-		
	Elaeocarpus	Planting											
Sohkhyllam (W)	prunifolius	Harvesting								A	A		
0.11 1.4 (NY)	77 H H 1 1 1 C h	Planting											
Sohlyngkait (W)	Holboellia latifolia	Harvesting										A	-
Sohphoh Khasi		Planting											
(W)	Docynia indica	Harvesting	A							<u></u>	A	A	A
		Planting								•			•
Sohmad (W)	Citrus medica	Harvesting									<u>A</u>	A	4
	ı	_											
Sohma (Mluh) (W)	Rhus chinensis	Planting											
()		Harvesting	7									7	7
Soh Khlur (W)	Elaegnus pyriformis	Planting											
	Zanegrone pyrojerrone	Harvesting						-	*				
Sohlang Eit Ksew	27.4	Planting											
(W)	NA	Harvesting									4	4	4
		Planting											
Soh Kyrsiew (W)	NA	Harvesting										-	
		Dlaneina											
Soh Pai Risang (W)	NA	Planting Harvesting											
	I	_											
Soh Um (W)	Syzygium cumini	Planting											
		Harvesting				7	-						
Soh Lyngdhur	Morus australis	Planting											
(W)	11101110 1111011111111	Harvesting							-				
Soh Lyngkjup		Planting											
(W)	NA	Harvesting		<u>a</u>	-								
		Planting											
Soh Iong (W)	Prunus nepalensis	Harvesting									4		
		DI											
Soh Tylliang (W)	NA	Planting Harvesting			A			4	P				
	I	Tranvesting											
Soh Lapong (W)	Ficus gibbosa	Planting											
		Harvesting										7	6
Soh Shiat (W)	NA NA	Planting											
	1,22	Harvesting			4	**	7						
Soh Nep Bah	D 1	Planting											
(W)	Rubus rugosus	Harvesting								-	*		
		Planting											
Soh Pdok (W)	Solanum torvum	Harvesting									A		P
	1										*	*	5

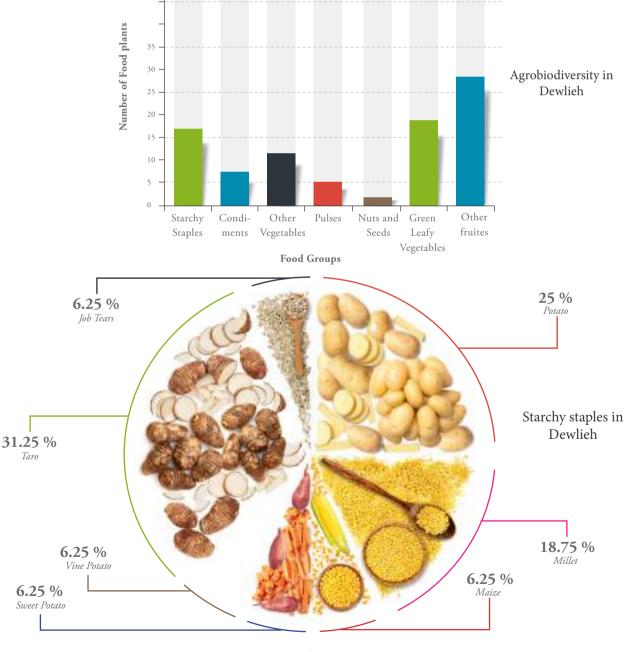
Soh Krot (W)	Smilax glaucophylla	Planting	_											
	3 1 7	Harvesting												-
h Phie Shiteng	Myrica sp.	Planting	_											
Jait (W)	141y/144 sp.	Harvesting				7	*	***						
oh Priam (W)	Psidium guajava	Planting	_											
on Ham (w)	1 suum guujava	Harvesting										-	1	
Sohphoh	Pyrus communis	Planting	_											
Nongkhlaw (W)	1 yrus communis	Harvesting							4	P	*			
Soh Plom (W)	Prunus domestica	Planting	_											
Son Plom (W)	1runus aomestica	Harvesting						***						
ohphoh Lakun	D .	Planting												
(W)	Pyrus communis	Harvesting	_								7	*		
Sohmyndong	7.7.4	Planting												
(W)	NA	Harvesting	_									4	A	4
	16	Planting												
Kait Iong (W)	Musa sp.	Harvesting	A		4	A	A	A	A	A	A	A P	A TOTAL OF THE PROPERTY OF THE	A
		Planting												
Kait Mon (W)	Musa x paradisiaca	Harvesting		-	*	*		*	4	4				*
		Planting												
Kait Khar (W)	Musa sp.	Harvesting	*	-	*		-		4	*		P		*
Kait Shyieng		Planting												
(W)	Musa sp.	Harvesting	*		-	(A)	-		8			-		
Sohkynphor	Citrus	Planting												
			_									4	-	*
Shrieh (W)	dimorphocarpa	Harvesting	-									~		
		Harvesting	Vitami	n A Ric	h Plant	ts								
Shrieh (W)	dimorphocarpa	Planting/	Vitami		h Plant	ts		Мо	nths					
			Vitami	n A Ric	h Plant Mar	Apr	May	Mo	nths Jul	Aug	Sep	Oct	Nov	Dec
Shrieh (W) Local Name	dimorphocarpa Scientific Name	Planting/					May			Aug	Sep	Oct	Nov	Dec
Shrieh (W) Local Name	dimorphocarpa	Planting/ Harvesting					May			Aug	Sep	Oct	Nov	Dec
Local Name Sohshan (W)	dimorphocarpa Scientific Name Duchesnea indica	Planting/ Harvesting					May			Aug	Sep	Oct	Nov	Dec
Shrieh (W)	dimorphocarpa Scientific Name	Planting/ Harvesting Planting Harvesting					May			Aug	Sep	Oct	Nov	Dec
Shrieh (W) Local Name Sohshan (W) ph Phareng (W)	Scientific Name Duchesnea indica Prunus persica	Planting/ Harvesting Planting Harvesting Planting					May			Aug	Sep	Oct	Nov	Dec
Shrieh (W) Local Name Sohshan (W) oh Phareng (W)	dimorphocarpa Scientific Name Duchesnea indica	Planting/ Harvesting Planting Harvesting Planting Harvesting					May			Aug	Sep	Oct	Nov	Dec
Sohshan (W) Oh Phareng (W) Soh Brab (W)	Scientific Name Duchesnea indica Prunus persica Passiflora edulis	Planting/ Harvesting Planting Harvesting Planting Harvesting Planting					May			Aug	Sep	Oct	Nov	Dec
Shrieh (W) Local Name Sohshan (W) oh Phareng (W)	Scientific Name Duchesnea indica Prunus persica	Planting/ Harvesting Planting Harvesting Planting Harvesting Planting Harvesting					May			Aug	Sep	Oct	Nov	Dec
Sohshan (W) Soh Brab (W) Sohbaingon Dieng (W)	Scientific Name Duchesnea indica Prunus persica Passiflora edulis Cyphomandra batacea	Planting/ Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Harvesting Harvesting					May			Aug	Sep	Oct	Nov	Dec
Shrieh (W) Local Name Sohshan (W) Soh Phareng (W) Soh Brab (W)	Scientific Name Duchesnea indica Prunus persica Passiflora edulis Cyphomandra	Planting/ Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting					May			Aug	Sep	Oct	Nov	Dec
Shrieh (W) Local Name Sohshan (W) oh Phareng (W) Soh Brab (W) Sohbaingon Dieng (W)	Scientific Name Duchesnea indica Prunus persica Passiflora edulis Cyphomandra batacea	Planting/ Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Planting Harvesting					May			Aug	Sep	Oct	Nov	Dec



Dewlieh

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

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



Starchy Staple

Local Name Scientific Name Planting
Phan Joyti Solanum Sp. Harvesting Phan Lyngkait Solanum Sp. Planting Harvesting Planting Planting Planting Planting
Phan Lyngkait Solanum Sp. Planting Harvesting Planting Planting Planting
Harvesting Harvesting Planting Planti
Harvesting Planting Planting
Krai ruh Eleusine coracana
Krai Irun Eleusine covacana
Harvesting ————————————————————————————————————
Krai Jasheh NA Planting
Krai Jasheh NA Harvesting
Planting
Krai Lon NA Harvesting
Planting (a)
Riewhadem Stem Zea mays Harvesting
Planting
Phan Dieng Manihot esculenta Harvesting A A A A A A A A A A A A A A A A A A A
Planting (\$)
Phan Imdieng Solanum Sp. Harvesting A A A A A A A A A A A A A A A A A A A
Phan Karo Saw Ipomea batatas Planting
Phan Karo Saw Ipomea batatas Harvesting
Planting
Sohlah Ipomoea racemosa Harvesting
Colocasia/Alocasia/ Planting
Shriew Tong Remutsia Sp. Harvesting Harvesting
Cl. D. H. Colocasia/Alocasia/ Planting
Shriew Pylleng Remutsia Sp. Harvesting
Colocasia/Alocasia/ Planting
Shriew Shiktia Remutsia Sp. Harvesting
Colocasia/Alocasia/ Planting
Shriew Saw Remutsia Sp. Harvesting
Shriew Khnap Alocasia Planting
Blang macrorrhiza Harvesting
Planting
Sohriew Coix lachryma jobi Harvesting

Condiments

								Mo	nths					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Planting						*						
Pudina	Mentha viridis	Harvesting	-	-	4	P	P	P	-	4	-	-		
DI :	Coraindrum	Planting												
Dhania	sativum	Harvesting					*	*	-					
Sying Bah	Zingiber officinale	Planting												
Syllig Dali	Zingiver officinuic	Harvesting							4		7	-		
Shynrai Stem	Curcuma longa	Planting												
onymar otem	Gurtumu wngu	Harvesting			4	4			4		-	-	A TO	
Sohmynken	Capsicum sp.	Planting												
Pyllon	Сирзичт зр.	Harvesting												
Ken Jrong	Capsicum sp.	Planting												
(Sohmynken)	Captieum sp.	Harvesting						7	7		7	7	7	
Sla Tyrpad	Cinnamomum	Planting												
5.m 2)1pma	tamala	Harvesting	***	7			a de	7				7	-	7
			0 111	ci vege	tables									
Local Name	Scientific Name	Planting/	_						nths					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Mo Jun	nths Jul	Aug	Sep	Oct	Nov	Dec
			_			Apr	May			Aug	Sep	Oct	Nov	Dec
Local Name Tit Tung (W)	Scientific Name Lactarius volemus	Harvesting	_			Apr	May			Aug	Sep	Oct	Nov	Dec
Tit Tung (W) Tit Stem/Tit	Lactarius volemus	Harvesting Planting	_			Apr	May			Aug	Sep	Oct	Nov	Dec
Tit Tung (W)	Lactarius volemus	Planting Harvesting	_			Apr	May			Aug	Sep	Oct	Nov	Dec
Tit Tung (W) Tit Stem/Tit Tangrai (W)	Lactarius volemus Craterellus odoratus	Planting Harvesting Planting Harvesting Harvesting Planting	_			Apr	May		Jul	Aug	Sep	Oct	Nov	Dec
Tit Tung (W) Tit Stem/Tit	Lactarius volemus	Planting Harvesting Planting Harvesting Harvesting	_			Apr	May	Jun		Aug	Sep	Oct	Nov	Dec
Tit Tung (W) Tit Stem/Tit Tangrai (W) Jyllang	Lactarius volemus Craterellus odoratus Allium tuberosum Gomphogyne	Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting	_			Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Tit Tung (W) Tit Stem/Tit Tangrai (W)	Lactarius volemus Craterellus odoratus Allium tuberosum	Planting Harvesting Planting Harvesting Harvesting Planting Harvesting	_		Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Tit Tung (W) Tit Stem/Tit Tangrai (W) Jyllang	Lactarius volemus Craterellus odoratus Allium tuberosum Gomphogyne	Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Planting Harvesting	_		Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Tit Tung (W) Tit Stem/Tit Tangrai (W) Jyllang Soh Thliem	Lactarius volemus Craterellus odoratus Allium tuberosum Gomphogyne cissiformis	Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Harvesting	_		Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Tit Tung (W) Tit Stem/Tit Tangrai (W) Jyllang Soh Thliem	Lactarius volemus Craterellus odoratus Allium tuberosum Gomphogyne cissiformis	Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Planting Harvesting	_		Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Tit Tung (W) Tit Stem/Tit Tangrai (W) Jyllang Soh Thliem Sohkhia Khasi	Craterellus odoratus Allium tuberosum Gomphogyne cissiformis Cucumis sativus	Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Harvesting Harvesting	_		Mar	Apr	May	Jun	Jul	Aug	Sep	♣	Nov	Dec
Tit Tung (W) Tit Stem/Tit Tangrai (W) Jyllang Soh Thliem Sohkhia Khasi	Craterellus odoratus Allium tuberosum Gomphogyne cissiformis Cucumis sativus	Planting Harvesting Planting Planting Planting	_		Mar	Apr	May	Jun	Jul	Aug	Sep		Nov	Dec
Tit Tung (W) Tit Stem/Tit Tangrai (W) Jyllang Soh Thliem Sohkhia Khasi Biskot Shiah	Craterellus odoratus Allium tuberosum Gomphogyne cissiformis Cucumis sativus Sechium edule	Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Harvesting Harvesting Harvesting	_		Mar	Apr	May	Jun	Jul	Aug	Sep	♣	Nov	Dec
Tit Tung (W) Tit Stem/Tit Tangrai (W) Jyllang Soh Thliem Sohkhia Khasi Biskot Shiah	Craterellus odoratus Allium tuberosum Gomphogyne cissiformis Cucumis sativus Sechium edule	Planting Harvesting Planting Planting Planting	_	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep		Nov	Dec

Syntiew Jallymmut (W)	NA	Planting	-											
Junymmut (w)		Harvesting	7	7										
Kait Iong (W)	Musa sp.	Planting	_						(C)					
		Harvesting					70	6	7		70	7	10	7
Soh Ngang	Solanum nigrum	Planting	_											
		Harvesting									7	7	7	To
				Pulse	S			Mor	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												
														*C
Ri Lyngknap Saw	NA	Planting Harvesting	-								(A)	<u>a</u>		
		Tranvesting									1	T	7	TO
Ri Lyngknap	NA	Planting	_											
Jyrngam		Harvesting									8	2	7	To
Presbin	Phaseolus vulgaris	Planting												
Presoni	rnaseotus vutgaris	Harvesting						*	*					
		Planting												
Ri Phyrngop	Phaseolus vulgaris	Harvesting	_						*	*				
			Niii	ts and S	Seeds									
			. 144		00000			Mo	nths					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Planting			- A	***								
Neilieh	Perilla frutescens	Harvesting	-										4	
	·													
			Green 1	Leafy V	egetabl	es		Mo	nths					
Local Name	Scientific Name	Planting/ Harvesting	_											
		Trai vesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Planting								**				
Tyrso	Brassica juncea	Harvesting		-									-	-
	1	Planting												
Jaud	Allium hookeri	Harvesting	-					A		<u>A</u>	A	<u> </u>	<u>A</u>	
	1	-							•					
Jamyrdoh	Houttuynia cordata	Planting	_								Q.			
	corum	Harvesting					7	7	7	7	7	7		
Bat Pyllon (W)	Centella asiatica	Planting	_											
(w)	507507750	Harvesting				*	**	AS .	A	*	**	-	*	

		Planting												
Jaiing	Brassica nigra	Harvesting					-	*	-	*				
Jajew Heh Sla		Planting												
(W)	NA	Harvesting	-	A P	-	2	*	4	-	A P	2	*	4	?
(397)		Planting												
Jawieh (W)	NA .	Harvesting	-	4	P	-	4	-	-	*	2	*	-	-
I 1 . (AV)	Polygonum	Planting												
Jabuit (W)	muricatum	Harvesting				7	A	4	-	4	7	*		
Jajew Myrkhan	NA .	Planting												
(W)	IVA	Harvesting										*		*
Jali (W)	Gynura nepalensis	Planting												
Jan (w)	Gynuru neputerisis	Harvesting	-								-	4	A A	*
Jalynniar (W)	Sonchus arvensis	Planting												
jaryimar (w)	Somma ai vensis	Harvesting							4	*	*	*	***	*
Tangduma (W)	NA .	Planting												
Tanguma (W)	1721	Harvesting					7	7	-	7	7	7	-	
Jajew Skhor	NA .	Planting												
Blang (W)	1,111	Harvesting	7	a P	7	7		a d	7	and the second	7	-	7	
Jasim (W)	NA .	Planting												
3 ()		Harvesting	-	-	-	7		*		-	7	-		*
Jajew Maw/Jajew	Pothos curtizii	Planting												
Kynih Syiar (W)		Harvesting	7	7	7	7		7	-	7	7	7	-	7
Sla Jaiur	Zanthoxylem	Planting												
	acanthopodium	Harvesting	7	7	7	7	-	7	-	-	-	7	7	7
Jakhria (W)	Rhynchotechum	Planting												
	ellipticum	Harvesting							-	4	7	-		
Jarain (W)	Fagopyrum dibotrys	Planting												
		Harvesting					7	P	4	7	7	7		
			О	ther Fr	uits			Mo	nths					
Local Name	Scientific Name	Planting/	_								_	_		
		Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
0.1.7	16	Planting												
Soh Langdkhur	Morus australis	Harvesting			-	-								
Sohphoh		Planting												
Nongkhlaw	Pyrus communis	Harvesting												
	D 1 11 .	Planting												
Sohshiah	Rubus ellipticus	Harvesting					A							

		Planting												
Sohkhawiong	Rubus lasiocarpus	Harvesting					P							
		Planting												
Sohphie Bah	Myrica esculenta	Harvesting			P	-	P							
Sohphie Liya		Planting												
(W)	Myrica nagi	Harvesting			*		*							
	Elaeocarpus	Planting												
Sohkhyllam (W)	prunifolius	Harvesting										*	***	
Sohkynphor	Citrus	Planting												
Shrieh	dimorphocarpa	Harvesting	-											
		Planting												
Sohmad	Citrus medica	Harvesting	P											
Sohma (Mluh)		Planting												
(W)	Rhus chinensis	Harvesting	P											
		Planting												
Soh Khlur (W)	Elaegnus pyriformis	Harvesting			P	-								
		Planting												
Soh Pai Risang	NA	Harvesting									4	P	*	
		Planting												
Soh Um (W)	Syzygium cumini	Harvesting						-	-	7				
CII	D / .	Planting												
Soh Iong	Prunus nepalensis	Harvesting								4	*			
C 1 75 11:	27.4	Planting												
Soh Tylliang	NA	Harvesting							-	*		-		
	F: -11	Planting												
Soh Lapong	Ficus gibbosa	Harvesting						-	-	-				
6 1 61.	27.4	Planting												
Soh Shiat	NA	Harvesting						2	4					
Soh Pdok	Solanum torvum	Planting												
Son Paok	Solanum torvum	Harvesting							*					
Kait Khar	Musa sp.	Planting												
Kait Khar	ıvıusu sp.	Harvesting	-		*	A	-	*	4	-		2	4	A
Kait Mon	Marca to ana dicirco	Planting												
Kalt Mon	Musa paradisiaca	Harvesting	P		*		*	*	· ·	-	*	*	-	-
Kait Shairma	Musa velutina	Planting												
Kait Shyieng	iviusa vetutina	Harvesting	=	*	P	*	*	*	*	*	*	*	*	*

6.1.7. 1.	27.4	Planting	(§	3						
Soh Lyngkjup	NA	Harvesting								-
0.1.7.	D. /	Planting	<u> </u>	3						
Soh Priam	Psidium guajava	Harvesting							*	*
		Planting	2							
Soh Myndong	NA	Harvesting					**	**		
		Planting	<u> </u>	2						
Soh Kyrsiew	NA	Harvesting							A	-
	274	Planting	<u> </u>							
Soh Khylwiat	NA	Harvesting			P	P				
		Planting	2							
Soh Lyngwai	NA	Harvesting						*	*	
0.1.77		Planting	*							
Soh Thri	Calamus erectus	Harvesting								-
0.1.71	Artocarpus	Planting								
Soh Phan	heterophyllus	Harvesting				A				

N.B: W: Wild plant;

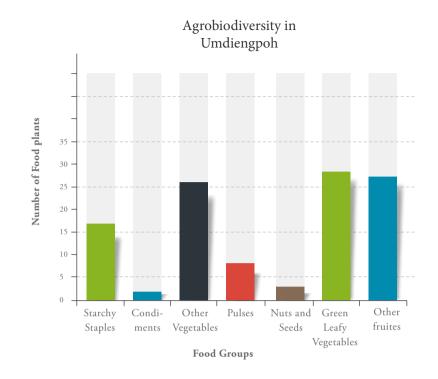


Umdiengpoh

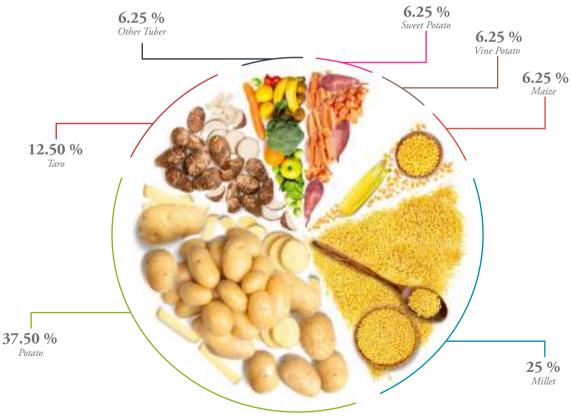
Umdiengpoh recorded a total of 107 food plants from the local landscape. Out of this, the highest number of plants (>25%) are found among the Other Fruits, and Green Leafy Vegetables. The least number of food plants (<5%) are from Condiments and Nuts and Seeds. There are no Vitamin A Rich plants in

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.









Starchy staples in Umdiengpoh

Starchy Staples

		T	St	tarchy S	Staples			Мо	nths					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Phan Karo Saw	Ipomea batatas	Planting Harvesting											<u>A</u>	
		That vesting									To	T.	TO	
Sohlah	Ipomoea racemosa	Planting												
		Harvesting		**	-								7	To
Riew Hadem	Zea mays	Planting												
Lieh	Zea mays	Harvesting								-	A			
		Planting												
Krai Truh	Eleusine coracana	Harvesting											A	<u>A</u>
	i	DI .												
Krai Jasheh	NA ·	Planting Harvesting					*						(a)	
		Tianvesting											70	TO
Krai Lon	NA ·	Planting												
		Harvesting												7
Krai Soh	77.4	Planting												
Krai Son	NA ·	Harvesting												*
		Planting												
Phan Saw	Solanum sp.	Harvesting						<u>A</u>	4		<u></u>			
				S. C.	•									
Phan Joyti	Solanum sp.	Planting Harvesting						(8)	(A)					
		Harvesting					1	7/	1/	1	1	1		
Phan Syntiew	Solanum sp.	Planting												
		Harvesting					*	***	8	*	*			
T		Planting			*									
Phan Imdieng	Solanum sp.	Harvesting					-	A A	-	-	-	-		
	c. L.	Planting												
Phan Sanminit	Solanum tuberosum	Harvesting						A						
	ı													
Phan Lieh	Solanum sp.	Planting			A								P	
		Harvesting			1							1	1	
Shriew Lyngkait	Colocasia/Alocasia/	Planting												
, 0	Remutsia Sp.	Harvesting												
et e et t	Colocasia/Alocasia/	Planting												
Shriew Shiktia	Remutsia Sp.	Harvesting											-	-
		Planting												
Soh Phlang	Flemingia vestita	Harvesting										<u>A</u>	<u>A</u>	
	ı	· ·		Condir	nente									
Local Name	Scientific Name	Planting/		Jonan	1101113			Mo	nths					
LOCAL INAILIE	Scientine Ivaine	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Pudina	Mentha viridis	Planting												

Other Vegetables

		Planting/	Oi	ner veş	getable	S		Мо	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Planting												
Tit Kor (W)	NA	Harvesting	-											
T: T (W/)	T and animous Lawrence	Planting	_											
Tit Tung (W)	Lactarius volemus	Harvesting				A								
Tit Stem/Tit	Craterellus	Planting	_											
Tynrai (W)	odoratus	Harvesting									*			
Γit Snier Blang	NA	Planting	_											
(W)	IVA	Harvesting												
Tit Tnaw Syiar	Clavulina sp.	Planting	_											
Stem/Lieh) (W)	Cuvuina sp.	Harvesting									-			
Tit Doh (W)	Lactarius volemus	Planting	_											
Tit Doil (w)	Lactarius voiemus	Harvesting									-			
Tit Dud (W)	NA	Planting	_											
Tit Dud (w)	IVA	Harvesting									P			
Гit Tyngab (W)	Laccaria lateritia	Planting	_											
iit iyiigab (w)	Lucuru uuriiii	Harvesting									*			
Tit Lbonghati	Ramaria sp.	Planting	_											
(W)	Rumurui sp.	Harvesting									-			
it Eit Masi (W)	NA	Planting	_											
It Lit Wasi (W)	IVA	Harvesting									-			
Tit Tah (W)	NA	Planting	_											
Tit Tail (W)	1421	Harvesting									*			
Гit Sopjat (W)	NA	Planting	_											
iii oopjat (w)	1421	Harvesting									-			
Soh Pen (W)	Eriosema	Planting	_											
oon ren (w)	himalaicum	Harvesting											*	7
Kubi	Brassica oleracea	Planting	_											
THIOT	var. capitata	Harvesting												
Jyllang	Allium tuberosum	Planting	_											
Jynang	11mm mocrosum	Harvesting							2					
Soh Thliem	Gomphogyne	Planting	_											
John Timem	cissiformis	Harvesting										2		
Sohkhia Khasi	Cucumis sativus	Planting	_											
Sonkina Khasi	Cucums suitvus	Harvesting												
Sohlakum	Brassica rapa subsp.	Planting	_											
Somakum	rapa	Harvesting				*	*							
Muli	Dathama artim	Planting	_											
- Mun	Raphanus sativus	Harvesting		— 61	-		4						P	-

		Planting												
Biskot Lieh	Sechium edule	Harvesting	4										*	A
		Planting												
Biskot Shiah	Sechium edule	Harvesting	A										4	
	l													
Biskot Iong	Sechium edule	Planting Harvesting											4	
		1 fai vesting	70											TO
Pashor Kait (W)	Musa paradisiaca	Planting												
		Harvesting											7	7
Siar Kait (W)	Musa paradisiaca	Planting												
Siai Kait (W)	iviusu punuusuu	Harvesting											-	7
		Planting												
Sohkhia Blei (W)	Solena heterophyla	Harvesting									P	*	-	P
c ·		Planting												
Syntiew Jallymmut (W)	NA ·	Harvesting										<u>A</u>	<u>A</u>	<u></u>
	ı													
				Pulses										
Local Name	Scientific Name	Planting/		7.1	7.5		7.5	Mon						-
		Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Rymbai Ja	Vigna umbellata	Planting												
Tty mour ju	rizmi imociani	Harvesting												7
D 1 - 77		Planting												
Rymbai Ktung	Glycine max	Harvesting											A	A
		Planting								*				
Motor Shana	Pisum sativum	Harvesting										-		
	i	Dlamatara												
Motor Heh	Pisum sativum	Planting Harvesting											As .	
	I												T.	
Motor Ri	Pisum sativum	Planting												
		Harvesting										1	1	
Presbin	Phaseolus vulgaris	Planting												
	0	Harvesting									-	-		
p: pl	Phaseolus vulgaris	Planting												
Ri Phyrngop	Phaseolus vulgaris	Harvesting										*	-	-
			N	uts and	Seeds									
Local Name	Scientific Name	Planting/						Mon						
Zoom Hunte	Jerement I Wille	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Sal-Ov (W)	Cantananiai	Planting	Wild											
Soh Ot (W)	Castanopsis indica	Harvesting											-	-
		Planting				*								
Neilieh	Perilla frutescens	Harvesting											-	-
	'	=												

Green Leafy Vegetables

		Planting/	Green .	Loury .	egetabl			Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		DI .:												
Jasim (W)	NA	Planting Harvesting	_	-							A	4	A	<u></u>
		Planting												
njew Kynih Syiar/ Jajew Maw (W)	Pothos curtizii	Harvesting	_								4	4	4	
		DI I												
Sla Phul	Brassica oleracea var. botrytis	Planting Harvesting		A								4	<u>a</u>	<u></u>
_	l I	_												
Salat	Lactuca sativa	Planting Harvesting	_										8	A
	l	Tial vesting							TO .				TO .	To the second
Jakhria (W)	Rhynchotechum ellipticum	Planting	_											
	cmpmum	Harvesting					7	7	7	7	7	7	7	
Tyrso	Brassica juncea	Planting	-											
,		Harvesting	7	-										
Jaud	Allium hookeri	Planting	_											
Jauu	Allium nooken	Harvesting			-		*	-	-	*				
	Houttuynia	Planting												
Jamyrdoh	cordata	Harvesting	_		P	*	P	P	P	P	?	P		
		Planting												
Jatira (W)	Oenanthe linearis	Harvesting	_		-	A P	-	-	-	-	2	-		
		Planting												
Bat Pyllon (W)	Centella asiatica	Harvesting	_		4	A			-	-	2	-		
Tyrkhang Iong	Diplazium	Planting												
(W)	esculentum	Harvesting	_								A	A	A	A CONTRACTOR OF THE CONTRACTOR
		Planting												
Jaiing (W)	Brassica nigra	Harvesting	_				P				-			
Jajew Heh Sla		Planting												
(W)	NA	Harvesting	_								-	P	-	
		Planting												
Jathang (W)	Neilla thyrsiflora	Harvesting	_								-	4		
		Planting												
Jatwad (W)	NA	Harvesting	_				A	4	A	A	A	A	A	<u>A</u>
		_												
Jawieh (W)	NA	Planting Harvesting	_							A		4	A	
		_												
Latyrdop (W)	NA	Planting Harvesting	_							A	A	A	A	
		_								7	7	7	7	
Jabuit (W)	Polygonum muricatum	Planting	_									C		
	muncatum	Harvesting		63				7	7	7	7	7		

Jajew Khyndew	N/4	Planting													
(W)	NA	Harvesting						***		7		-			
Jajew Rben (W)	NA	Planting													
Jajew Roen (w)	1421	Harvesting						7	*	7	7	*			
Jali (W)	Gynura nepalensis	Planting													
J (/	Cyruma raepaacrass	Harvesting					7	2	7	7	7	7			
Jangen Skei (W)	NA	Planting													
Jungen Oner (w)	1711	Harvesting					7	7	*	A P	7				
Jalynniar (W)	Sonchus arvensis	Planting													
Jacy manage (W)		Harvesting							W. Control of the con	7	*				
Jalynnoh (W)	Polygonum orientale	Planting													
Jalymon (w)	1 oijgonum orunuu	Harvesting			*										
Jamiaw (W)	Gentiana	Planting													
Jamiaw (w)	quadrifaria	Harvesting			-	7	2		7	7	-				
I-l(W/)	NA	Planting													
Jahenwet (W)	IVA	Harvesting			P	-									
Jangew Mawria	NA	Planting													
(W)	IVA	Harvesting						4		-					
Jabar (W)	NA	Planting													
3 ()		Harvesting				7	4	7		7	-				
			(Other I	Fruits	7	7		40.7	7					
Local Name	Scientific Name	Harvesting Planting/ Harvesting	Jan	Other I Feb	Fruits Mar	Apr	May		nths Jul	Aug	Sep	Oct	Nov	Dec	
Local Name	Scientific Name	Planting/						Мо	nths	Aug	Sep	Oct	Nov	Dec	1
		Planting/ Harvesting						Mo	nths	Aug	Sep	Oct	Nov	Dec	
Local Name Sohlyngdkhur	Scientific Name Morus australis	Planting/ Harvesting						Mo	nths	Aug	Sep	Oct	Nov	Dec	
Local Name Sohlyngdkhur	Scientific Name	Planting/ Harvesting Planting Harvesting						Mo Jun	nths	Aug	Sep	Oct	Nov	Dec	
Local Name Sohlyngdkhur Sohphoh Nongkhlaw	Scientific Name Morus australis Pyrus communis	Planting/ Harvesting Planting Harvesting Planting						Mo Jun	nths	Aug	Sep	Oct	Nov	Dec	
Local Name Sohlyngdkhur	Scientific Name Morus australis	Planting/ Harvesting Planting Harvesting Planting Harvesting						Mo Jun	nths	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 Harvesting Planting						Mo Jun	nths	Aug	A	Oct	Nov	Dec	
Local Name Sohlyngdkhur Sohphoh Nongkhlaw	Scientific Name Morus australis Pyrus communis	Planting/ Harvesting Planting Harvesting Planting Harvesting Harvesting Planting Harvesting						Mo Jun	nths	Aug	A	Oct			
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 Planting Harvesting						Mo Jun	nths	Aug	A	Oct			
Local Name Sohlyngdkhur Sohphoh Nongkhlaw Sohphoh Lakun	Scientific Name Morus australis Pyrus communis Pyrus communis	Planting/ Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Harvesting Harvesting						Mo Jun	nths	Aug	A	Oct		Dec	
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 Planting Planting Harvesting						Mo Jun	nths	Aug		Oct			
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 Harvesting Harvesting Harvesting Harvesting		Feb				Mo Jun	nths	Aug	A	Oct			
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	Planting/ Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Harvesting Planting Harvesting Planting Planting Planting Planting Planting		Feb				Mo Jun	nths	Aug		Oct			
Sohlyngdkhur Sohphoh Nongkhlaw Sohphoh Lakun Sohshiah (W) Sohkhawiong (W) Sohpdung Ksuit	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 Harvesting Harvesting Harvesting		Feb				Mo Jun	nths	Aug		Oct			
Sohlyngdkhur Sohphoh Nongkhlaw Sohphoh Lakun Sohshiah (W) Sohkhawiong (W) Sohpdung Ksuit Sohryngkham (W)	Scientific Name Morus australis Pyrus communis Pyrus communis Rubus ellipticus Rubus lasiocarpus NA Vaccinium graffithianum	Planting/ Harvesting Planting Planting Harvesting Planting		Feb			May	Mo Jun ③	nths	Aug		Oct			
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	Planting/ Harvesting Planting Harvesting Harvesting		Feb			May	Mo Jun	nths	Aug		Oct			

		Planting								
Sohphie Nam	Myrica nagi	Harvesting			*					
	16	Planting								
Sohphie Liya	Myrica nagi	Harvesting								
Sohlang Ja	NA	Planting								
Soniang Ja	IVA	Harvesting					P			
Sohshur	Pyrus pashia	Planting								
Solisitui	1 yrus pasma	Harvesting					9			
Sohkhyllam (W)	Elaeocarpus	Planting								
Sofikilyffalli (w)	prunifolius	Harvesting				>				
Sohlyngkait	Holboellia latifolia	Planting								
Somyngkart	1101000011111 1111101111	Harvesting							-	
Sohphoh Khasi	Docynia indica	Planting								
Solipholi Kliasi	Docynia inaica	Harvesting					=			
Sohkynphor	Citrus	Planting								
Shrieh (W)	dimorphocarpa	Harvesting							4	2
Sohmad (W)	Citrus medica	Planting								
Sonmad (w)	Curus meatea	Harvesting							-	
Sohma (Mluh)	Rhus chinensis	Planting								
(W)	TOTAS CITTUENSIS	Harvesting							A	*
Soh Khlur (W)	Elaegnus pyriformis	Planting								
Son Rinar (W)	Lucgnus pyrijornus	Harvesting								
Soh Eit Ksew	NA	Planting								
(W)	1421	Harvesting					7	7		
Soh Kyrsiew	NA	Planting								
John Rytslew	1421	Harvesting							7	7
Soh Pai Risang	NA	Planting								
(W)	1421	Harvesting							-	
Soh Um	Syzygium cumini	Planting								
	Jyzygium cumini	Harvesting							-	*
Soh Iong (W)	Prunus nepalensis	Planting								
con long (w)	Trumma mepunchasa	Harvesting		P	2					7
Soh Lapoqng	Ficus gibbosa	Planting								
(W)	T total ground	Harvesting							7	
Soh Shiat (W)	NA	Planting								
		Harvesting							A P	-
Soh Pdok	Solanum torvum	Planting								
N.R. W. Wild plant: NA: N		Harvesting	— 65 L						*	



O3PRIORITISED 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:

- 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

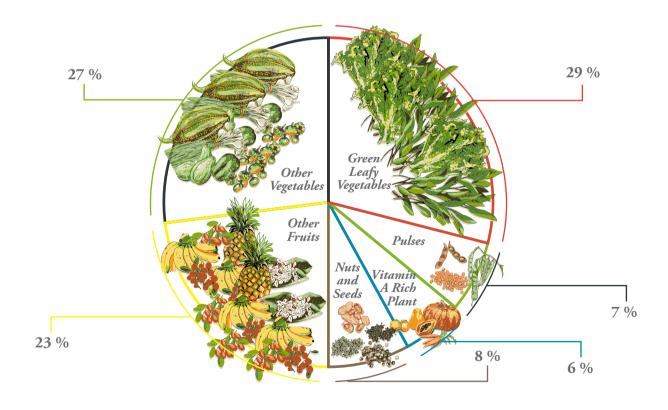


Figure 7: Prioritised food plants from Mawmihthied

Other Vegetables

	Scientific Name	Other Vegetables Planting/ Months												
Local Name		Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	De
Tit Tung (W)	Lactarius volemus	Planting												
		Harvesting	-						A					
Tit Tnaw Syiar (Stem/Lieh) (W)	Clavulina sp.	Planting												
		Harvesting	-							7	*			
Tit Dud (W)	NA -	Planting												
		Harvesting								7	***			
Γit Eit Masi (W)	NA .	Planting												
210 211 112 (11)		Harvesting							7	-	-			
Kubi	Brassica oleracea	Planting	_											
Kubi	var. capitata	Harvesting										-		
Jyllang	Allium tuberosum	Planting	_											
Jynang	Autum tuverosum	Harvesting							-	2	*			
Soh Thliem	Gomphogyne cissiformis	Planting	_											
		Harvesting									-	P		
Biskot Lieh	Sechium edule -	Planting	_											
		Harvesting												
Muli Lieh	Raphanus sativus -	Planting	_											
		Harvesting											7	**************************************
Sohkhia Khasi	Cucumis sativus -	Planting												
Solikilia Kilasi		Harvesting							*					
Syntiew	NA -	Planting												
Jalymmut (W)		Harvesting						AN A	-					
athaw Thohriew	Cucurbita maxima -	Planting												
athaw indifficw		Harvesting							4	-		*		(A)
Syntiew Pathaw	Cucurbita maxima -	Planting	_											
yntiew i athaw		Harvesting								A TOP TO THE PROPERTY OF THE P	7	7		
Soblatzum	Brassica rapa subsp. rapa	Planting												
Sohlakum		Harvesting				-	*				*			
		Planting/		Puls	es			Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	De
Ri Phyrngop		Planting												
	Phaseolus vulgaris	Harvesting			<u> </u>					-		•	4	40
ti Lyngknap Saw		Planting												
	NA -	Harvesting												

	Vicia faba	Planting												
Ri Ran/Majai		Harvesting												
Rymbai Ja		Planting												
	Vigna umbellata	Harvesting											A	
			N	uts and	l Seeds									
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	oths Jul	Aug	Sep	Oct	Nov	Dec
			<u></u>					J *****	J	8				
Soh Ot rit (W)	Castanopsis indica	Planting Harvesting		<u></u>										
	I		T											
Neilieh	Perilla frutescens	Planting												
		Harvesting											7	
Shyieng Pathaw	Cucurbita maxima	Planting												
		Harvesting												7
Shyieng Sohphie	Myrica esculenta	Planting												
(W)	111yruu esemeruu	Harvesting				7	*	7	*					
		DI /	Green	Green Leafy Vegetables Months										
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
	Allium hookeri	Dlanting												
Jaud (W)		Planting Harvesting					<u>A</u>	<u>A</u>		<u>A</u>		<u>A</u>	<u>A</u>	
	I													16
Tyrso	Brassica juncea	Planting Harvesting												
		Traivesting						10						
Jamyrdoh (W)	Houttuynia cordata	Planting												
		Harvesting	7	7	7	7	7	7	7	7	7	7	7	7/
Jatira (W)	Oenanthe linearis	Planting												
		Harvesting	-		7		-		-	*	-	-		7
Bat Pyllon (W)	Centella asiatica	Planting												
- Dat I yildii (W)		Harvesting						-	-	7	7	-		
Jangew Mawria/	NA	Planting												
Tangduma (W)		Harvesting						-	-					
	NA .	Planting												
Jajer (W)		Harvesting				4	-	-	*					
Jabal (W)	NA -	Planting												
		Harvesting						A	4	A	4	A		
	Ipomea batatas -	Planting												
Sla Phankaro		Harvesting						-	A					
Sla Pathaw	Cucurbita maxima	Planting Harvesting								<u>A</u>	4			
		8												

Sla Biskot	Sechium edule	Planting Harvesting												
		Tarvesting												
Sla Byrthti (W)	NA	Planting												
		Harvesting						***		7				
Sla Muli	Raphanus sativus	Planting												
O.W. 17.11.1	Taip not to serve to	Harvesting							**			-		
	Allium tuberosum	Planting												
Sla Jyllang		Harvesting									-			
		Planting												
Jalynniar (W)	Sonchus arvensis	Harvesting						<u></u>	A	<u>A</u>	A			
	'													
		Planting/	(Other I	Fruits									
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Planting												
Sohshiah (W)	Rubus ellipticus	Harvesting						-	-					
		Planting												
Sohryngkham (W)	Vaccinium graffithianum	Harvesting												
Sohphie Nam (W)	Myrica nagi	Planting Harvesting							8					
()		Tanvesting						10	1					
Sohphie Liya	Myrica sp.	Planting												
(W)		Harvesting					7	7	-					
Sohlang Ja (W)	NA	Planting												
Ja (w)		Harvesting										-	*	
C 1 1 (AV)	Pyrus pashia	Planting												
Sohshur (W)		Harvesting						-	A					
	Elaeocarpus prunifolius	Planting												
Sohkhyllam (W)		Harvesting				<u></u>								
	Holboellia latifolia	Planting												
Sohlyngkait (W)		Harvesting							<u></u>	-				
	Elaegnus pyriformis	_												
Soh khlur (W)		Planting Harvesting												
Soh Um (W)	Syzygium cumini	Planting												
		Harvesting			7	-								
Sohlang Dkhur	Morus australis	Planting												
(W)		Harvesting				7	P	7						
Sohphoh	Pyrus communis	Planting									_			
Nongkhlaw	1 yrus communis	Harvesting									-			

Vitamin A Rich Plants

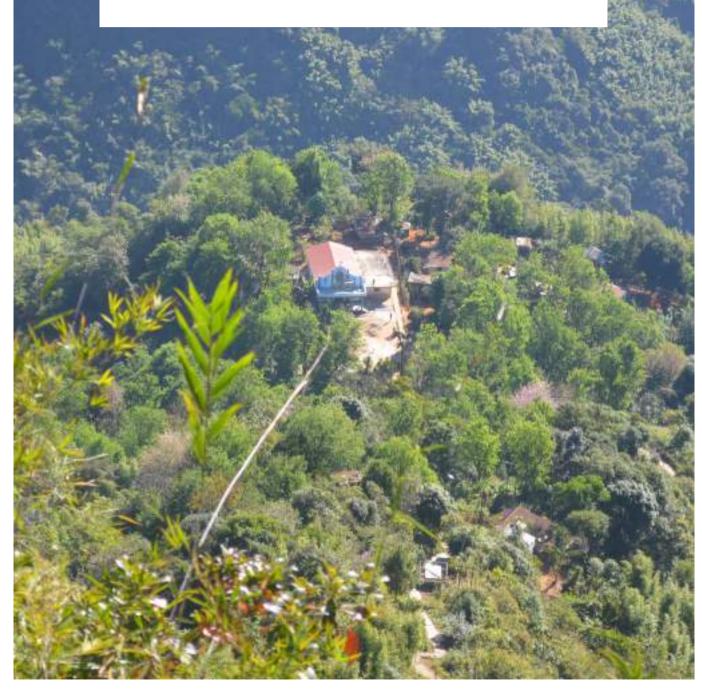
T 1 NT	al Name Scientific Name Planting/		Months												
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Soh Brab	Passiflora edulis	Planting Harvesting						?	P						
Kajor	Daucus carota subdp. sativus	Planting Harvesting								*					
Pathaw Bah/Heh	Cucurbita maxima	Planting Harvesting													



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

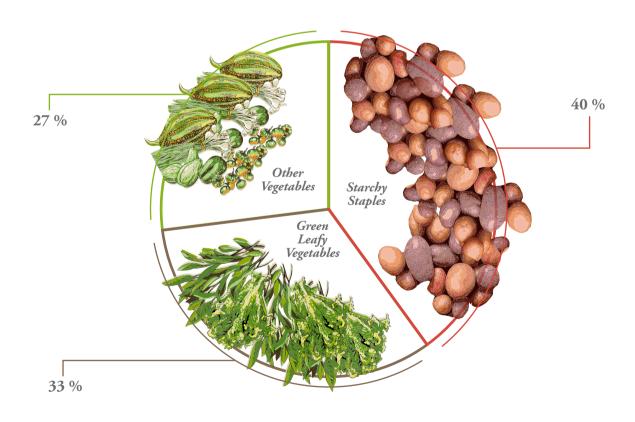
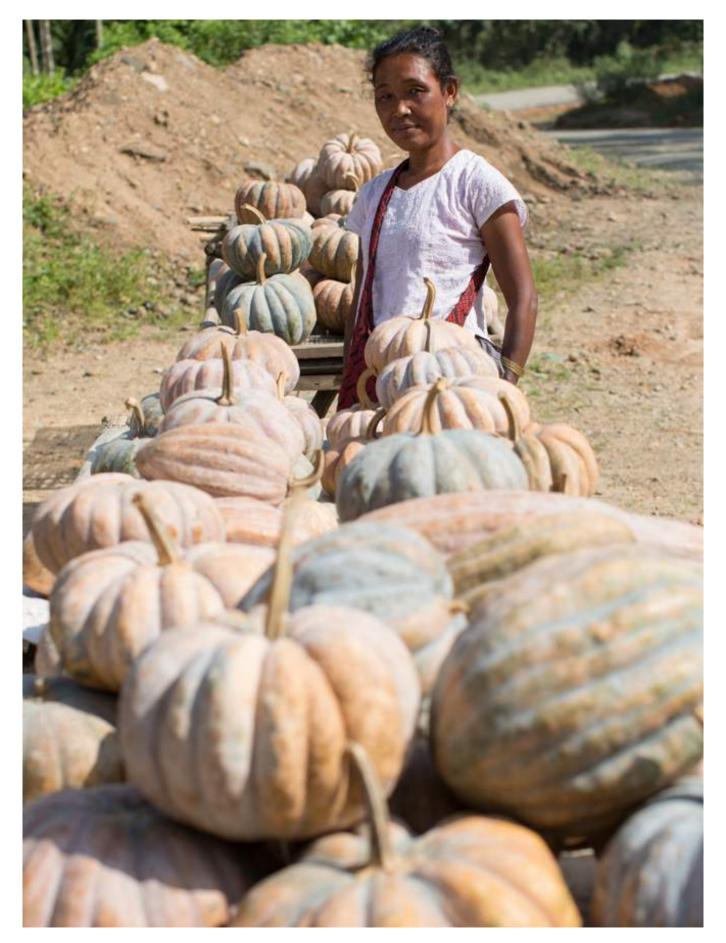


Figure 8 : Prioritised food group in Nongtraw

		Planting/	Si	tarchy	Staples			Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
DI O	Solanum	Planting												
Phan Saw	tuberosum	Harvesting							-					
		Planting												
Phan Imslem	Solanum sp.	Harvesting			69			4						
	ı	_												
Phan Sawhoiñ	Solanum sp.	Planting												
		Harvesting												
Phan Lyngseng	Solanum sp.	Planting												
Than Lyngseng	Sounium sp.	Harvesting						*						
		Planting												
Phan Jata	Solanum sp.	Harvesting						-						
		Planting												
Phan Shriew	Solanum sp.	Harvesting						4						
	I	Tarvesting						T.						
		Planting/	Ot	ther Ve	getable	S		Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		DI												
Sohkhia	Cucumis sativus	Planting Harvesting						4						
		Tarvesting												
Jyllang	Allium tuberosum	Planting												
		Harvesting							7	7				
C: W - : 4 (NV)	Managaratician	Planting												
Siar Kait (W)	Musa paradisiaca	Harvesting	-	P	A	4	-			-	-	-	4	A. C.
		Planting												
Khoit Kait (W)	Musa paradisiaca	Harvesting	4	<u>*</u>			-	A	4	<u>*</u>	A	-		
	'													
		Planting/	Green	1 Leafy	Vegeta	bles		Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Planting												
Jaiing	Brassica nigra	Harvesting												
	I						1/2							
Tyrso	Brassica juncea	Planting												
		Harvesting												7
Jali (W)	Gynura nepalensis	Planting												
- Jan (w)	Gynuru περαιεπείε	Harvesting							*	-	*			
	Fagopyrum	Planting												
Jarain (W)	dibotrys	Harvesting							A	-	P			
		Dlaneire												
Jakhria (W)	Rhynchotechum ellipticum	Planting Harvesting						<u>A</u>	A		A			
	-	1 141 , 3501115						6	10					



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



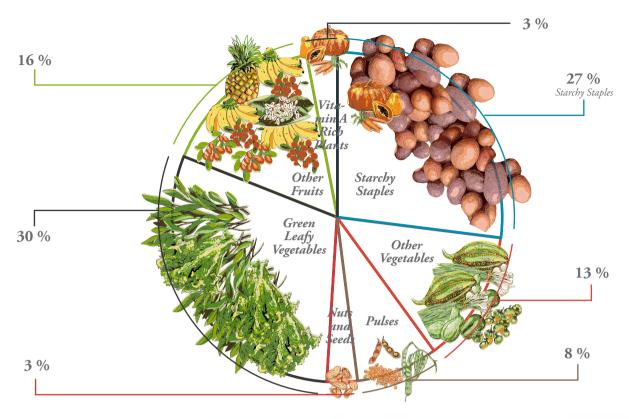


Figure 9: Prioritised food group in Laitsohpliah



Starchy S	Staple
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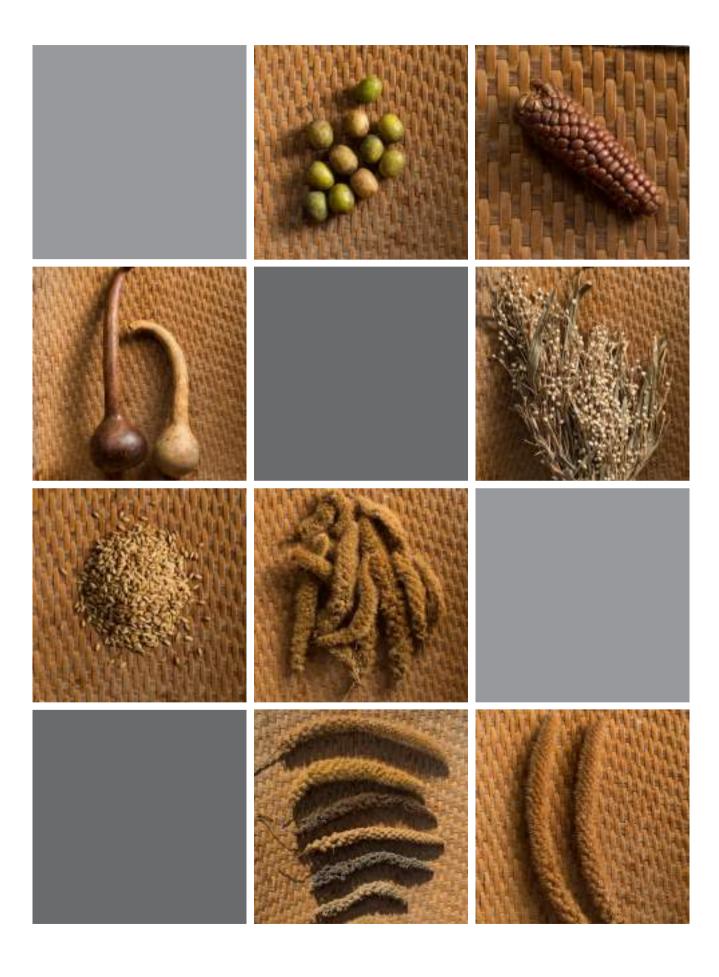
		Planting/	St	tarchy S	Staples			Мо	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
	C. L.	Planting												
Phan Lieh	Solanum tuberosum	Harvesting						-	4		-	4		
	Solanum	Planting												
Phan Saw	tuberosum	Harvesting						-	4	4		4	A	
DI C :	C. I.	Planting												
Phan Syntiew	Solanum sp.	Harvesting						7	A	2	4	A	-	
Dhan Imdiana	Solanaman	Planting												
Phan Imdieng	Solanum sp.	Harvesting	-					-	7	A TO	A A	7	*	-
Phan San Minit	Solanum	Planting												
rnan San Minit	tuberosum	Harvesting						-	***	A	*	***	A	A
DI IZ C	T	Planting												
Phan Karo Saw	Ipomea batatas	Harvesting											A	
DI 17 1.1		Planting												
Phan Karo Lieh	Ipomea batatas	Harvesting											4	
				1 77	1.1									
T INT	C ·C M	Planting/	Ot	her Ve	getables	S		Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
D. 1 . 1 . 1		Planting												
Biskot Lieh	Sechium edule	Harvesting						-	*					
		Planting												
Biskot Shiah	Sechium edule	Harvesting							-					
		Planting												
Biskot Iong	Sechium edule	Harvesting							-					
		Planting												
Muli Lieh	Raphanus sativus	Harvesting										*	A	-
		Planting												
Muli Saw	Raphanus sativus	Harvesting										P	P	P
				Puls										
Local Name	Scientific Name	Planting/		1 413	100			Mo	nths					
Local Ivallic	Scientific Ivaine	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Presbin	Phaseolus vulgaris	Planting												
— Trestill	1 muscolus valgaris	Harvesting										*		-
Motor Heh	Pisum sativum	Planting												
Wiotor Hen	1 เรนเท รนเเบนเท	Harvesting												
Motor Ri	Pisum sativum	Planting												
- Motor Ki	1 isum suitvum	Harvesting											-	-

		Di . '	N	uts and	l Seeds			Ma	nths					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
			Jun	100	17141	11р1	IVILLY	Jun	Jui	1146	ССР		1107	Dec
Soh Ot (W)	Castanopsis indica	Planting Harvesting	A	<u>a</u>	(a)									
		Tiarvesting	TO	70	70								TO	TO
		Diametra -/	Green	Leafy	Vegetal	bles		Mo	nths					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
										- 8				
Jaud (W)	Allium hookeri	Planting	-											
		Harvesting						7	7	7	7	7	7	T
I 1 (W)	Houttuynia	Planting												
Jamyrdoh (W)	cordata	Harvesting	4	4	4	4	7	7	*	-	-	-	-	-
		Planting												
Bat Pyllon (W)	Centella asiatica	Harvesting	-											
	I							10			10			10
Jangew	NA	Planting	_											
Kynthong (W)		Harvesting					1	-						
7 14 (NF)		Planting												
Jali (W)	Gynura nepalensis	Harvesting	P	P	-	P	*	P	*	P	P	P	P	-
	1	Planting												
Jatira (W)	Oenanthe linearis	Harvesting	-											
	l	Traivesting												
Jalynniar (W)	Sonchus arvensis	Planting	-											
		Harvesting	*	7	7		*		7	7	-			
Jangew Mawria		Planting												
(W)	NA	Harvesting	-				-	-	-	-	4			
		Planting												
Jabar (W)	NA	Harvesting	-											
		That vegeting												
Jaiing	Brassica nigra	Planting	_											
J. 8		Harvesting							7					
		Planting												
Tyrso	Brassica juncea	Harvesting	P	A	A	A					-	A	-	
				Other 1	Fruits									
Local Name	Scientific Name	Planting/ Harvesting	Iam	Feb	Mar	Λ	Mary		nths	A	Sam	Oct	Nov	Dos
		That vesting	Jan	гев	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Sohshiah (W)	Rubus ellipticus	Planting	_											
	inom cuipuem	Harvesting				-	*							
Sohkhawiong		Planting												
(W)	Rubus lasiocarpus	Harvesting	-				<u>a</u>							
	1	_												
Sohphie Bah (W)	Myrica esculenta	Planting	-											
		Harvesting				7	P	-						



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







Dewlieh

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

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

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

N.B: * Extra food group

Table 11: Prioritised food group in Dewlieh

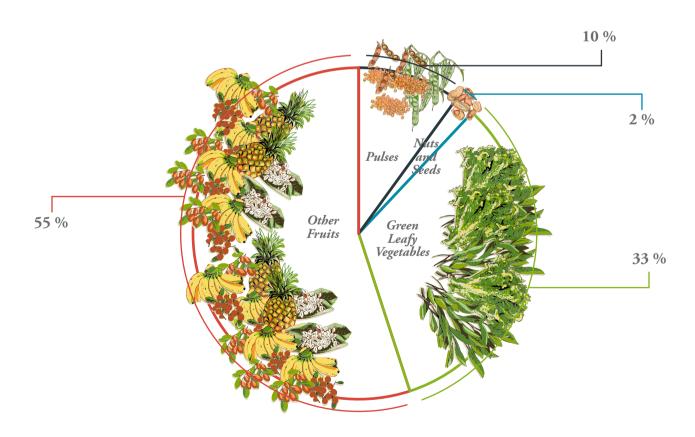


Figure 10: Prioritised food plants from Dewlieh

		Planting/		Puls	ses			Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Planting												
Rymbai Ja	Vigna umbellata	Harvesting	-											
	1													
Ri Lyngknap Saw	NA	Planting	_								8			
		Harvesting									1/-	4	7	1
Ri Lyngknap	NA	Planting	_											
Jyrngam		Harvesting									7	*	*	7
Presbin	Dl l l i .	Planting												
Presoni	Phaseolus vulgaris	Harvesting						-	**					
		Planting												
Ri Phyrngop	Phaseolus vulgaris	Harvesting	_						4	-				
	·		N	uts and	d Seeds									
Local Name	Scientific Name	Planting/						Mo	nths					
		Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
NI de 1	D : 11 . C	Planting												
Neilieh	Perilla frutescens	Harvesting	_										-	A
			Green	Leafy	Vegeta	hles								
Local Name	Scientific Name	Planting/	dicci	Leary	vegeta	Dies		Mo	nths					
Local Ivalic	Scientific Ivanic	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Planting												
Tyrso	Brassica juncea	Harvesting	P	P									*	-
		Planting												
Jaud	Allium hookeri	Harvesting	_					4			-			
	1	_												
Jamyrdoh	Houttuynia cordata	Planting	_								8	<u> </u>		
		Harvesting					7		1			7		
Bat Pyllon (W)	Centella asiatica	Planting	_											
		Harvesting				7	-	2	7	-		7		
Jaiing	Brassica nigra	Planting	_											
Jannig	Brassica nigra	Harvesting					-	**	A	A				
Jajew Heh Sla		Planting												
(W)	NA	Harvesting	P	-	-	A	-	A	-	A	P			P
	Ī	Planting												
Jawieh (W)	NA	Harvesting	-	<u></u>	4	<u>A</u>	<u></u>	<u>A</u>	<u></u>	<u></u>	<u></u>	<u></u>	<u>***</u>	A
		_		<i>••</i>				~						
Jabuit (W)	Polygonum muricatum	Planting Harvesting											(m)	
		1 tai vesting	1	1	1	1	1	1	1	1	1	1	1	1

- 1. am		Planting												
Jali (W)	Gynura nepalensis	Harvesting	7	A.							*	-	4	7
Jalynniar (W)	Sonchus arvensis	Planting	_											
Jaiyiiiiai (w)	Sonerius ur vensis	Harvesting							*		*		4	7
T (W)	NA	Planting												
Tangduma (W)	IVA	Harvesting					1	7			AN .	4	-	
Jajew Skhor	NA	Planting												
Blang (W)		Harvesting	*	-	7	-	7	7	7	-	7	7	7	7
Jasim (W)	NA	Planting												
Jasini (W)	1421	Harvesting	-	A P	a de	7	2	-	W. T.	7	a de la companya de l	A P	-	-
Jajew Maw/Jajew	Pothos curtizii	Planting												
Kynih Syiar (W)	1 00003 Curtizu	Harvesting	*	A P	A	-	-	7	A P	a P	AN A	4	-	*
Jakhria (W)	Rhynchotechum	Planting												
Jakiiiia (w)	ellipticum	Harvesting							***	-	8	-	-	
Jarain (W)	Fagopyrum	Planting												
Jarain (w)	dibotrys	Harvesting						-	-	-	**			
				Other !	Fruits			3.6						
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	nths Jul	Aug	Sep	Oct	Nov	Dec
	1	Dlantina												
Soh Langdkhur	Morus australis	Planting Harvesting												
Soh Langdkhur	Morus australis	Harvesting	-											
Soh Langdkhur Sohshiah	Morus australis Rubus ellipticus	Harvesting Planting												
		Harvesting Planting Harvesting					*							
		Harvesting Planting Harvesting Planting	-				*							
Sohshiah	Rubus ellipticus	Harvesting Planting Harvesting Planting Harvesting					*			•				
Sohshiah	Rubus ellipticus	Harvesting Planting Harvesting Planting Harvesting Planting								*				
Sohshiah Sohkhawiong Sohphie Bah	Rubus ellipticus Rubus lasiocarpus	Harvesting Planting Harvesting Planting Harvesting Planting Planting Harvesting						*	*	*				
Sohshiah Sohkhawiong Sohphie Bah Sohphie Liya	Rubus ellipticus Rubus lasiocarpus	Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting							*	*				
Sohshiah Sohkhawiong Sohphie Bah	Rubus ellipticus Rubus lasiocarpus Myrica esculenta Myrica nagi	Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting						*	*					
Sohshiah Sohkhawiong Sohphie Bah Sohphie Liya	Rubus ellipticus Rubus lasiocarpus Myrica esculenta Myrica nagi Elaeocarpus	Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Planting Planting Planting								*				
Sohshiah Sohkhawiong Sohphie Bah Sohphie Liya (W)	Rubus ellipticus Rubus lasiocarpus Myrica esculenta Myrica nagi	Planting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Harvesting												
Sohshiah Sohkhawiong Sohphie Bah Sohphie Liya (W)	Rubus ellipticus Rubus lasiocarpus Myrica esculenta Myrica nagi Elaeocarpus	Planting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Planting Planting												
Sohshiah Sohkhawiong Sohphie Bah Sohphie Liya (W) Sohkhyllam (W)	Rubus ellipticus Rubus lasiocarpus Myrica esculenta Myrica nagi Elaeocarpus prunifolius	Harvesting Planting Harvesting Harvesting												
Sohshiah Sohkhawiong Sohphie Bah Sohphie Liya (W) Sohkhyllam (W) Sohmad	Rubus ellipticus Rubus lasiocarpus Myrica esculenta Myrica nagi Elaeocarpus prunifolius	Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Harvesting Planting Harvesting Planting Harvesting Planting Planting Harvesting												
Sohshiah Sohkhawiong Sohphie Bah Sohphie Liya (W) Sohkhyllam (W)	Rubus ellipticus Rubus lasiocarpus Myrica esculenta Myrica nagi Elaeocarpus prunifolius Citrus medica	Harvesting Planting Harvesting Harvesting Harvesting												
Sohshiah Sohkhawiong Sohphie Bah Sohphie Liya (W) Sohkhyllam (W) Sohmad	Rubus ellipticus Rubus lasiocarpus Myrica esculenta Myrica nagi Elaeocarpus prunifolius Citrus medica	Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Planting Harvesting Harvesting Planting Harvesting Planting Harvesting Planting Planting Harvesting												

Soh Pai Risang	NA	Planting												
8		Harvesting									-	-		
		Planting												
Soh Um (W)	Syzygium cumini	Harvesting						-	-	<u>a</u>				
Cale Laura	D	Planting												
Soh Iong	Prunus nepalensis	Harvesting								-				
Soh Tylliang	NA	Planting												
g		Harvesting									7			
Soh Lapong	Ficus gibbosa	Planting												
		Harvesting					7	7	7	7				
C 1 Cl · .	7.7.4	Planting												
Soh Shiat	NA	Harvesting						*	*					
Soh Pdok	Solanum torvum	Planting												
30H I dok	Sounam torvam	Harvesting							7					
Kait Khar	Musa sp.	Planting												
		Harvesting	-					7			-		-	
Kait Mon	Musa paradisiaca	Planting												
	1	Harvesting	7	7	7	7	7	7	7	7	7	-	7	
W + 61 +	3.6	Planting												
Kait Shyieng	Musa velutina	Harvesting	-	A	-	-	A	4	4	4	-	A		4
0.1.7	27.4	Planting												
Soh Lyngkjup	NA	Harvesting												-
Soh Priam	Dei dieum au ai au a	Planting												
Son Priam	Psidium guajava	Harvesting											*	*
Soh Myndong	NA	Planting												
oon wyndong	1771	Harvesting	-	AL CONTRACTOR OF THE PROPERTY	-	-	2	4	-	*		A	-	A
		Planting												
Soh Kyrsiew	NA	Harvesting	P	-	P	-	-							
	·	Planting												
Soh Khylwiat	NA	Harvesting		*	*								*	
	- 1	Tian (coming												
Soh Lyngwai	NA	Planting												
		Harvesting	-		*	*	-	*	7	7	7	-	7	A
Soh Phan	Artocarpus	Planting												
– Joh I hali	heterophyllus	Harvesting		4	-	-		*	*	-	-	-	*	-
** ** *** **** *** *** *** ***														





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



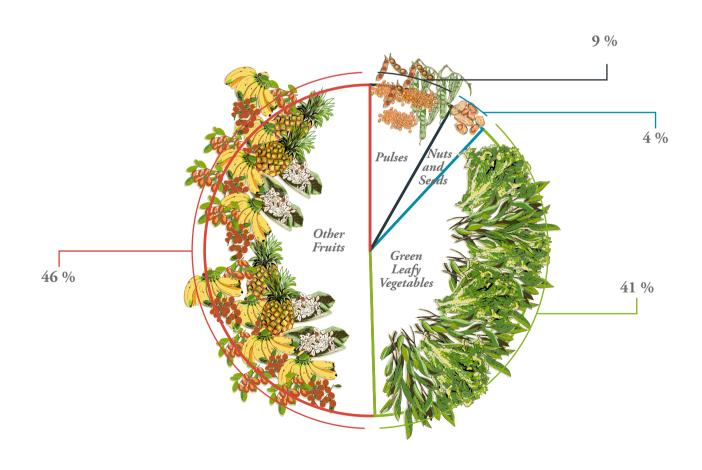


Figure 11: Prioritised food plants from Umdiengpoh

		DI /		Puls	ses			Mo	onths					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
		Dlaneina				S. O.	Sle							
Rymbai Ja	Vigna umbellata	Planting Harvesting											<u>A</u>	
	I													
Motor Shana	Pisum sativum	Planting												
		Harvesting											7	
Motor Heh	Pisum sativum	Planting												
1/10101 11011	1 isum suuvum	Harvesting										7		
		Planting												
Motor Ri	Pisum sativum	Harvesting										-	-	
		Planting												
Ri Phyrngop	Phaseolus vulgaris	Harvesting											A	A
	I	0												
		Planting/	N	uts and	d Seeds			Mo	nths					
Local Name	Scientific Name	Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
	Castanopsis indica	Planting	Wild											
Soh Ot (W)		Harvesting	Wild										A	<u>A</u>
	1	_												
Neilieh	Perilla frutescens	Planting												
		Harvesting											1	1
	Scientific Name	Planting/	Green Leafy Vegetables				Months							
Local Name		Harvesting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
	NA	Dlaneina												
Jasim (W)		Planting Harvesting									<u>a</u>			
	i I													
Jajew Kynih Syiar/ Jajew Maw (W)	Pothos curtizii	Planting												
Jajew 111aw (w)		Harvesting									1/2	7	7	1
Salat	Lactuca sativa	Planting												
		Harvesting						-	-				*	-
Tyrso	Brassica juncea	Planting												
		Harvesting	-	-	4								2	**
	Allium hookeri	Planting			*	*	₩		*	*				
Jaud		Harvesting					A		A					
	l I													
Jamyrdoh	Houttuynia cordata	Planting Harvesting												
		1 141 VESTING			10	10	10	1	7	1	1	1		
Jatira (W)	Oenanthe linearis	Planting												
(\(\begin{array}{c}\)\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\		Harvesting			7		7	7	7	7	7	7		
Bat Pyllon (W)		Planting												
	Centella asiatica						_	_	_	_	_	A		

Tyrkhang Iong	Diplazium	Planting												
(W)	esculentum	Harvesting									A	2	4	-
Jaiing (W)	Brassica nigra	Planting												
Jamig (W)	Diussica ingra	Harvesting					-	7	7	7				
Jajew Heh Sla	NA	Planting												
(W)		Harvesting									7	-		7
Jathang (W)	Neilla thyrsiflora	Planting												
		Harvesting									Ť	7		
Jatwad (W)	NA	Planting												
		Harvesting					-	44	7	-	7	7	7	7
Jawieh (W)	NA	Planting												
		Harvesting								7	7	7	*	
Latyrdop (W)	NA	Planting												
Latyruop (W)	1721	Harvesting								7	7		*	
Jabuit (W)	Polygonum muricatum	Planting												
Justine (W)		Harvesting						-	*	7	*		*	
Jajew Khyndew	NA	Planting												
(W)		Harvesting						-	7	7	7	7		
Jajew Rben (W)	NA	Planting												
<i>J.</i> .,		Harvesting						- T	7	7	7			
Jali (W)	Gynura nepalensis	Planting												
J (11 /		Harvesting					-		7	*				
Jalynniar (W)	Sonchus arvensis	Planting												
J , ()		Harvesting								*				
Jalynnoh (W)	Polygonum orientale	Planting												
J , (,		Harvesting			A P	2								
Jahenwet (W)	NA	Planting												
3		Harvesting			*	4								
Jabar (W)	NA	Planting												
Juour (W)	11/21	Harvesting				St.	-	7	-	7	7			
				Other F	Fruits			3.5	1					
Local Name	Scientific Name	Planting/ Harvesting	Jan	Feb	Mar	Apr	May	Jun	nths Jul	Aug	Sep	Oct	Nov	Dec
		Dlanting	-											
Sohlyngdkhur	Morus australis	Planting Harvesting							4					
									·C					
Sohphoh Nongkhlaw	Pyrus communis	Planting Harvesting									A			
		8												

	Pyrus communis	Planting					
Sohphoh Lakun		Harvesting			4		
Sohshiah (W)	Rubus ellipticus	Planting					
		Harvesting				*	4
Sohkhawiong (W)	Rubus lasiocarpus	Planting					
	Ruous usiocurpus	Harvesting				-	A
Sohpdung Ksuit	NA	Planting					
oonputing result	1 1/21	Harvesting			*		
Sohryngkham	Vaccinium	Planting					
(W)	graffithianum	Harvesting			7		
Sohphie Bah	Myrica esculenta	Planting					
		Harvesting		7			
Sohphie Nam	Myrica nagi	Planting					
	11191100 111181	Harvesting					
Sohphie Liya	Myrica nagi	Planting					
1 ,		Harvesting		*			
Sohlang Ja	NA .	Planting					
		Harvesting					
Sohshur	Pyrus pashia	Planting					
		Harvesting					
Sohkhyllam (W)	Elaeocarpus prunifolius	Planting					
		Harvesting					7
Sohlyngkait	Holboellia latifolia	Planting					
		Harvesting				7	7
Sohphoh Khasi	Docynia indica	Planting					
		Harvesting					
Sohkynphor Shrieh (W)	Citrus dimorphocarpa Citrus medica	Planting					
		Harvesting					10
Sohmad (W)		Planting Harvesting					
Sohma (Mluh) (W)	Rhus chinensis	Planting Harvesting					4
Soh Khlur (W)	Elaegnus pyriformis	Planting Harvesting	A				
Soh Pai Risang (W)	NA	Planting Harvesting					
		0				10	

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





O4CONCLUSION

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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