

SEASONAL CALENDAR OF PRIORITIZED FOOD PLANTS FOR INCLUSION IN MID DAY MEAL



Deutsche Gesellschaft
für Internationale
Zusammenarbeit (GIZ) GmbH

Preface

This book contains the seasonal calendars of the agrobiodiversity list of individual food plants from the participating villages, namely; Mawmihthied, Laitsohpliah, Nongtraw, Dewlieh and Umdiengpoh (East Khasi Hills). 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 thier importance, there have been attempts to domesticate some of the wild varieites by incorporating them in the homestead gardens or the jhum fields.

Content

Preface

Content

2. Seasonal calendar of prioritised crops for Mawmihthied.

3. Seasonal calendar of prioritised crops for Laitsohplich.

4. Seasonal calendar of prioritised crops for Nongtraw.

5. Seasonal calendar of prioritised crops for Dewlieh.

1. Seasonal calendar of prioritised crops for Umdiengpoh.

MAWMIHTHIED

PRIORITISED CROPS FOR INCLUSION IN MID-DAY MEAL

MAWMIHTHIED: GREEN LEAFY VEGETABLES

Local Name	Scientific Name	Planting/Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Jaud (W)	<i>Allium hookeri</i>	Planting												
		Harvesting	[Green bar]											
Tyrso	<i>Brassica juncea</i>	Planting		[Orange bar]							[Orange bar]			
		Harvesting					[Green bar]					[Green bar]		
Jamyrdoh (W)	<i>Houttuynia cordata</i>	Planting												
		Harvesting	[Green bar]											
Jatira (W)	<i>Oenanthe linearis</i>	Planting												
		Harvesting	[Green bar]											
Bat Pyllon (W)	<i>Centella asiatica</i>	Planting												
		Harvesting							[Green bar]					
Jangew Mawria/Tangduma (W)	NA	Planting												
		Harvesting							[Green bar]					
Jajer (W)	NA	Planting												
		Harvesting				[Green bar]								
Jabal (W)	NA	Planting												
		Harvesting							[Green bar]					
Sla Phankaro	<i>Ipomea batatas</i>	Planting		[Orange bar]										
		Harvesting							[Green bar]					
Sla Pathaw	<i>Cucurbita maxima</i>	Planting					[Orange bar]							
		Harvesting								[Green bar]				
Sla Biskot	<i>Sechium edule</i>	Planting					[Orange bar]							
		Harvesting								[Green bar]				
Sla Byrthti (W)	NA	Planting												
		Harvesting							[Green bar]					
Sla Muli	<i>Raphanus sativus</i>	Planting		[Orange bar]							[Orange bar]			
		Harvesting								[Green bar]		[Green bar]		
Sla Jyllang	<i>Allium tuberosum</i>	Planting			[Orange bar]									
		Harvesting									[Green bar]			
Jalynnari (W)	<i>Sonchus arvensis</i>	Planting												
		Harvesting							[Green bar]					



PRIORITISED CROPS FOR INCLUSION IN MID-DAY MEAL

MAWMIHTHIED: NUTS AND SEEDS

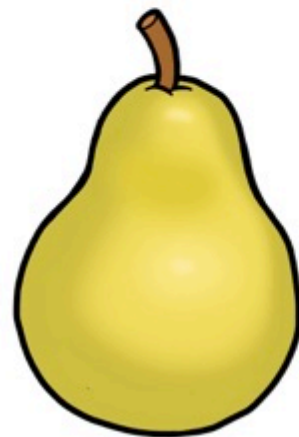
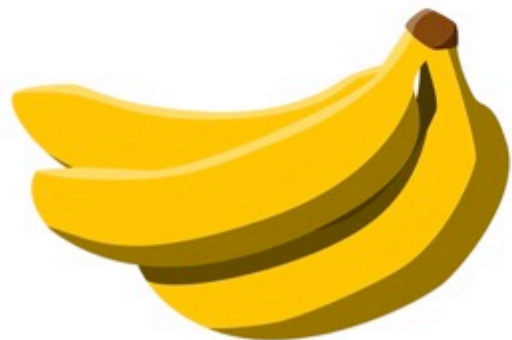
Local Name	Scientific Name	Planting/Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Soh Ot rit (W)	<i>Castanopsis indica</i>	Planting												
		Harvesting												
Neilieh	<i>Perilla frutescens</i>	Planting												
		Harvesting												
Shyieng Pathaw	<i>Cucurbita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



PRIORITISED CROPS FOR INCLUSION IN MID-DAY MEAL

MAWMIHTHIED: OTHER FRUITS

Local Name	Scientific Name	Planting/Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Sohshiah (W)	<i>Rubus ellipticus</i>	Planting												
		Harvesting												
Sohryngkham (W)	<i>Vaccinium graffithianum</i>	Planting												
		Harvesting												
Sohphie Nam (W)	<i>Myrica nagi</i>	Planting												
		Harvesting												
Sohphie Liya (W)	<i>Myrica sp.</i>	Planting												
		Harvesting												
Sohlang Ja (W)	NA	Planting												
		Harvesting												
Sohshur (W)	<i>Pyrus pashia</i>	Planting												
		Harvesting												
Sohkhyllam (W)	<i>Elaeocarpus prunifolius</i>	Planting												
		Harvesting												
Sohlyngkait (W)	<i>Holboellia latifolia</i>	Planting												
		Harvesting												
Soh khlor (W)	<i>Elaegnus pyriformis</i>	Planting												
		Harvesting												
Soh Um (W)	<i>Syzygium cumini</i>	Planting												
		Harvesting												
Sohlang Dkhur (W)	<i>Morus australis</i>	Planting												
		Harvesting												
Sohphoh Nongkhlaw	<i>Pyrus communis</i>	Planting												
		Harvesting												

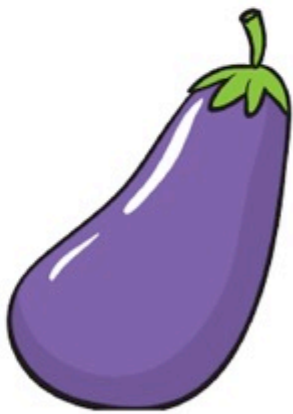


PRIORITISED CROPS FOR INCLUSION IN MID-DAY MEAL

MAWMIHTHIED: OTHER VEGETABLES



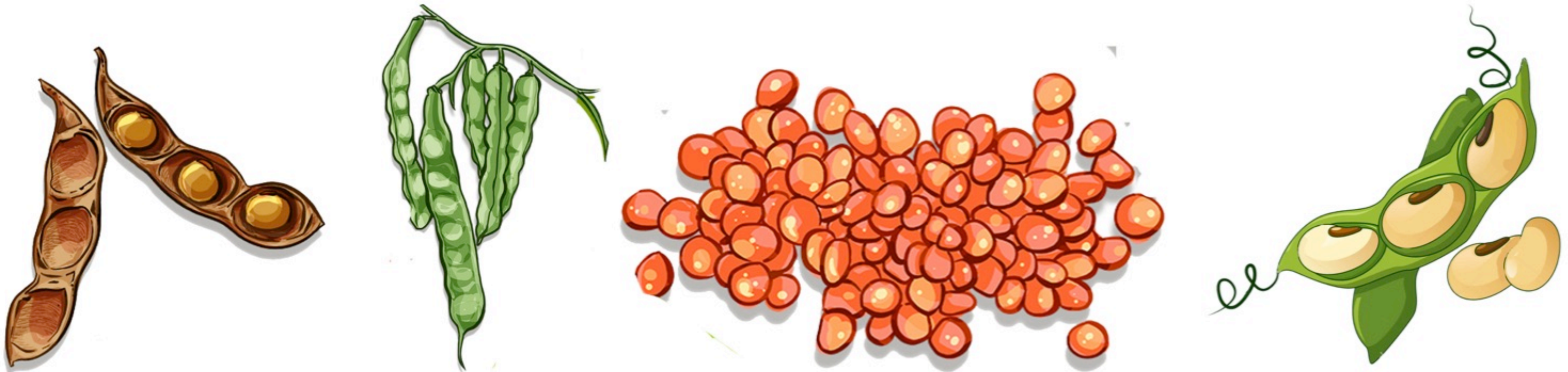
Local Name	Scientific Name	Planting/Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Tit Tung (W)	<i>Lactarius volemus</i>	Planting												
		Harvesting												
Tit Tnaw Syiar (Stem/Lieh) (W)	<i>Clavulina sp.</i>	Planting												
		Harvesting												
Tit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



PRIORITISED CROPS FOR INCLUSION IN MID-DAY MEAL

MAWMIHTHIED: PULSES

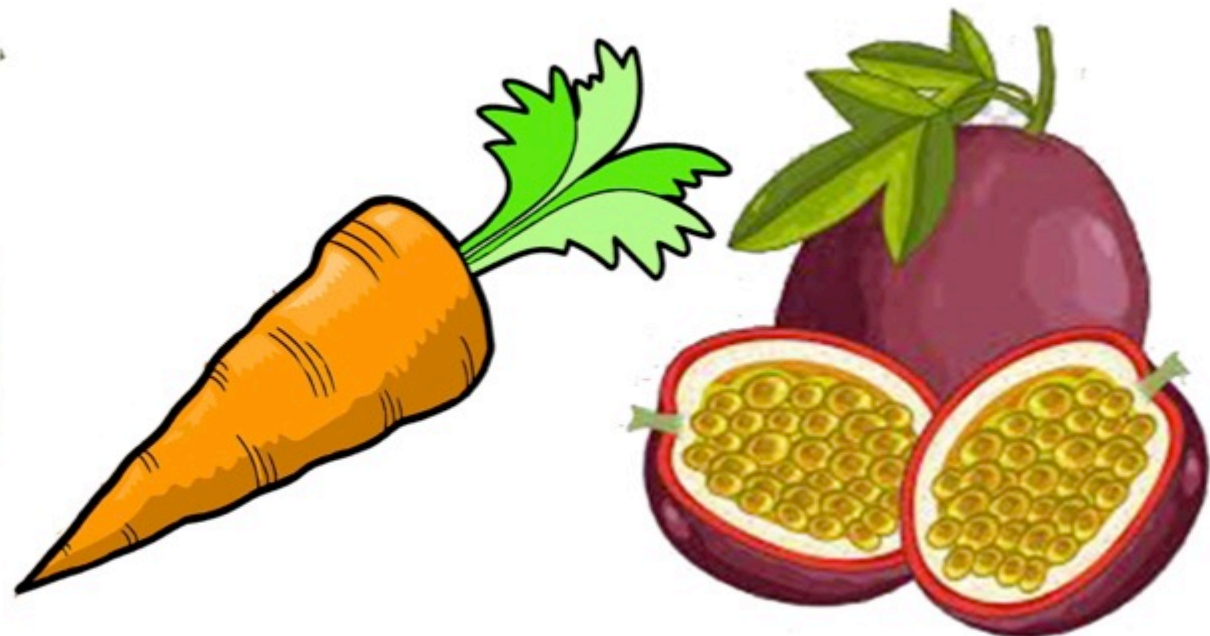
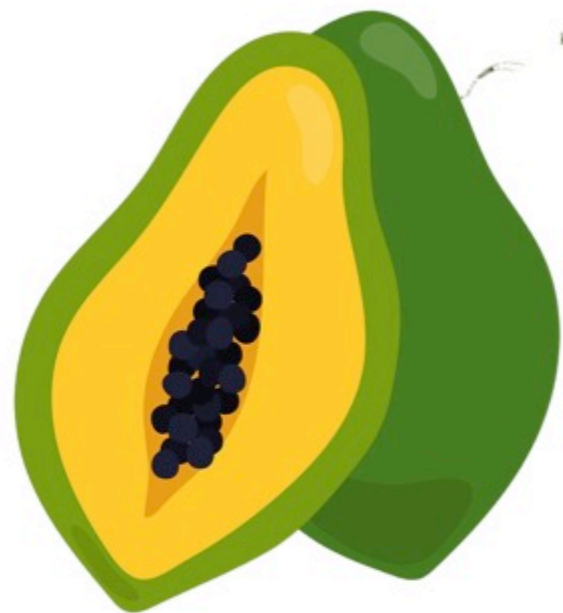
Local Name	Scientific Name	Planting/Harvesting	Months												
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Ri Phyrngop	<i>Phaseolus vulgaris</i>	Planting													
		Harvesting													
Ri Lyngknap Saw	NA	Planting													
		Harvesting													
Ri Ran/Majai	<i>Vicia faba</i>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



PRIORITISED CROPS FOR INCLUSION IN MID-DAY MEAL

MAWMIHTHIED: VITAMIN-A RICH PLANTS

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



LAITSOHPLIAH

PRIORITISED CROPS FOR INCLUSION IN MID-DAY MEAL

LAITSOHPLIAH: GREEN LEAFY VEGETABLES

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



PRIORITISED CROPS FOR INCLUSION IN MID-DAY MEAL

LAITSOHPLIAH: NUTS AND SEEDS

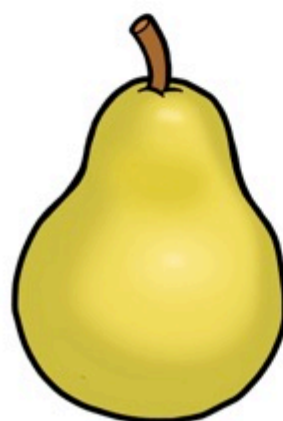
Local Name	Scientific Name	Planting/Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Soh Ot (W)	<i>Castanopsis indica</i>	Planting												
		Harvesting	█										█	



PRIORITISED CROPS FOR INCLUSION IN MID-DAY MEAL

LAITSOHPLIAH: OTHER FRUITS

Local Name	Scientific Name	Planting/Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Sohshiah (W)	<i>Rubus ellipticus</i>	Planting												
		Harvesting												
Sohkhawiong (W)	<i>Rubus lasiocarpus</i>	Planting												
		Harvesting												
Sohphie Bah (W)	<i>Myrica esculenta</i>	Planting												
		Harvesting												
Sohphie Nam (W)	<i>Myrica nagi</i>	Planting												
		Harvesting												
Sohphie Liya (W)	<i>Myrica sp.</i>	Planting												
		Harvesting												
Soh Lyngdhur (W)	<i>Morus australis</i>	Planting												
		Harvesting												



PRIORITISED CROPS FOR INCLUSION IN MID-DAY MEAL

LAITSOHPLIAH: OTHER VEGETABLES

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



PRIORITISED CROPS FOR INCLUSION IN MID-DAY MEAL

LAITSOHPLIAH: PULSES

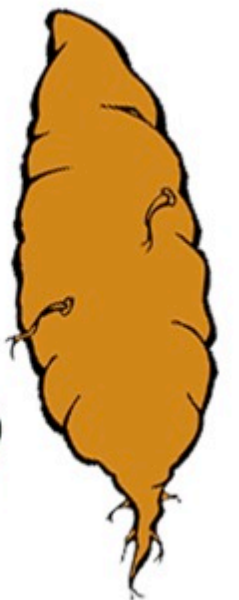
Local Name	Scientific Name	Planting/Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Presbin	<i>Phaseolus vulgaris</i>	Planting												
		Harvesting												
Motor Heh	<i>Pisum sativum</i>	Planting												
		Harvesting												
Motor Ri	<i>Pisum sativum</i>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



PRIORITISED CROPS FOR INCLUSION IN MID-DAY MEAL

LAITSOHPLIAH: STARCHY STAPLES

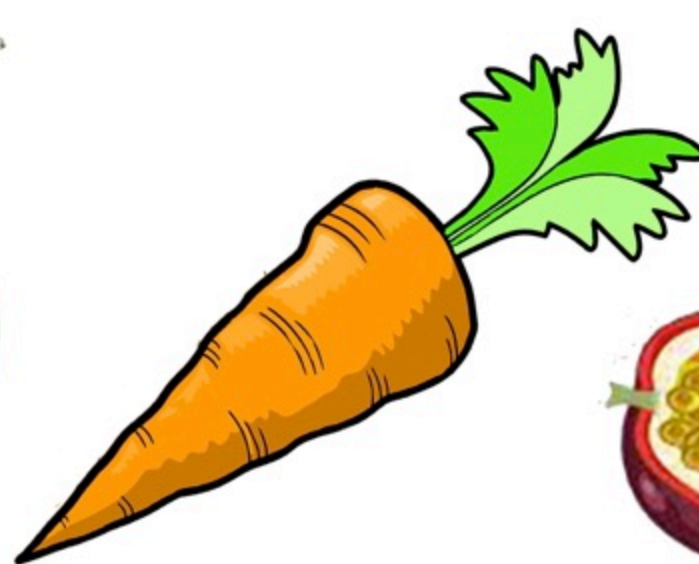
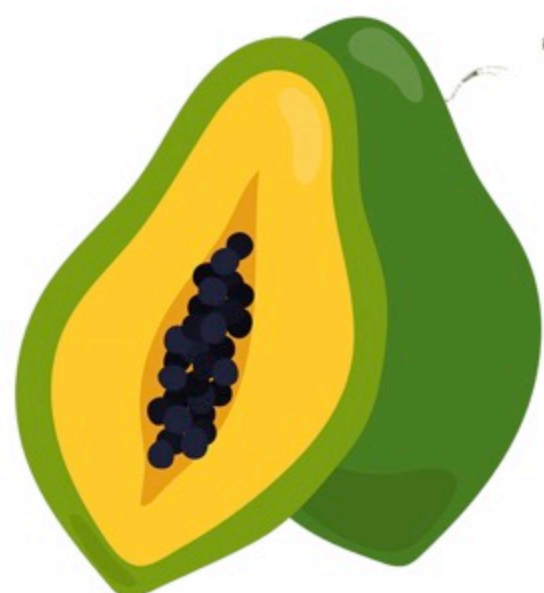
Local Name	Scientific Name	Planting/Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Phan Lieh	<i>Solanum tuberosum</i>	Planting		■	■									
		Harvesting						■	■	■	■	■	■	■
Phan Saw	<i>Solanum tuberosum</i>	Planting		■	■									
		Harvesting						■	■	■	■	■	■	■
Phan Syntiew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



PRIORITISED CROPS FOR INCLUSION IN MID-DAY MEAL

LAITSOHPLIAH: VITAMIN-A RICH PLANTS

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



NONGTRAW

PRIORITISED CROPS FOR INCLUSION IN MID-DAY MEAL

NONGTRAW: GREEN LEAFY VEGETABLES

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



PRIORITISED CROPS FOR INCLUSION IN MID-DAY MEAL

NONGTRAW: OTHER VEGETABLES

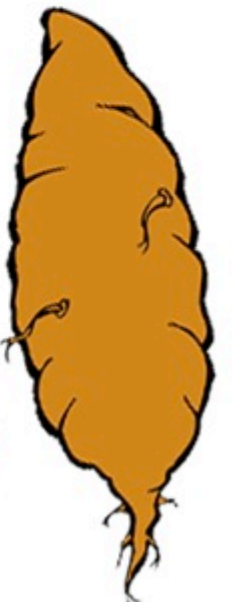
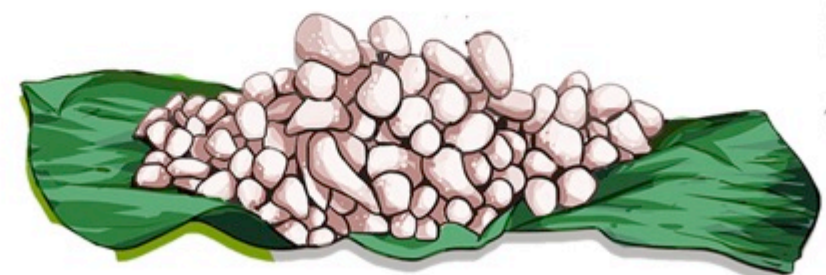
Local Name	Scientific Name	Planting/Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Sohkhia	<i>Cucumis sativus</i>	Planting												
		Harvesting												
Jyllang	<i>Allium tuberosum</i>	Planting												
		Harvesting												
Siar Kait (W)	<i>Musa paradisiaca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



PRIORITISED CROPS FOR INCLUSION IN MID-DAY MEAL

NONGTRAW: STARCHY STAPLES

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



DEWLIEH

PRIORITISED CROPS FOR INCLUSION IN MID-DAY MEAL

DEWLIH: GREEN LEAFY VEGETABLES

Local Name	Scientific Name	Planting/ Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Tyrso	<i>Brassica juncea</i>	Planting												
		Harvesting												
Jaud	<i>Allium hookeri</i>	Planting												
		Harvesting												
Jamyrdoh	<i>Houttuynia cordata</i>	Planting												
		Harvesting												
Bat Pyllon (W)	<i>Centella asiatica</i>	Planting												
		Harvesting												
Jaiing	<i>Brassica nigra</i>	Planting												
		Harvesting												
Jajew Heh Sla (W)	NA	Planting												
		Harvesting												
Jawieh (W)	NA	Planting												
		Harvesting												
Jabuit (W)	<i>Polygonum muricatum</i>	Planting												
		Harvesting												
Jali (W)	<i>Gynura nepalensis</i>	Planting												
		Harvesting												
Jalynniar (W)	<i>Sonchus arvensis</i>	Planting												
		Harvesting												
Tangduma (W)	NA	Planting												
		Harvesting												
Jajew Skhor Blang (W)	NA	Planting												
		Harvesting												
Jasim (W)	NA	Planting												
		Harvesting												
Jajew Maw/Jajew Kynih Syiar (W)	<i>Pothos curtizii</i>	Planting												
		Harvesting												
Jakhria (W)	<i>Rhynchothecum ellipticum</i>	Planting												
		Harvesting												
Jarain (W)	<i>Fagopyrum dibotrys</i>	Planting												
		Harvesting												



PRIORITISED CROPS FOR INCLUSION IN MID-DAY MEAL

DEWLIH: NUTS AND SEEDS

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



PRIORITISED CROPS FOR INCLUSION IN MID-DAY MEAL

DEWLIH: PULSES

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



UMDIENGPOH

PRIORITISED CROPS FOR INCLUSION IN MID-DAY MEAL

UMDIENGPOH: GREEN LEAFY VEGETABLES

Local Name	Scientific Name	Planting/ Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Jasim (W)	NA	Planting												
		Harvesting												
Jajew Kynih Syiar/Jajew Maw (W)	<i>Potbos curtizii</i>	Planting												
		Harvesting												
Salat	<i>Lactuca sativa</i>	Planting												
		Harvesting												
Tyrso	<i>Brassica juncea</i>	Planting												
		Harvesting												
Jaud	<i>Allium bookeri</i>	Planting												
		Harvesting												
Jamyrdoh	<i>Houttuynia cordata</i>	Planting												
		Harvesting												
Jatira (W)	<i>Oenanthe linearis</i>	Planting												
		Harvesting												
Bat Pyllon (W)	<i>Centella asiatica</i>	Planting												
		Harvesting												
Tyrkhang long (W)	<i>Diplazium esculentum</i>	Planting												
		Harvesting												
Jaiing (W)	<i>Brassica nigra</i>	Planting												
		Harvesting												
Jajew Heh Sla (W)	NA	Planting												
		Harvesting												
Jathang (W)	<i>Neillia thyrsoiflora</i>	Planting												
		Harvesting												
Jatwad (W)	NA	Planting												
		Harvesting												
Jawich (W)	NA	Planting												
		Harvesting												
Latyrdop (W)	NA	Planting												
		Harvesting												
Jabuit (W)	<i>Polygonum muricatum</i>	Planting												
		Harvesting												
Jajew Khyndew (W)	NA	Planting												
		Harvesting												
Jajew Rben (W)	NA	Planting												
		Harvesting												
Jali (W)	<i>Gynura nepalensis</i>	Planting												
		Harvesting												
Jalynniar (W)	<i>Sonchus arvensis</i>	Planting												
		Harvesting												
Jalynnoh (W)	<i>Polygonum orientale</i>	Planting												
		Harvesting												
Jahenwet (W)	NA	Planting												
		Harvesting												
Jabar (W)	NA	Planting												
		Harvesting												



PRIORITISED CROPS FOR INCLUSION IN MID-DAY MEAL

UMDIENGPOH: NUTS AND SEEDS

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



PRIORITISED CROPS FOR INCLUSION IN MID-DAY MEAL

UMDIENGPOH: PULSES

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

