



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



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# 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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# *contents*

<b>Preface</b> .....	iii
<b>Contributors</b> .....	vii
<i>Chapter 1</i>	
<b>Introduction</b> .....	10
<i>Chapter 2</i>	
<b>Seasonal Calendar of Local Agrobiodiversity</b> .....	19
<i>Chapter 3</i>	
<b>Prioritised Food Plants for Inclusion in Mid Day Meal</b> ....	67
<i>Chapter 4</i>	
<b>Conclusion</b> .....	97
<b>References</b> .....	98



# Preface

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

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

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

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

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

*Melari Shisha*

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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 & Others—popularly 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 nutritional adequacy, was found to be low especially 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 derived 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 nutritional 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 communitiy had understood the various aims of the project, their assent was recorded.

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

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

Village	Socio-Demographic Indicator	Gender	Number
<b>Dewlieh</b>	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
<b>Nongtraw</b>	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
<b>Mawmihthied</b>	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
<b>Umdiengpoh</b>	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
<b>Laitsohpliah</b>	Total Households		50
	Total Population		251
		Male	133
		Female	118
	Child (0-6)		55
		Male	33
		Female	22
	Literacy		67.86
		Male	69.00
		Female	66.67

Source: Census of India, 2011



# Methodology

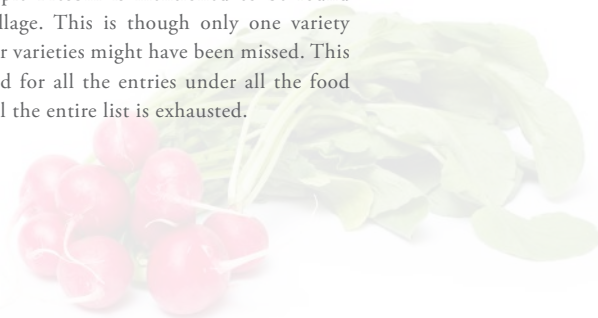
Among the villages selected for the project, in Laitsohpliah NESFAS had already done the participatory mapping exercise as part of the REC (Rural Electrical Corporation) supported project “No One Shall Be Left Behind Initiative: Biodiversity for Food, Nutrition and Energy Security, Meghalaya and Nagaland,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

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

## Confirming of food plants and seasonal calendar

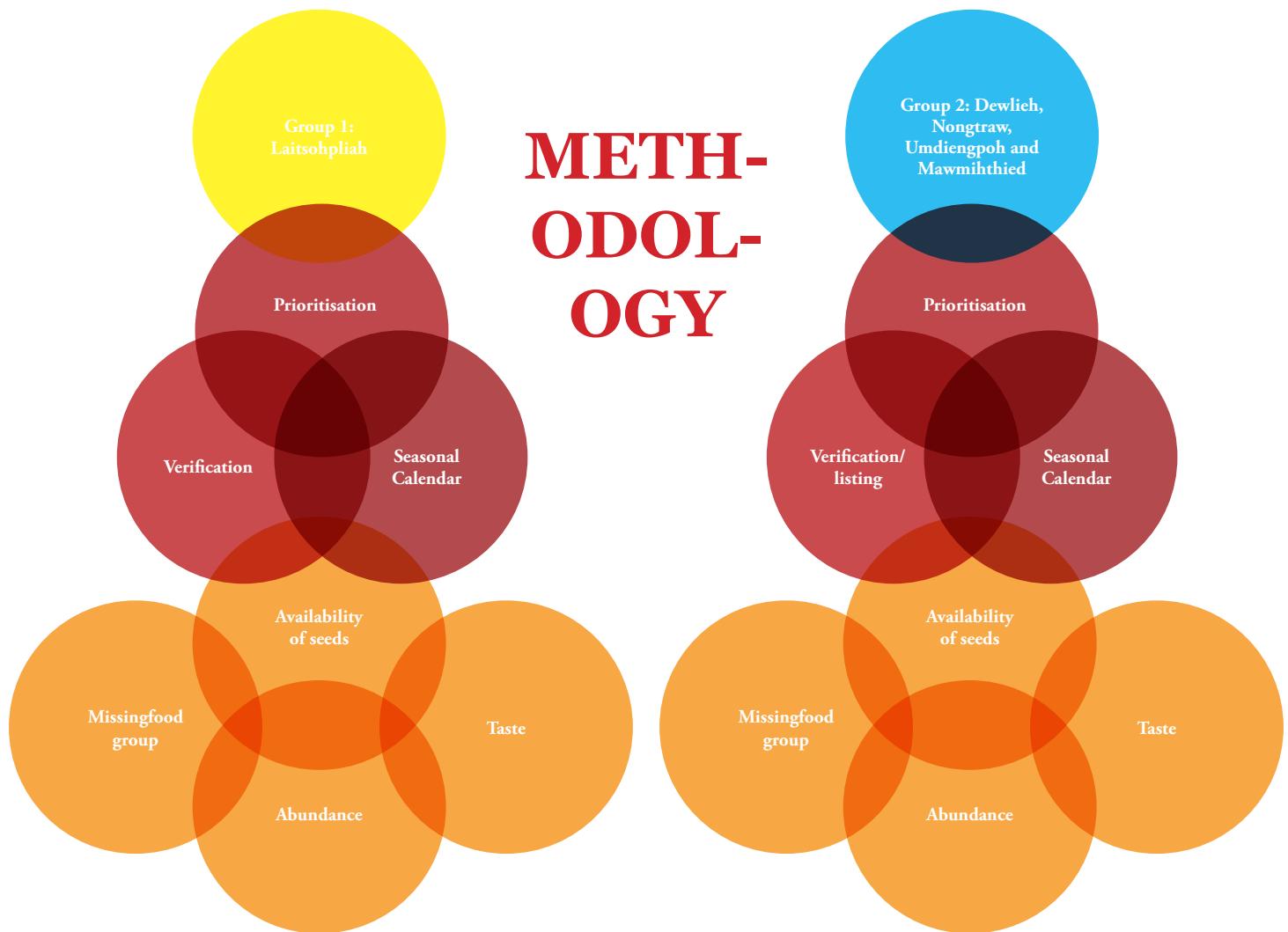
There are two groups of villages in this exercise. Group 1 is Laitsohpliah in which participatory mapping has already been done which resulted in a list of the local agrobiodiversity found in the particular village. This gave a total of 192 food plants. In this case there is no need to do a participatory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

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



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

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



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

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



# Prioritisation of crops for Mid Day Meal

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

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

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

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

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

## Chapter Scheme

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



AGRO

BIO

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STITY

# 02

## SEASONAL CALENDAR OF LOCAL AGROBIODIVERSITY

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

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

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

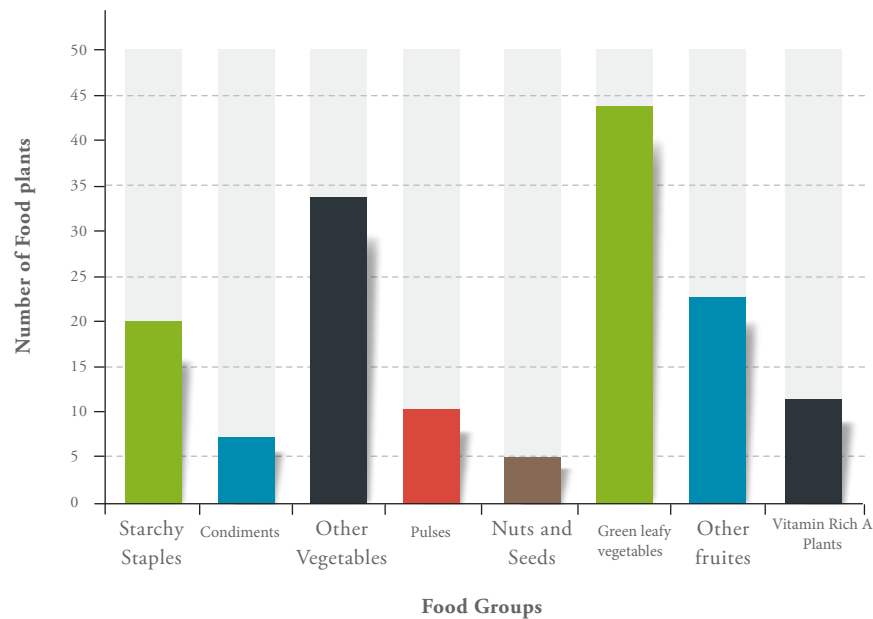
collected from the forest only the harvesting period is given. This is mostly the case with Green Leafy Vegetables, majority of whom infact are of the wild varenty. Similar is the case with Fruits, many of whom can only be found from the forest. In times of food shortage these plants are highly indispensible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



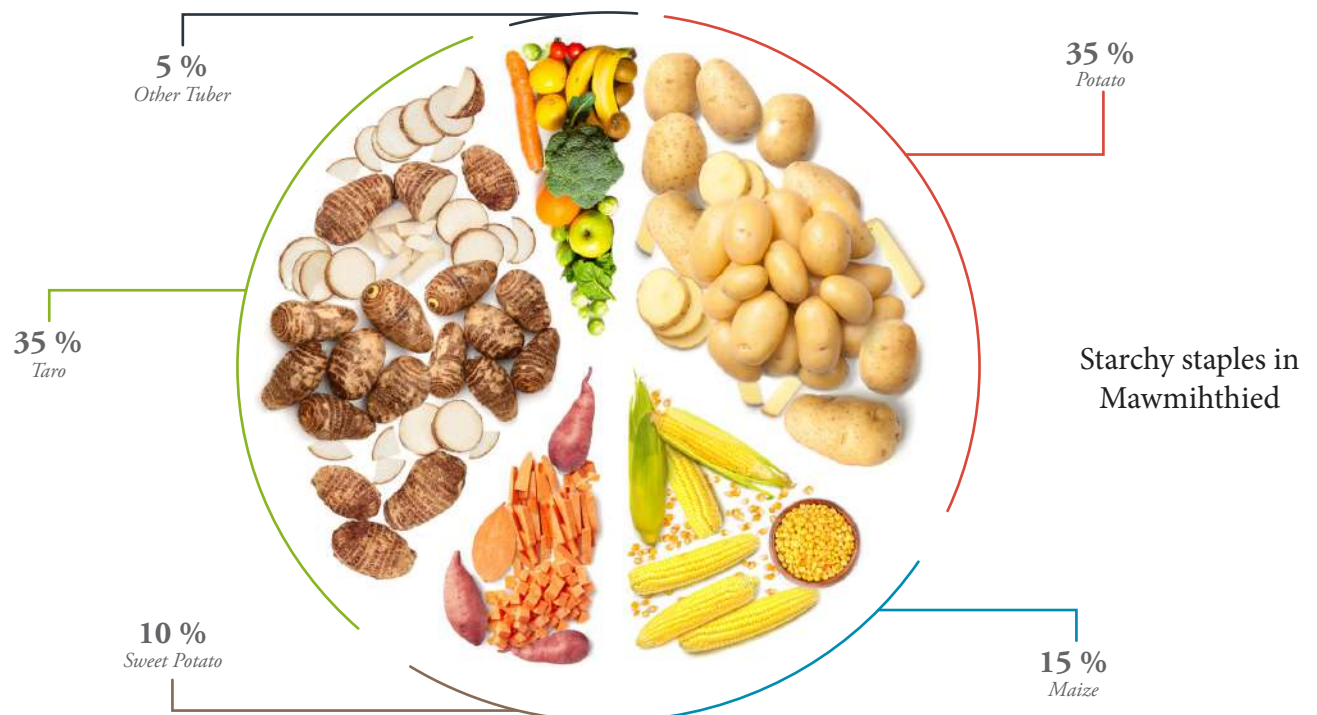
# Mawmihthied

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

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



Agrobiodiversity in Mawmihthied



Starchy staples in Mawmihthied




















Starchy Staples

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















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







































### Condiments

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



























### Other Vegetables

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




Tit Doh (W)	<i>Lactarius volemus</i>	Planting Harvesting	 
Tit Dud (W)	NA	Planting Harvesting	 
Tit Kdait (W)	<i>Tricholoma viridiolivaceum</i>	Planting Harvesting	 
Tit LbongHati (W)	<i>Ramaria sp.</i>	Planting Harvesting	 
Tit Eit Masi (W)	NA	Planting Harvesting	  
Tit Khoh/ Tyndong (W)	<i>Gomphus floccosus</i>	Planting Harvesting	  
Tit Tah (W)	NA	Planting Harvesting	   
Tit Sia (W)	NA	Planting Harvesting	    
Tit Sopjat (W)	NA	Planting Harvesting	   
Soh Khah (W)	NA	Planting Harvesting	  
Soh Pen (W)	<i>Eriosema himalaicum</i>	Planting Harvesting	  
Kubi	<i>Brassica oleracea var. capitata</i>	Planting Harvesting	 
Jyllang	<i>Allium tuberosum</i>	Planting Harvesting	    
Pathaw Risang	<i>Cucurbita sp.</i>	Planting Harvesting	 
Soh Thliem	<i>Gomphogyne cissiformis</i>	Planting Harvesting	   
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									
Sohkhia Khasi	<i>Cucumis sativus</i>	Planting									
		Harvesting									
Piat	<i>Allium cepa</i>	Planting	 						 		
		Harvesting			 						
Sohlakum	<i>Brassica rapa subsp. rapa</i>	Planting	 						 		
		Harvesting			 						
Pashor kait (Siar kait)	<i>Musa paradisiaca</i>	Planting									
		Harvesting						 			
Sohkhia Khnai	<i>Oxalis corniculata</i>	Planting									
		Harvesting									
Syntiew jalymmut (W)	NA	Planting									
		Harvesting						 			
Pathaw thohriew	<i>Cucurbita maxima</i>	Planting	 								
		Harvesting						      			
Syntiew pathaw	<i>Cucurbita maxima</i>	Planting	 								
		Harvesting						  			











### Pulses

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















































Motor Ri	<i>Pisum sativum</i>	Planting											
		Harvesting											
Rymbai Ja	<i>Vigna umbellata</i>	Planting											
		Harvesting											
Rymbai Ktung	<i>Glycine max</i>	Planting											
		Harvesting											






































### Nuts and Seeds

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

### Green Leafy Vegetables











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

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




























Jabal (W)	NA	Planting Harvesting					
Jajew Skhor Blang (W)	NA	Planting Harvesting					
Japung (W)	<i>Alternanthera philoxeroides</i>	Planting Harvesting					
Jasim (W)	NA	Planting Harvesting					
Jajew Kynih Syiar/ Jajew maw (W)	<i>Pothos curtizii</i>	Planting Harvesting					
Sla Wang	<i>Colocasia esculenta</i>	Planting Harvesting					
Sla Phankaro	<i>Ipomea batatas</i>	Planting Harvesting					
Sla Pathaw	<i>Cucurbita maxima</i>	Planting Harvesting					
Sla Biskot	<i>Sechium edule</i>	Planting Harvesting					
Sla Byrthti (W)	NA	Planting Harvesting					
Jhur Thlieh	<i>Gompogyne cissiformis</i>	Planting Harvesting					
Sla Muli	<i>Raphanus sativus</i>	Planting Harvesting					
Sla Beet	<i>Beta vulgaris</i>	Planting Harvesting					
Sla Sohlakum	<i>Brassica rapa subsp. rapa</i>	Planting Harvesting					
Sla Piat	<i>Allium cepa</i>	Planting Harvesting					
Sla Kajor	<i>Daucus carota subdp. sativus</i>	Planting Harvesting					
Sla Rynsun	<i>Allium sativum</i>	Planting Harvesting					
Sla Jyllang	<i>Allium tuberosum</i>	Planting Harvesting					
Riew kai (W)	NA	Planting Harvesting					

Other fruits

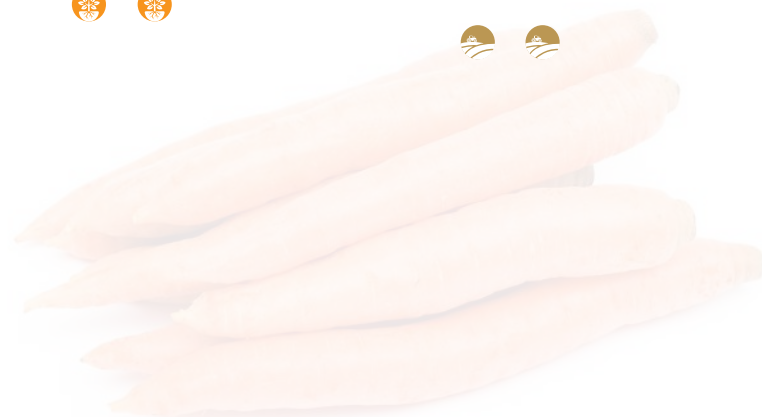
Local Name	Scientific Name	Planting/ Harvesting	Months													
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec		
Sohshiah (W)	<i>Rubus ellipticus</i>	Planting Harvesting														
Sohkhawiong (W)	<i>Rubus lasiocarpus</i>	Planting Harvesting														
Sohpdung Ksuit (W)	NA	Planting Harvesting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

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

### Vitamin A Rich Plants

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

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



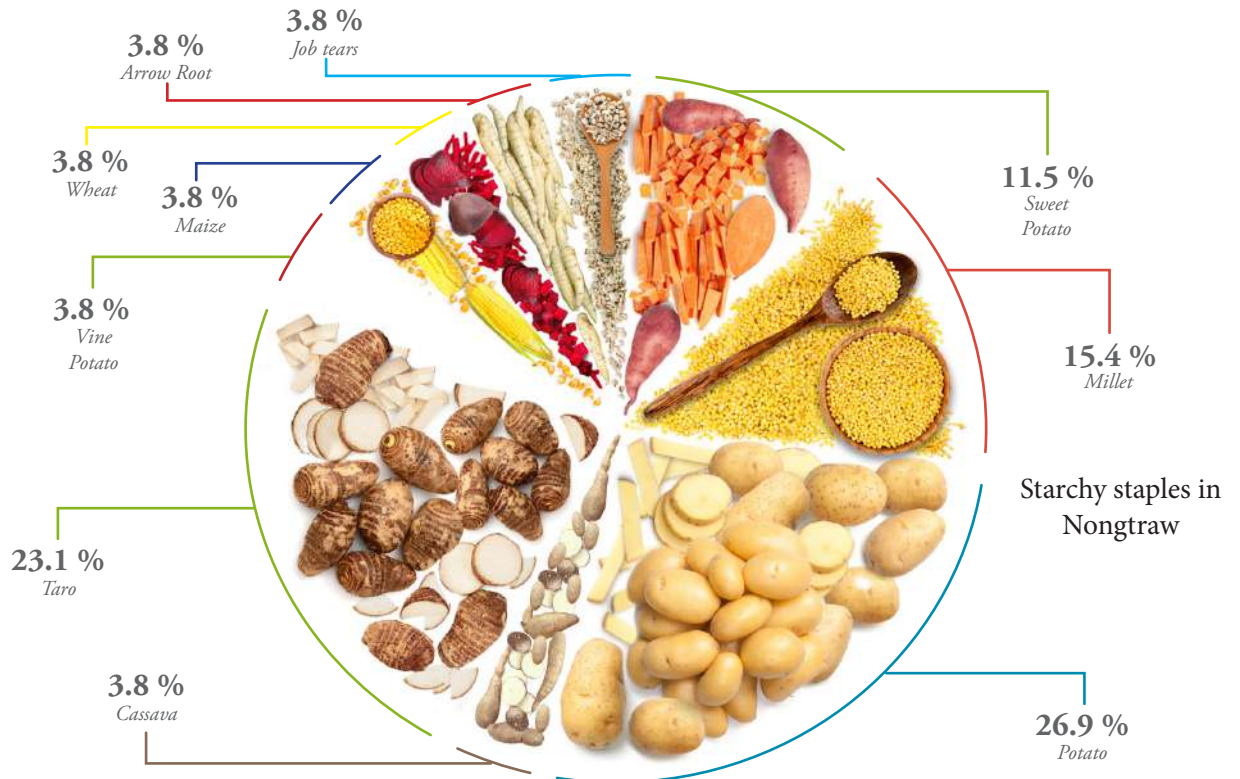
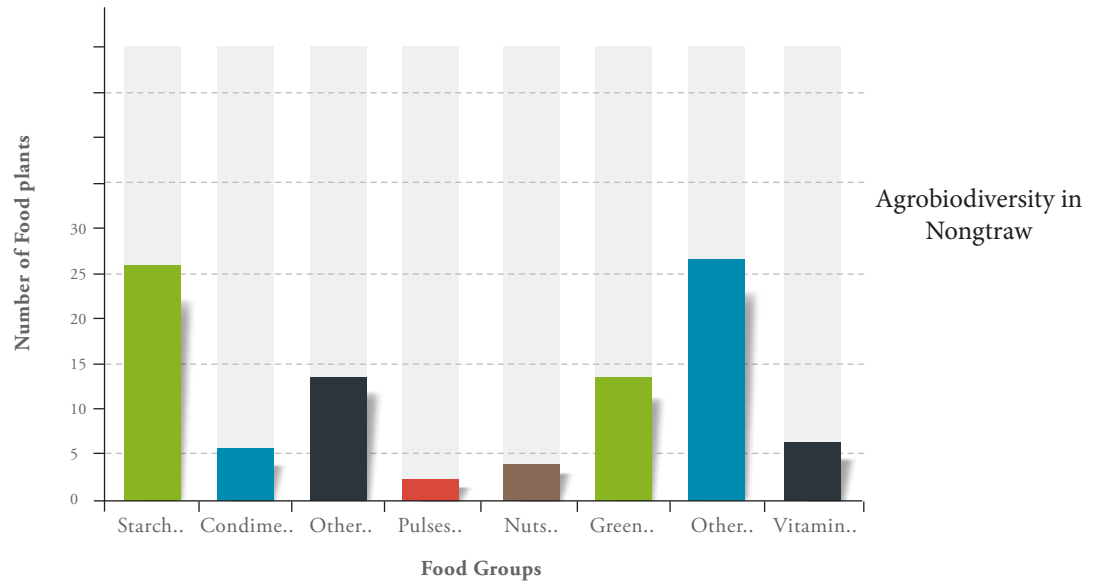




# Nongtraw

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

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






















Starchy Staples

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







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

#### Condiments

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
















#### Other Vegetables

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

Jyllang	<i>Allium tuberosum</i>	Planting Harvesting	 
Pathaw Thohrew	<i>Cucurbita maxima</i>	Planting Harvesting	 
Sohngang	<i>Solanum nigrum</i>	Planting Harvesting	 
Biskot	<i>Secchium edule</i>	Planting Harvesting	 
Tit Tung (W)	<i>Lactarius volemus</i>	Planting Harvesting	
Tit Thlong (W)	<i>Gomphus floccosus</i>	Planting Harvesting	
Tit Iong (W)	<i>Laccaria lateritia</i>	Planting Harvesting	
Tit Kor (W)	NA	Planting Harvesting	
Siar Kait (W)	<i>Musa paradisiaca</i>	Planting Harvesting	
Khoit Kait (W)	<i>Musa paradisiaca</i>	Planting Harvesting	
Knob (W)	NA	Planting Harvesting	





#### Pulses

##### Months

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

#### Nuts and Seeds

##### Months

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

Sohot (W)	<i>Castanopsis indica</i>	Planting	
		Harvesting	  

Green Leafy Vegetables

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

Other Fruits

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

Sohmyndong (W)	NA	Planting																		
		Harvesting																		
Sohmyngngor (W)	NA	Planting																		
		Harvesting																		
Sohpai (W)	NA	Planting																		
		Harvesting																		
Sohpong (W)	NA	Planting																		
		Harvesting																		
Sohjrumshiah (W)	NA	Planting																		
		Harvesting																		
Sohbuitrieh (W)	NA	Planting																		
		Harvesting																		
Sohshiah (W)	<i>Rubus ellipticus</i>	Planting																		
		Harvesting																		
Sohthang (W)	NA	Planting																		
		Harvesting																		
Sohlyngdkhur (W)	<i>Morus australis</i>	Planting																		
		Harvesting																		
Sohma (W)	<i>Rbus chinensis</i>	Planting																		
		Harvesting																		

#### Vitamin A Rich Plants

Local Name	Scientific Name	Planting/ Harvesting	Months																		
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec							
Sohbrab (W)	<i>Passiflora edulis</i>	Planting																			
		Harvesting																			
Pathaw Khasi	<i>Cucurbita moschata</i>	Planting																			
		Harvesting																			
Sohbaingon dieng	<i>Cyphomandra batacea</i>	Planting																			
		Harvesting																			
Sohkynphor	<i>Carica papaya</i>	Planting																			
		Harvesting																			

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

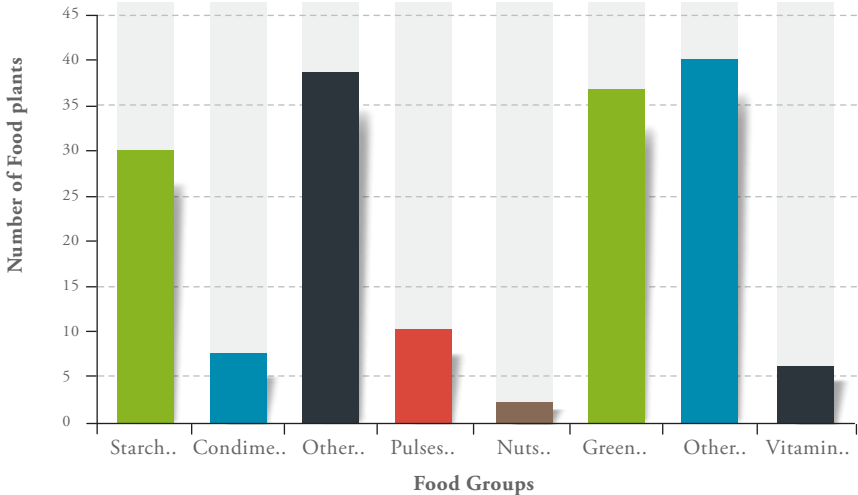




# Laitsohpliah

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

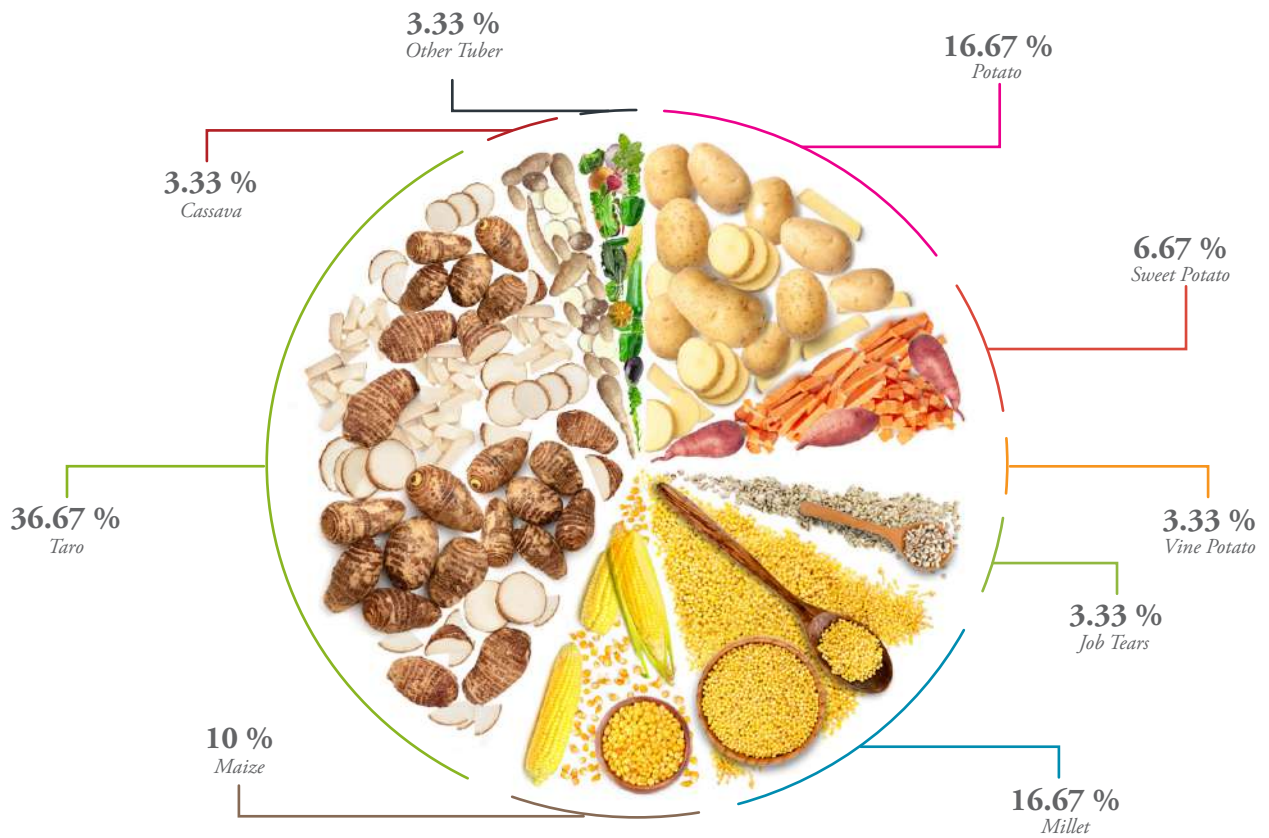
have less than 10 food plants in their respective groups. Starchy Staples have just over 15% of the total food plants. Within this particular food group though eight different species of food plants, viz., potato, maize, sweet potato, taro, vine potato, millet, job tears, and tapioca, are found. In general,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



Agrobiodiversity in Laitsohpliah



Starchy staples in  
Laitsohpliah



















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





































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

#### Condiments

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

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

#### Other Vegetables

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

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





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

### Nuts and Seeds

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

### Green Leafy Vegetables


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

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																						
Jajew Bsuh (W)	NA	Planting																						
		Harvesting																						
Jali (W)	<i>Gynura nepalensis</i>	Planting																						
		Harvesting																						
Jakhria (W)	<i>Rhynchotechum ellipticum</i>	Planting																						
		Harvesting																						
Jatira (W)	<i>Oenanthe linearis</i>	Planting																						
		Harvesting																						
Jangew Skei (W)	NA	Planting																						
		Harvesting																						
Jalynniar (W)	<i>Sonchus arvensis</i>	Planting																						
		Harvesting																						
Jalynnoh (W)	<i>Polygonum orientale</i>	Planting																						
		Harvesting																						
Jamiaw (W)	<i>Gentiana quadrifaria</i>	Planting																						
		Harvesting																						
Jahenwet (W)	NA	Planting																						
		Harvesting																						
Jangew Mawria (W)	NA	Planting																						
		Harvesting																						
Jajer (W)	NA	Planting																						
		Harvesting																						
Jabar (W)	NA	Planting																						
		Harvesting																						
Jatira Dkhar (W)	NA	Planting																						
		Harvesting																						
Jajew Shiliang (W)	NA	Planting																						
		Harvesting																						

Jajew Skhor Blang (W)	NA	Planting														
		Harvesting														
Jasim (W)	NA	Planting														
		Harvesting														
Jajew Kynih Syiar (W)	<i>Pothos curtizii</i>	Planting														
		Harvesting														
Jaiur Leaf (W)	<i>Zanthoxylum acanthopodium</i>	Planting														
		Harvesting														
Jaiing	<i>Brassica nigra</i>	Planting														
		Harvesting														
Sla Phul	<i>Brassica oleracea var. botrytis</i>	Planting														
		Harvesting														
Salat	<i>Lactuca sativa</i>	Planting														
		Harvesting														
Tyrso	<i>Brassica juncea</i>	Planting														
		Harvesting														
Sohkhia Blei (W)	<i>Solena heterophylla</i>	Planting														
		Harvesting														

#### Other Fruits
































Local Name	Scientific Name	Planting/ Harvesting	Months													
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec		
Sohshiah (W)	<i>Rubus ellipticus</i>	Planting														
		Harvesting														
Sohkhawiong (W)	<i>Rubus lasiocarpus</i>	Planting														
		Harvesting														
Sohpdung Ksuit (W)	NA	Planting														
		Harvesting														
Sohryngkham (W)	<i>Vaccinium graffihianum</i>	Planting														
		Harvesting														
Sohphie Bah (W)	<i>Myrica esculenta</i>	Planting														
		Harvesting														
Sohphie Nam (W)	<i>Myrica nagi</i>	Planting														
		Harvesting														
Sohphie Liya (W)	<i>Myrica sp.</i>	Planting														
		Harvesting														
Sohlang Ja (W)	NA	Planting														
		Harvesting														

Sohshur (W)	<i>Pyrus pashia</i>	Planting Harvesting		 
Sohkhyllam (W)	<i>Elaeocarpus prunifolius</i>	Planting Harvesting		 
Sohlyngkait (W)	<i>Holboellia latifolia</i>	Planting Harvesting		 
Sohphoh Khasi (W)	<i>Docynia indica</i>	Planting Harvesting		   
Sohmad (W)	<i>Citrus medica</i>	Planting Harvesting		  
Sohma (Mluh) (W)	<i>Rhus chinensis</i>	Planting Harvesting		 
Soh Khlur (W)	<i>Elaeagnus pyriformis</i>	Planting Harvesting		 
Sohlang Eit Ksew (W)	NA	Planting Harvesting		  
Soh Kysiew (W)	NA	Planting Harvesting		 
Soh Pai Risang (W)	NA	Planting Harvesting		 
Soh Um (W)	<i>Syzygium cumini</i>	Planting Harvesting		 
Soh Lyngdhur (W)	<i>Morus australis</i>	Planting Harvesting		 
Soh Lyngkjup (W)	NA	Planting Harvesting	 	
Soh Iong (W)	<i>Prunus nepalensis</i>	Planting Harvesting		 
Soh Tylliang (W)	NA	Planting Harvesting	           	
Soh Lapong (W)	<i>Ficus gibbosa</i>	Planting Harvesting		 
Soh Shiat (W)	NA	Planting Harvesting	  	
Soh Nep Bah (W)	<i>Rubus rugosus</i>	Planting Harvesting		 
Soh Pdok (W)	<i>Solanum torvum</i>	Planting Harvesting		  



Soh Krot (W)	<i>Smilax glaucophylla</i>	Planting Harvesting												 
Soh Phie Shiteng Jait (W)	<i>Myrica sp.</i>	Planting Harvesting			  									
Soh Priam (W)	<i>Psidium guajava</i>	Planting Harvesting						  						
Sohphoh Nongkhlaw (W)	<i>Pyrus communis</i>	Planting Harvesting						   						
Soh Plom (W)	<i>Prunus domestica</i>	Planting Harvesting												
Sohphoh Lakun (W)	<i>Pyrus communis</i>	Planting Harvesting							 					
Sohmyndong (W)	NA	Planting Harvesting									  			
Kait Iong (W)	<i>Musa sp.</i>	Planting Harvesting	           											
Kait Mon (W)	<i>Musa x paradisiaca</i>	Planting Harvesting	           											
Kait Khar (W)	<i>Musa sp.</i>	Planting Harvesting	           											
Kait Shyieng (W)	<i>Musa sp.</i>	Planting Harvesting	           											
Sohkynphor Shrieh (W)	<i>Citrus dimorphocarpa</i>	Planting Harvesting										  		

### Vitamin A Rich Plants

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

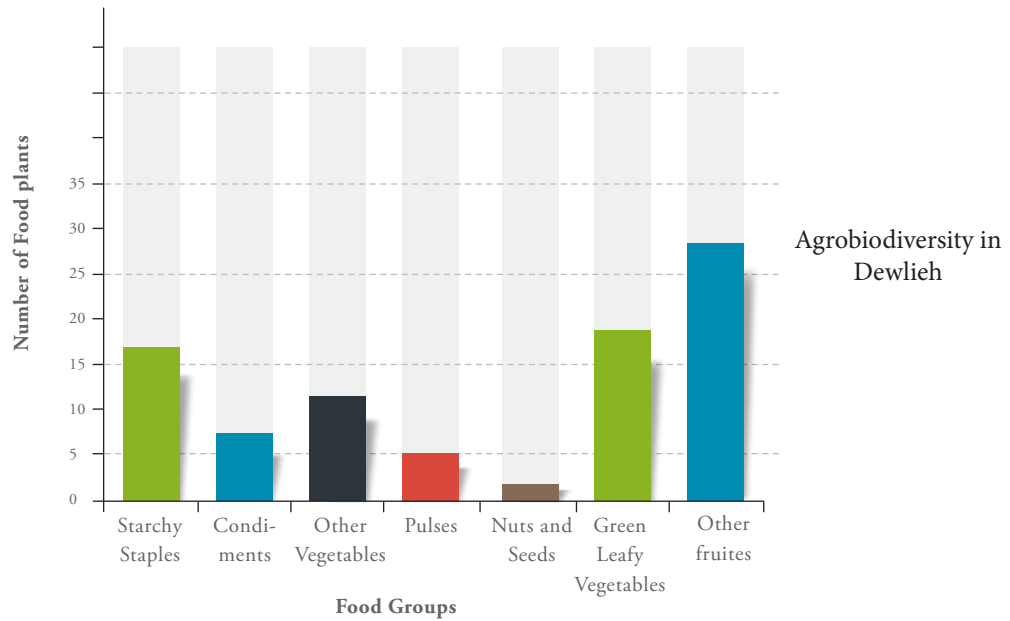
N.B: W: Wild plant; NA: Not available



# Dewlieh

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

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



Starchy Staple














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

### Condiments























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

### Other Vegetables





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

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

Pulses

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

Nuts and Seeds















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

Green Leafy Vegetables

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

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

#### Other Fruits

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

Sohkhawiong	<i>Rubus lasiocarpus</i>	Planting																			
		Harvesting																			
Sohpie Bah	<i>Myrica esculenta</i>	Planting																			
		Harvesting																			
Sohpie Liya (W)	<i>Myrica nagi</i>	Planting																			
		Harvesting																			
Sohkhyllam (W)	<i>Elaeocarpus prunifolius</i>	Planting																			
		Harvesting																			
Sohkynphor Shrieh	<i>Citrus dimorphocarpa</i>	Planting																			
		Harvesting																			
Sohmad	<i>Citrus medica</i>	Planting																			
		Harvesting																			
Sohma (Mlueh) (W)	<i>Rubus chinensis</i>	Planting																			
		Harvesting																			
Soh Khlur (W)	<i>Elaeagnus pyriformis</i>	Planting																			
		Harvesting																			
Soh Pai Risang	NA	Planting																			
		Harvesting																			
Soh Um (W)	<i>Syzygium cumini</i>	Planting																			
		Harvesting																			
Soh Iong	<i>Prunus nepalensis</i>	Planting																			
		Harvesting																			
Soh Tylliang	NA	Planting																			
		Harvesting																			
Soh Lapong	<i>Ficus gibbosa</i>	Planting																			
		Harvesting																			
Soh Shiat	NA	Planting																			
		Harvesting																			
Soh Pdok	<i>Solanum torvum</i>	Planting																			
		Harvesting																			
Kait Khar	<i>Musa sp.</i>	Planting																			
		Harvesting																			
Kait Mon	<i>Musa paradisiaca</i>	Planting																			
		Harvesting																			
Kait Shyieng	<i>Musa velutina</i>	Planting																			
		Harvesting																			



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

N.B: W: Wild plant;



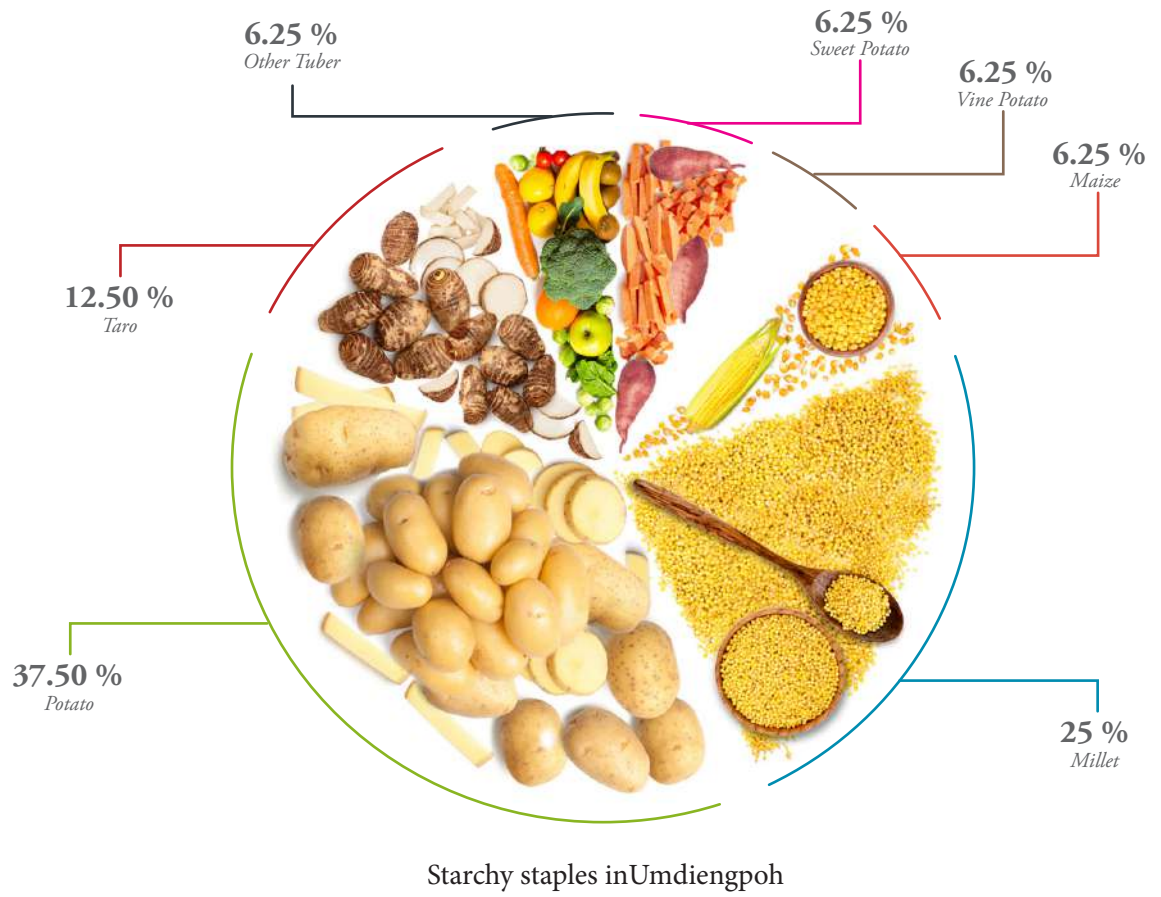
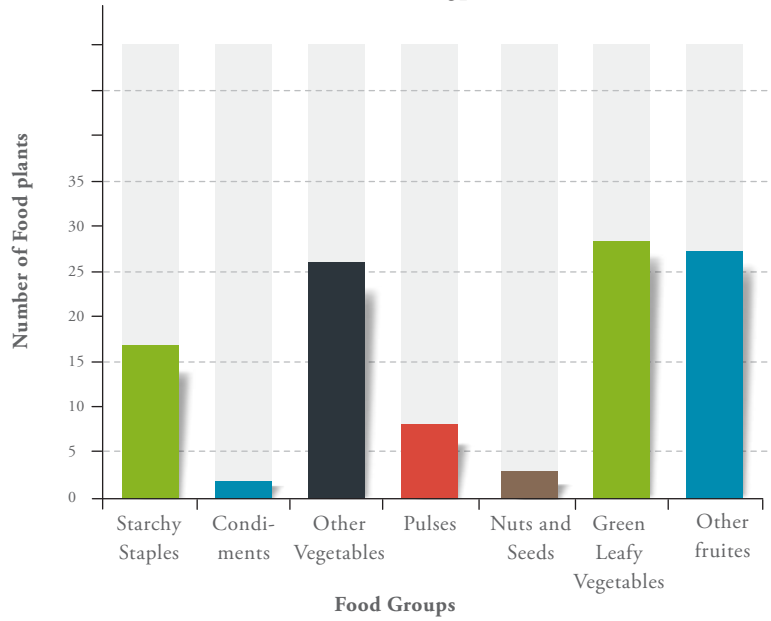
# Umdiengpoh

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

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



### Agrobiodiversity in Umdiengpoh



Starchy staples in Umdiengpoh



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

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

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

Biskot Lieh	<i>Sechium edule</i>	Planting								🌱			
		Harvesting	🌾									🌾	🌾
Biskot Shiah	<i>Sechium edule</i>	Planting								🌱			
		Harvesting	🌾									🌾	🌾
Biskot Iong	<i>Sechium edule</i>	Planting								🌱			
		Harvesting	🌾									🌾	🌾
Pashor Kait (W)	<i>Musa paradisiaca</i>	Planting											
		Harvesting										🌾	🌾
Siar Kait (W)	<i>Musa paradisiaca</i>	Planting											
		Harvesting										🌾	🌾
Sohkhia Blei (W)	<i>Solena heterophylla</i>	Planting											
		Harvesting								🌾	🌾	🌾	🌾
Syntiew Jallymmut (W)	NA	Planting											
		Harvesting								🌾	🌾	🌾	🌾

#### Pulses

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





#### Nuts and Seeds

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

















Green Leafy Vegetables

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



























Jajew Khyndew (W)	NA	Planting Harvesting	    
Jajew Rben (W)	NA	Planting Harvesting	    
Jali (W)	<i>Gymna nepalensis</i>	Planting Harvesting	     
Jangen Skei (W)	NA	Planting Harvesting	    
Jalynniar (W)	<i>Sonchus arvensis</i>	Planting Harvesting	  
Jalynnoh (W)	<i>Polygonum orientale</i>	Planting Harvesting	 
Jamiaw (W)	<i>Gentiana quadrifaria</i>	Planting Harvesting	      
Jahenwet (W)	NA	Planting Harvesting	 
Jangew Mawria (W)	NA	Planting Harvesting	   
Jabar (W)	NA	Planting Harvesting	     

Other Fruits

Local Name	Scientific Name	Planting/ Harvesting	Months												
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Sohlyngdkhur	<i>Morus australis</i>	Planting Harvesting													
Sohphoh Nongkhlaw	<i>Pyrus communis</i>	Planting Harvesting													
Sohphoh Lakun	<i>Pyrus communis</i>	Planting Harvesting													
Sohshiah (W)	<i>Rubus ellipticus</i>	Planting Harvesting													
Sohkhawiong (W)	<i>Rubus lasiocarpus</i>	Planting Harvesting													
Sohpdung Ksuit	NA	Planting Harvesting													
Sohryngkham (W)	<i>Vaccinium graffitianum</i>	Planting Harvesting													
Sohphie Bah	<i>Myrica esculenta</i>	Planting Harvesting					 								



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

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

DRINK  
DRINK  
DRINK

# 03

## PRIORITISED FOOD PLANTS FOR INCLUSION IN MID-DAY MEAL

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

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

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



## Mawmihthied

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

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

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

N.B: \* Extra food group

Table 8: Prioritised food group in Mawmihthied

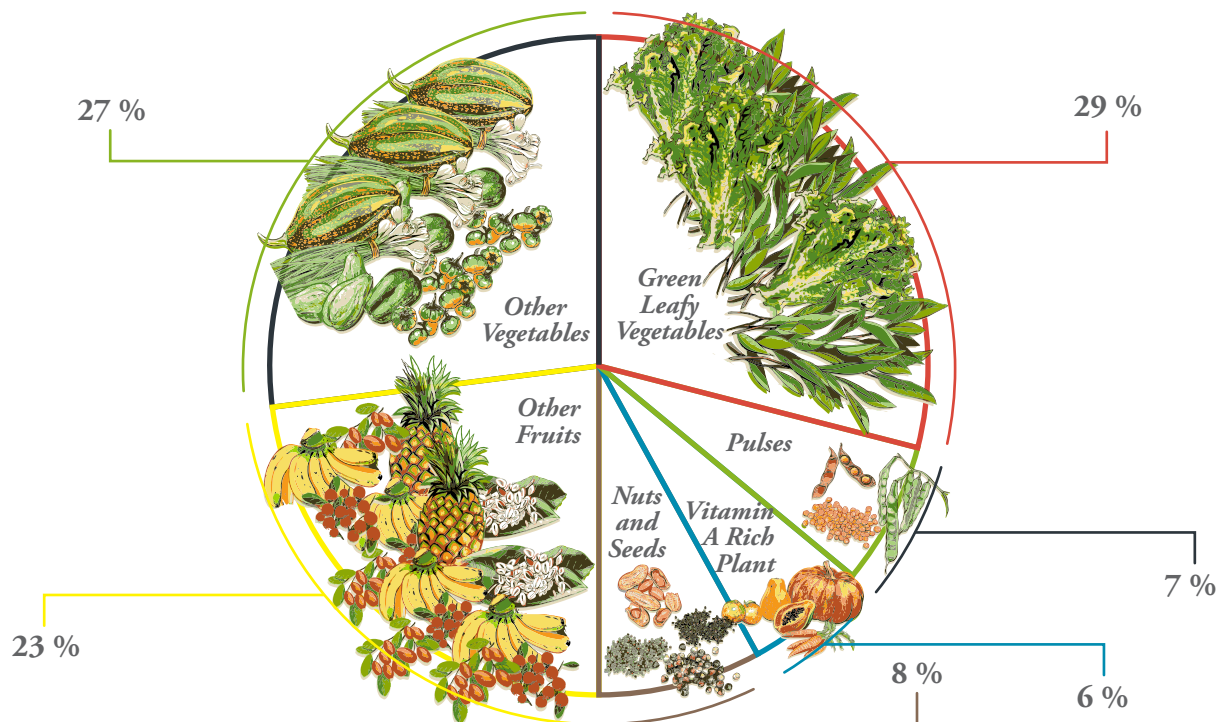


Figure 7: Prioritised food plants from Mawmihthied

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

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

Ri Ran/Majai	<i>Vicia faba</i>	Planting												
		Harvesting												
Rymbai Ja	<i>Vigna umbellata</i>	Planting												
		Harvesting												
			Nuts and Seeds											
Local Name	Scientific Name	Planting/ Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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												
			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												
Tyrso	<i>Brassica juncea</i>	Planting												
		Harvesting												
Jamyrdoh (W)	<i>Houttuynia cordata</i>	Planting												
		Harvesting												
Jatira (W)	<i>Oenanthe linearis</i>	Planting												
		Harvesting												
Bat Pyllon (W)	<i>Centella asiatica</i>	Planting												
		Harvesting												
Jangew Mawria/ Tangduma (W)	NA	Planting												
		Harvesting												
Jaer (W)	NA	Planting												
		Harvesting												
Jabal (W)	NA	Planting												
		Harvesting												
Sla Phankaro	<i>Ipomea batatas</i>	Planting												
		Harvesting												
Sla Pathaw	<i>Cucurbita maxima</i>	Planting												
		Harvesting												

Sla Biskot	<i>Secbium edule</i>	Planting											
		Harvesting											
Sla Byrthti (W)	NA	Planting											
		Harvesting											
Sla Muli	<i>Rapbanus sativus</i>	Planting											
		Harvesting											
Sla Jyllang	<i>Allium tuberosum</i>	Planting											
		Harvesting											
Jalynniar (W)	<i>Sonchus arvensis</i>	Planting											
		Harvesting											

Other Fruits

Local Name	Scientific Name	Planting/ Harvesting	Months											
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Sohshiah (W)	<i>Rubus ellipticus</i>	Planting												
		Harvesting												
Sohryngkham (W)	<i>Vaccinium graffibianum</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 khlur (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												



Vitamin A Rich Plants

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

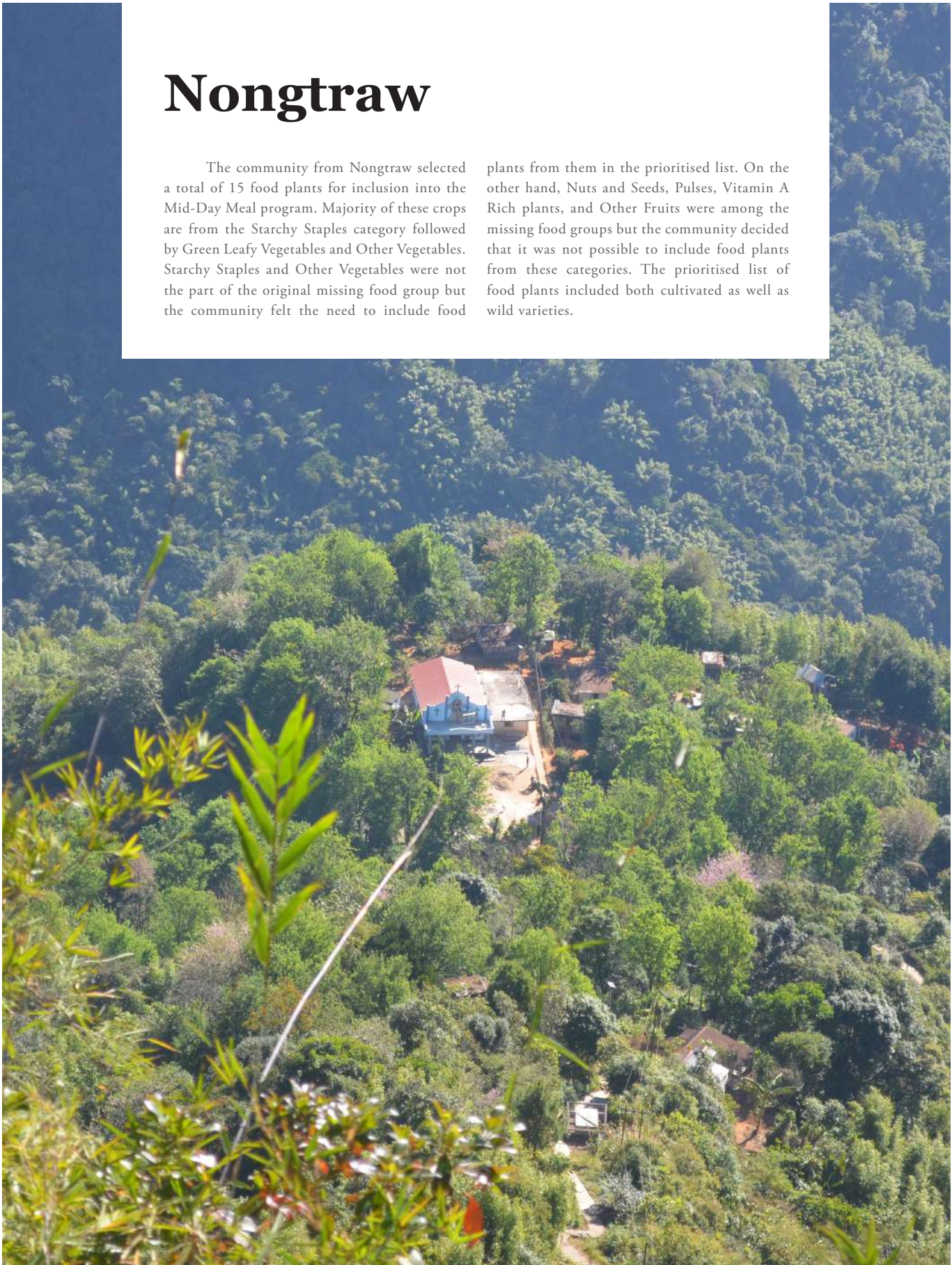
N.B: W: Wild plant; NA: Not available



# Nongtraw

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

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



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

*N.B: \* Extra food group*

Table 9: Prioritised food groups in Nongtraw

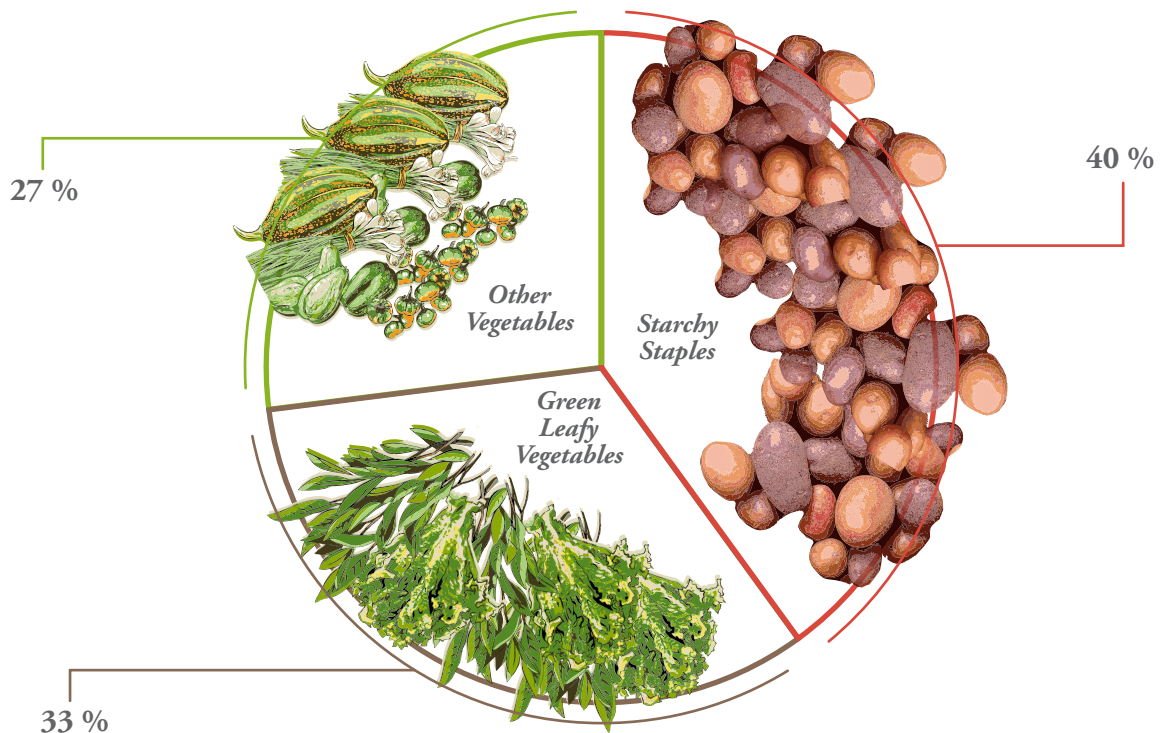


Figure 8 : Prioritised food group in Nongtraw

### 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									🌾					

### 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	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾	🌾

### 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>Rhynchoetichum ellipticum</i>	Planting														
		Harvesting									🌾	🌾	🌾	🌾		

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



# Laitsohpliah

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

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

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

*N.B: \* Extra food group*

**Table 10: Prioritised food group in Laitsohpliah**



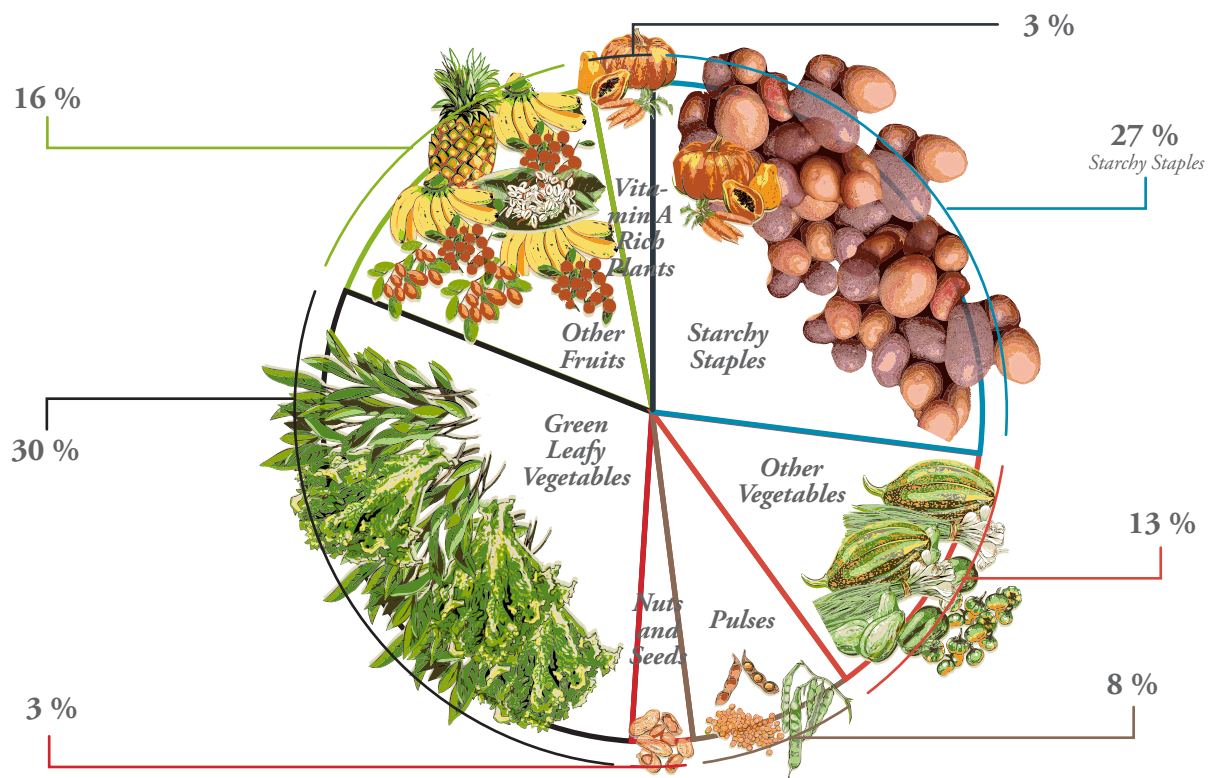


Figure 9: Prioritised food group in Laitsohpliah



### 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 Imdiang	<i>Solanum sp.</i>	Planting													
		Harvesting													
Phan San Minit	<i>Solanum tuberosum</i>	Planting													
		Harvesting													
Phan Karo Saw	<i>Ipomea batatas</i>	Planting													
		Harvesting													
Phan Karo Lieh	<i>Ipomea batatas</i>	Planting													
		Harvesting													

### Other Vegetables

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

### 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													



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

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

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

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

**Vitamin Rich A Plants**

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

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







# Dewlieh

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

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

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

*N.B: \* Extra food group*

Table 11: Prioritised food group in Dewlieh

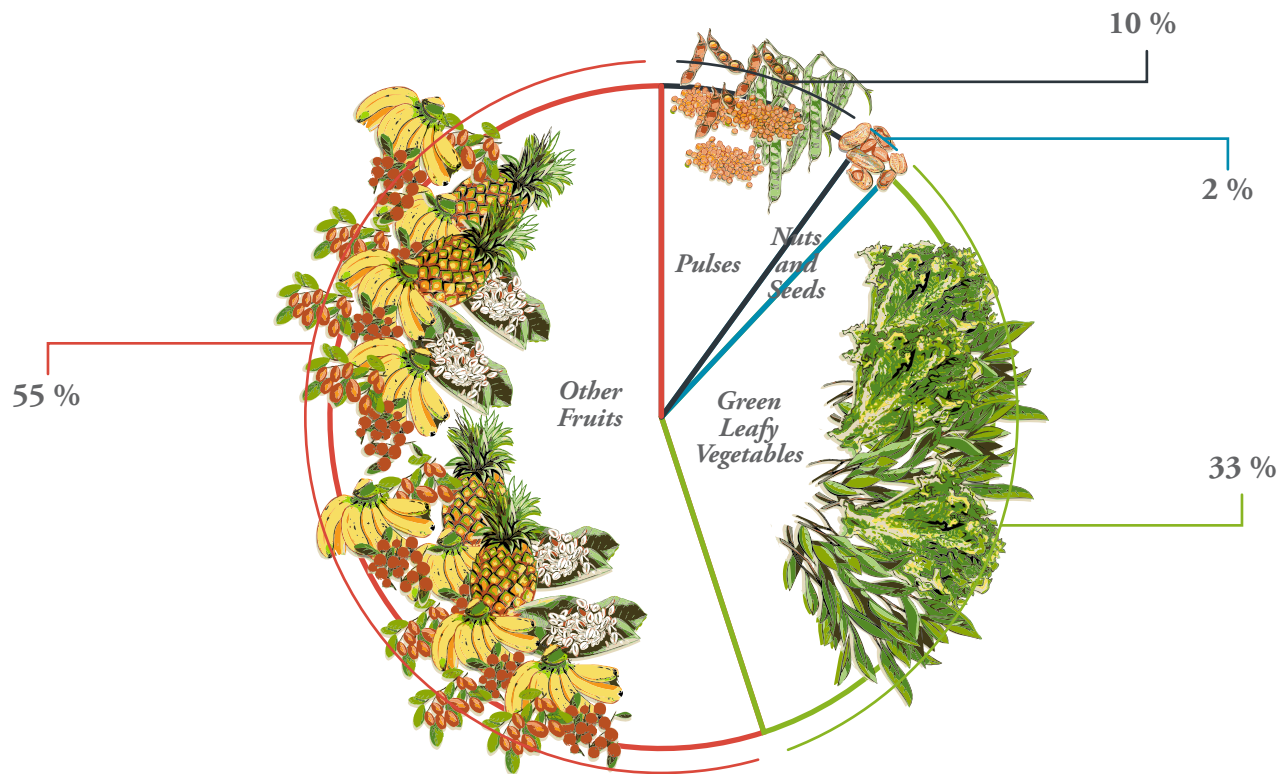




































































Figure 10: Prioritised food plants from Dewlieh

































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











































































































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

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

<b>Jali (W)</b>	<i>Gynura nepalensis</i>	Planting Harvesting	 	   
<b>Jalynnir (W)</b>	<i>Sonchus arvensis</i>	Planting Harvesting		     
<b>Tangduma (W)</b>	NA	Planting Harvesting		      
<b>Jajew Skhor Blang (W)</b>	NA	Planting Harvesting	           	
<b>Jasim (W)</b>	NA	Planting Harvesting	           	
<b>Jajew Maw/Jajew Kynih Syiar (W)</b>	<i>Pothos curtizii</i>	Planting Harvesting	           	
<b>Jakhria (W)</b>	<i>Rhynchoetichum ellipticum</i>	Planting Harvesting		    
<b>Jarain (W)</b>	<i>Fagopyrum dibotrys</i>	Planting Harvesting		     

Other Fruits

Local Name	Scientific Name	Planting/ Harvesting	Months												
			Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
<b>Soh Langdkhur</b>	<i>Morus australis</i>	Planting Harvesting			  			 							
<b>Sohshiah</b>	<i>Rubus ellipticus</i>	Planting Harvesting				 									
<b>Sohkhawiong</b>	<i>Rubus lasiocarpus</i>	Planting Harvesting				 									
<b>Sohphie Bah</b>	<i>Myrica esculenta</i>	Planting Harvesting			  	 		  							
<b>Sohphie Liya (W)</b>	<i>Myrica nagi</i>	Planting Harvesting			 										
<b>Sohkhyllam (W)</b>	<i>Elaeocarpus prunifolius</i>	Planting Harvesting										 			
<b>Sohmad</b>	<i>Citrus medica</i>	Planting Harvesting				 									
<b>Sohma (Mluh) (W)</b>	<i>Rhus chinensis</i>	Planting Harvesting													
<b>Soh Khlur (W)</b>	<i>Elaegnus pyriformis</i>	Planting Harvesting		  											

Soh Pai Risang	NA	Planting																			
Soh Um (W)	<i>Syzygium cumini</i>	Planting																			
Soh Iong	<i>Prunus nepalensis</i>	Planting																			
Soh Tylliang	NA	Planting																			
Soh Lapong	<i>Ficus gibbosa</i>	Planting																			
Soh Shiat	NA	Planting																			
Soh Pdok	<i>Solanum torvum</i>	Planting																			
Kait Khar	<i>Musa sp.</i>	Planting																			
Kait Mon	<i>Musa paradisiaca</i>	Planting																			
Kait Shyiang	<i>Musa velutina</i>	Planting																			
Soh Lyngkjup	NA	Planting																			
Soh Priam	<i>Psidium guajava</i>	Planting																			
Soh Myndong	NA	Planting																			
Soh Kysiew	NA	Planting																			
Soh Khyliat	NA	Planting																			
Soh Lyngwai	NA	Planting																			
Soh Phan	<i>Artocarpus heterophyllus</i>	Planting																			
		Harvesting																			

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







# Umdiengpoh

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

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

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

*N.B: \* Extra food group*

Table 12: Prioritised food group in Umdiengpoh

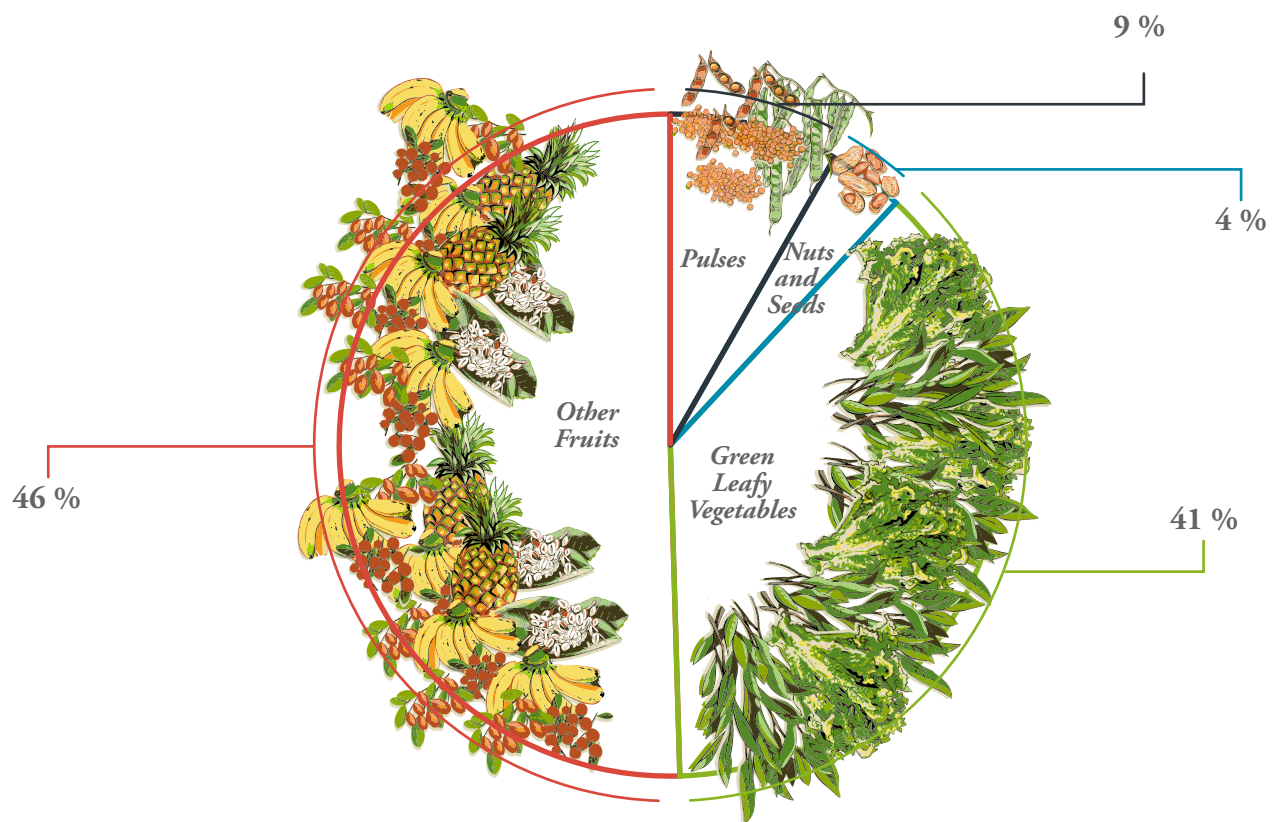


Figure 11: Prioritised food plants from Umdiengpoh

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


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















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

Tyrkhang Iong (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											
Jawieh (W)	NA	Planting Harvesting											
Latyrdop (W)	NA	Planting Harvesting											
Jabuit (W)	<i>Polygonum muricatum</i>	Planting Harvesting											
Jajew Khyndew (W)	NA	Planting Harvesting											
Jajew Rben (W)	NA	Planting Harvesting											
Jali (W)	<i>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											

#### Other Fruits

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

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

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

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



# CON CIT SON





# 04

## CONCLUSION

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

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

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

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

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





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

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