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Ethnobotanical investigation of wild edible food plants in central Malnad region of Karnataka, India

Kumaraswamy Udupa E.S.¹ and Abhijhit H.U.^{3*}

¹Department of Botany, Sri. J.C.B.M College, Sringeri, Chikkamagaluru 577 139, Karnataka, India

²Biodiversity Education & Research Lab, Environment Study Center, Ratnakara Nagar, Shivamogga 577 204, Karnataka, India

³Plant Systematics and Ecology Lab, Ajasra Research and Education Center, Ajasra Charitable Trust (R), Hosadevarahadlu, Sringeri Taluk- 577 139, Chikkamagaluru, Karnataka, India

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ABSTRACT

The present study clearly gives the relationship between the local people and traditional knowledge about wild food plants in Central Western Ghats. The community peoples of this region have good traditional knowledge about varieties of wild food plants which were used in their daily life for food and medicine. This study aims to explore the relationship and traditional knowledge between the local inhabiting people and wild edible plants by using interview method from 2016–2019. A total of 107 species, belonging to 91 genera and 49 families were documented from the study site.

Key words: Ethnobotanical knowledge, Western Ghats, Wild edible fruits, Wild food plants.

Introduction

Wild edible plants were growing naturally in different kinds of habitats and it is played a major role in tribal people livelihood in developing countries and also acts as a major source of vitamins and minerals (Singh *et al.*, 2021). The peoples of rural areas of the world used varieties of plants for their daily food and medicinal requirements (Suwardi *et al.*, 2020).

Ethno-botanical knowledge is much older than the human civilization. Even since the dawn of civilization, plants served the humankind in a variety of ways. Prehistoric man, through a very slow process of trial & error, developed the expertise in understanding the useful food and other plants of their local vegetation. Man from the beginning, has a tendency to draw material from nature for his use. The identification and domestication of useful plants, catering to basic needs such as food, clothing and

shelter were started in prehistoric times.

Early man must definitely have used plants more than animals and amongst plants; the food plants have played an important role in his life and survival. Similarly, the food habits of the tribal and rural people are generally developed according to the availability of food and their nutritional value, which propagated from generation to generation in the form of Ethnic knowledge (Tugume and Nyakoojo, 2020). However, with rapid rate of modernization and growing pressure of pollution, these traditional uses of plants are becoming outdated and valuable knowledge is getting obliterated. But in a country like India, a wider section of people, especially those living in far flung areas are still bereft with adequate facilities and employ traditional means, inherited from their respective ethnic groups for the sustenance of life. Ethnobotany deals with the study about tribal and rural people for recording

their unique knowledge about plant wealth and for search of new sources of herbal drugs, edible plants and other aspects of plants (Jain, 1983).

The value of wild edible vegetables in food security has not been given sufficient attention in India. Consequently, there are no formal interventions that seek to encourage people to use traditional vegetables as source of essential nutrients. For many years the importance of wild plants in subsistence agriculture in the developing world as a food supplement and as a mean of survival during drought and famine has been overlooked. Nevertheless, whereas the rich indigenous knowledge on the medicinal use of wild has been relatively well documented, researched, particularly concerning the socio-economic, cultural, traditional, and nutritional aspects of wild food plants still lacks adequate attention. There are at least 3000 edible plants species known to man, with merely 30 crops contributing to more than 90% of the world calorie intake, and only 120 crops are economically important on a national scale (Cooper *et al.*, 1996). There are 1532 edible wild food species in India, mostly from Western Ghats and Himalayan regions (Arora and Pandey, 1996). Similarly, in Eastern Ghats region also, several tribals are using wild plants as food. The ethno botanical investigation of wild food plants helps to gather basic information like distribution, socio-economic status, dependency on forests, pattern of utilization of plants etc.

There are only few important works done on the wild edible plants covering some parts of India (Singh *et al.*, 2007; Bhaskar *et al.*, 2007; Kala, 2007; Reddy *et al.*, 2007; Savitri and Bhalla, 2007; Vivek Kumar and Rao, 2007) and there is no such work in central Malnad region of Karnataka. People of this region have rich heritage of knowledge about food plants, gathered through experience of generations in the form of folklore knowledge. The available Ethno-botanical information of this region focuses mainly on the medicinal plants but the food plants have been neglected.

From this point of view, the present survey is undertaken to document the valuable ethnic knowledge about wild food plants in central Malnad region of Karnataka.

Materials and Methods

Study area: The present study was conducted in four taluks of Central Malnad regions of Karnataka.

The taluks of Sringeri, Koppa and Mudigere were located in Chikkamagaluru district and Thirthahalli taluk located in Shivamogga district of Karnataka. From each taluks 10 villages were randomly selected and six households of different categories and economic status were selected from each village. The categories were classified into Brahmins, Gowdas and SC/ST. According to the size of land holding, the households were further categorized into three groups viz. people having more than 4 acres of agricultural land, having 1-4 acres of land and landless.

Methods: Extensive survey was conducted from the year 2016 to 2019 during summer and rainy seasons using questionnaire, highlighting the social status, educational level, occupation, economic status, expertise to prepare food using wild plants, plant parts used, method of preparation of food, local names of plants, their medicinal values, and available quantity of wild plants and obtained information was documented. Wild food plants are identified by using floras and literature and list out the species.

Results

A total of 107 wild food plant species, belonging to 91 genera and 49 families (Table 1; Plate 1–8) were documented. Among them Trees are the major source of food plants and contribute 35% (37 species) followed by herbs (32 species), shrubs (23 species), climbers (9 species) and lianas (6 species) is minimal (Fig. 1).

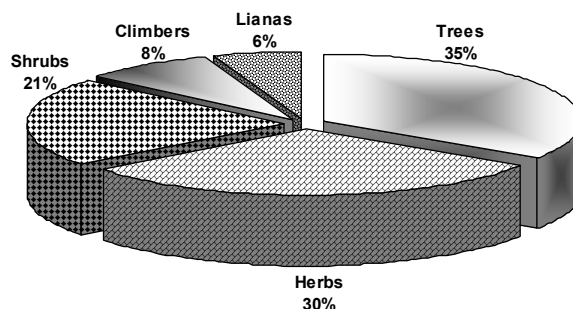


Fig. 1. Contribution of wild food plants according to their habits.

In Sringeri taluk, people use 95 different wild species as food plants, followed by Koppa taluk (94 species) and less in Thirthahalli and Mudigere taluks (75 species and 69 species, respectively)

Twelve different parts of the plants were used in

Table 1. Preparation of food stuff uses different parts of the wild plants in Central Malnad region, Karnataka.

Sl.No.	Botanical name	Parts used	Food stuff
1	<i>Acacia sinuata</i> (Lour.) Merr.	Tender leaves	F
2	<i>Achyranthus aspera</i> L.	Tender leaves	A
3	<i>Aegle marmelos</i> (L.) Correa.	Tender leaves	A,F
4	<i>Altarnenthera sessilis</i> Br.	Tender leaves and Stem	A,C,D,E,F
5	<i>Amaranthus caudatus</i> L.	leaves and Stem	A,C,E
6	<i>Amaranthus spinosa</i> L.	Tender leaves and Stem	E
7	<i>Anacardium occidentale</i> L.	Tender leaves	A
8	<i>Arenga wightii</i> Griff.	Young shoot	E
9	<i>Argyrea pilosa</i> Wt. & Arn.	Tender leaves	D
10	<i>Artocarpus hetrophillus</i> Lam.	Fruits	B,C,D,E,H,I
11	<i>Artocarpus hirsutus</i> Lam.	Seed	Oil
12	<i>Artocarpus lakoocha</i> auct. Cooke	Fruits	F
13	<i>Bacopa monnieri</i> (L.) Penn.	Tender leaves and Stem	A
14	<i>Bambusa arundinaceae</i> , Willd.	Young shoot	B,C,E,G,H,J
15	<i>Borreria hispida</i> (L.) Schumann.	Tender leaves and Stem	A
16	<i>Caesalpinia bonduc</i> (L.) Roxb.	Fruits	F
17	<i>Caesalpinia mimosoides</i> Lam.	Tender leaves.	A
18	<i>Capsicum minimum</i> Roxb.	Tender leaves & Fruits	A,C,D
19	<i>Carissa carandus</i> L.Matt.	Fruits	A,B,C,J
20	<i>Caryota urens</i> L.	Young shoot	E
21	<i>Cassia fistula</i> . L.	Tender leaves	A,D
22	<i>Cassia sophora</i> Linn.	Tender leaves	A
23	<i>Cassia tora</i> L.	Tender leaves.	A,B,C,D,E,F
24	<i>Centella asiatica</i> (L.) Urban.	Leaves, petiole.	A,D,F
25	<i>Centratherum anthelminticum</i> O.Kze	Tender leaves and Stem	A
26	<i>Charantia dioica</i>	Fruits	A,B,C,E,G
27	<i>Cinnamomum verum</i> J.S. Presl.	leaves	SPICE
28	<i>Citrus aurantium</i> Linn.	Fruits	A,I
29	<i>Citrus bigaradia</i> Linn.	Fruits	E,F,I
30	<i>Clerodendrum viscosum</i> Vent.	Root	F
31	<i>Colocasia esculenta</i> (L.) Schott.	leaves	A,F
32	<i>Commelina benghalensis</i> L.	Leaves, tuber, Stolon	B,C,D,E,G,H,I
33	<i>Curculigo orchiodis</i> Gaertner.	Root	F
34	<i>Cyathula prostrata</i> Blume.	Leaves	D
35	<i>Cyclea peltata</i> (Lam.) J.Hooker & Thoms.	Leaves	F
36	<i>Dioscorea bulbifera</i> L.	leaves and Stem	A,C
37	<i>Duranta repens</i> L.	Tuber.	A,C,E,G,H
38	<i>Eclipta alba</i> Hassk.	Tender leaves	E
39	<i>Elaeagnus kologa</i> Schldl.	Tender leaves and Stem	A,D
40	<i>Elephantopus scaber</i> L.	leaves	F
41	<i>Ellertoniar heedi</i> Wt.	Tender leaves	A
42	<i>Embelia tsjeriam-cottam</i> (Roem. & Schult.) A.DC	Tender leaves	A,E
43	<i>Emblica officinalis</i> Gaert.	Fruits	A,C,D,J
44	<i>Emilia sanchifolia</i> DC.	Tender leaves	A,D,F,I
45	<i>Eryngium foetidum</i> L.	Tender leaves	D
46	<i>Erythrina indica</i> Lam.	Inflorescence, bark	A,C,D,E,F
47	<i>Evolvulus alsinoides</i> (L.) L.	Leaves	A
48	<i>Ficus glomerata</i> . Roxb.	Tender leaves & Fruits	A
49	<i>Flacourtia montana</i> Graham	Fruits & Tender leaves	E
50	<i>Garcinia gummi-gutta</i> (L.) Robson	Fruits	F
51	<i>Garcinia xanthochymus</i> J.Hooker ex T.Anderson	Fruit, Seed	Oil, SPICE
52	<i>Gardenia turgida</i> . Roxb.	Fruits	A,C,E,G,
53	<i>Hemidesmus indicus</i> (L.) R.Br	leaves and Stem	F

Table 1. Continued ...

Sl.No.	Botanical name	Parts used	Food stuff
54	<i>Holigarna arnotiana</i> . Hook.	Tender leaves	D
55	<i>Ixora coccinia</i> L.	Flowers	A
56	<i>Jasminum angustifolia</i> (L.) Willd.	Tender leaves.	A
57	<i>Justicia montana</i> (Nees.) Wall.	Tender leaves and Stem	F
58	<i>Leea indica</i> (N.Burman.) Merrill.	Tender leaves	A,E
59	<i>Madhuca indica</i> J.F.Gmel.	Tender leaves.	A
60	<i>Mangifera indica</i> . L.	Fruits	B,C,D,F,I,J
61	<i>Manihot ultissima</i> Pohl.	Root	C,E
62	<i>Memecylonma labaricum</i> Cogn.	Tender leaves	A,E
63	<i>Mimosa pudica</i> L.	Tender leaves	A
64	<i>Mirabilis jalapa</i> L.	Tender leaves	A
65	<i>Murraya koenigi</i> Spr.	Tender leaves & Flowers	A,D
66	<i>Musa paradisica</i> L.	Inflorescence,fruits	A,B,C,D,E,G,H,I
67	<i>Mussaenda frondosa</i> J.Hooker.	Tender leaves	A
68	<i>Osbeckia cupularis</i> D.Don.	Tender leaves	A
69	<i>Oxalis corniculata</i> L.	Tender leaves	A
70	<i>Pavetta indica</i> L.	Fruits	B,D
71	<i>Phoenix humilis</i> Royle.	Young shoot	E
72	<i>Phyllanthus neruri</i>	Leaves	A,F
73	<i>Physalis minima</i> L.	Tender leaves, fruits.	A,C,D
74	<i>Polygonum plebejum</i> R.Br.	leaves and Stem	B,C,E
75	<i>Polygonum chinense</i> L.	Tender leaves	A,C,D,I,E,F
76	<i>Psidium guajava</i> L.	Tender leaves & Fruits	A,D,E
77	<i>Psophocarpus tetragonolobus</i> DC.	Fruits	C,F
78	<i>Remusatia viopara</i> (Roxb.) Schott.	leaves	E
79	<i>Ricinus cuminus</i> L.	Tender leaves	A
80	<i>Salmalia malabarica</i> . Sch. & Endl.	Tender leaves	A
81	<i>Santalum album</i> L.	Tender leaves	A,D,E,F
82	<i>Sida rhombifolia</i> L.	Leaves.	A
83	<i>Solanum indicum</i> L.	Fruits	B
84	<i>Solanum nigrum</i> L.	Tender leaves, fruits	A,C,D,E
85	<i>Solanum torvum</i> Sw.	Fruits	C,E
86	<i>Spondias mangifera</i> Willd.	Fruits	C,D,E,F,G,I,J
87	<i>Syzygium caryophyllatum</i> (L.) Alston.	Tender leaves.	A,D,E
88	<i>Tamarindus indica</i> L.	Fruits	D
89	<i>Thunbergia fragrans</i> Roxb.	Flowers	A
90	<i>Vitis quadrangularis</i> Wall.	Tender leaves and Stem	C
91	<i>Wedelia chinensis</i> Merrill.	Tender leaves and Stem	A
92	<i>Zanthoxylum ovalifilum</i> Wt.	Fruits	J

*Note: A to J codes is a different food items and it mentioned below.

the preparation of 10 different dishes. Among them, tender leaves of 45 plants are used in the preparation of *Hasivaale*. Leaves of 15 plants, fruits of 26 plants, stem of 13 plants, young shoot of 4 plants, flowers of 4 plants, root of 5 plants are used in the preparation various food (Fig. 2).

There is a great diversity in the preparation of food items in the study site. A total of 10 different food stuffs are prepared from the 107 wild plants. They are *Hasivaale* (Tambuli), *Saasuve*, *Saambar*,

Chatni, *Palya*, *Saaru*, *Kaayirasa*, *Majjigehuli*, *Goyju* and *Uppinakayi* (Pickles) (Table 1).

A. *Hasivaale* (Tambuli): Especially leaves are used in the preparation of *Hasivaale*. Freshly collected plant parts are fried with little quantity of oil and ground with separately fried cumin, mustard and chilly along with coconut. Salt and spices are added for taste and mixed with butter milk.

B. *Saasuve*: Fresh plant parts are cut and boiled. Fried

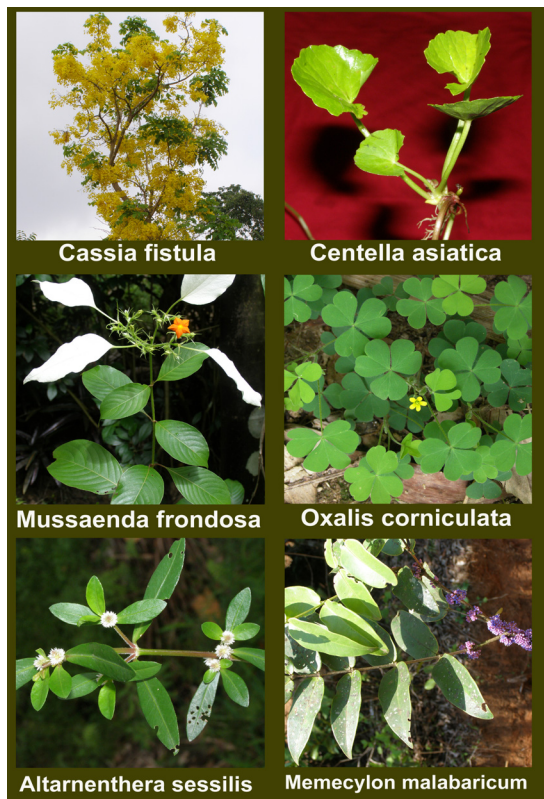


Plate 1

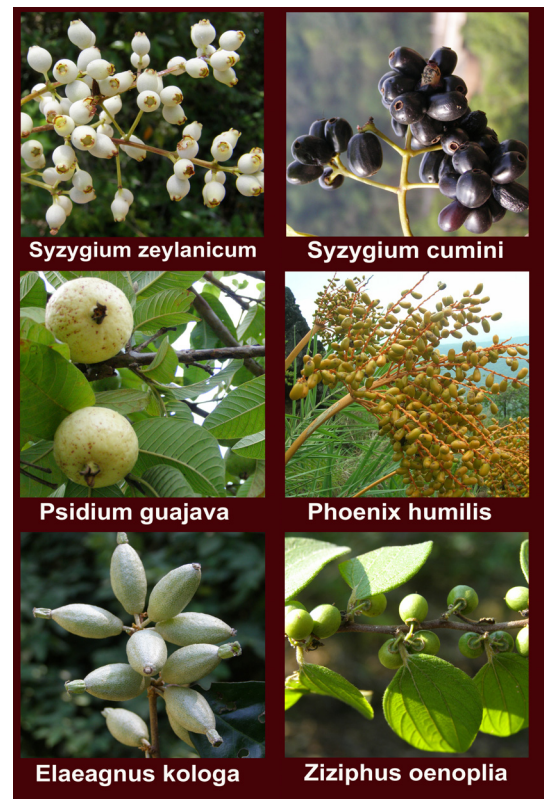


Plate 3



Plate 2



Plate 4

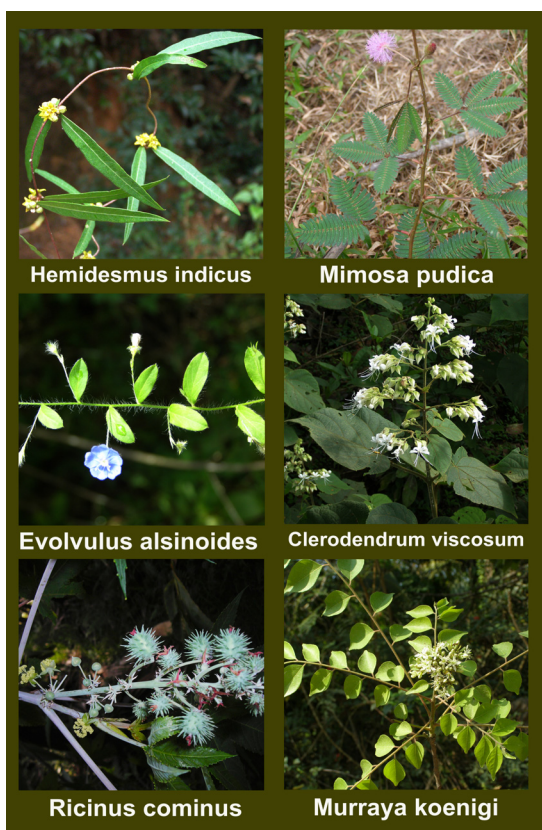


Plate 5

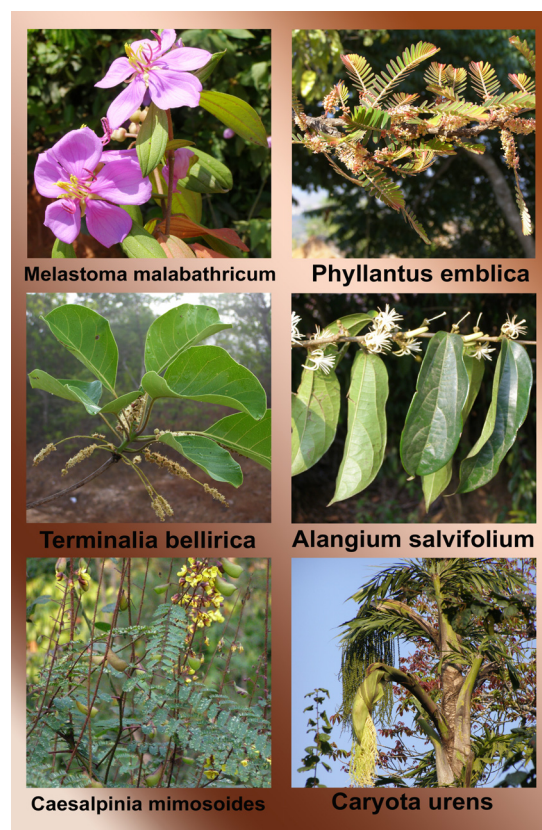


Plate 7

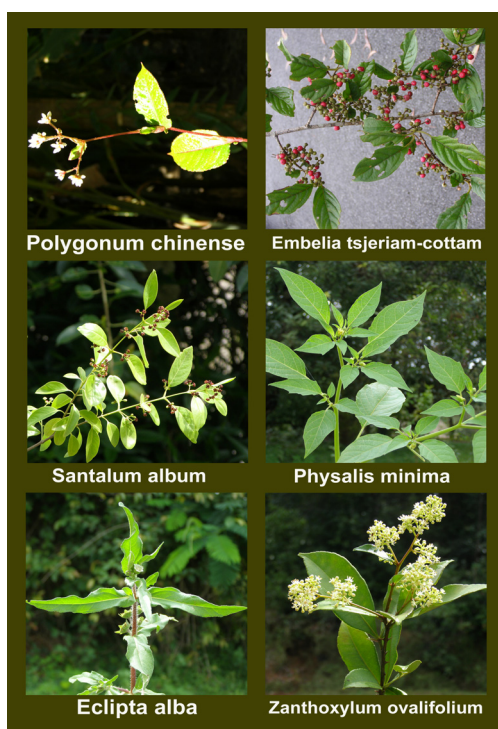


Plate 6



Plate 8

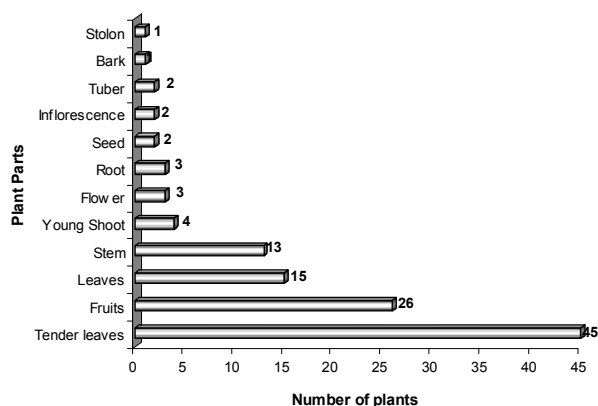


Fig. 2. Different parts of the plants used as food in the study area.

mustard, cumin and chilly are ground with coconut & spices and mixed with the boiled vegetables. Salt and butter milk are added, seasoning is done.

C. *Huli* (Saambar): Cut vegetables are boiled along with pigeon pea. Fried cumin, mustard, chilly, coriander are ground with coconut, tamarind and salt to make a paste, and mixed with boiled vegetable. The mixture is boiled and seasoned.

D. *Chatni*: Bengal gram, cumin, mustard, chilly are fried with oil and ground with coconut and already fried plant parts. To the semisolid mixture, seasoning is done and sour & salt are added.

E. *Palya*: The edible plant parts are cut into small pieces and boiled. Mustard, chilly, coriander, fenugreek, bengal gram are fried and powdered. The powder is mixed with boiled vegetables. Coconut, sour, & salt are added. Seasoning is done.

F. *Saaru* (Broth): Pigeon pea is boiled with vegetables and then ground with fried cumin, mustard, coriander, chilly. Mixture is boiled, salt & sour are added, seasoning is done.

G. *Kaayirasa*: Cumin, mustard, black gram, Bengal gram, capsicum are fried and ground with coconut to make a paste. The paste is mixed with already boiled vegetables. Seasoning is done along with the addition of salt and sour.

H. *Majjigehuli*: Fried cumin, mustard, capsicum are ground with coconut and soaked rice, and then added to boiled vegetables and boiled again. Butter-milk is added and seasoning is done.

I. *Gojju*: Juice of fully ripened fruits is extracted. Mustard, cumin, capsicum are fried and ground with coconut and salt. The paste is mixed with boiled or raw fruit extraction. Seasoning is done.

J. *Uppinakayi* (Pickle): Cumin, mustard, capsicum, fenugreek, and asafoetida are fried and powdered. The powder is mixed with fresh or salt preserved pieces of fruits or vegetables.

Along with the wild edible food plant, during survey, about 46 wild edible fruits are also documented in the study area which come under various types like Berry (24), Capsule (5), Drupe (4), Pod (2),

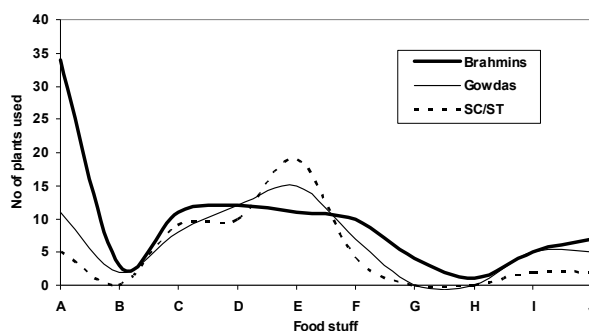


Fig. 3. Preparation of varieties of foodstuff by different castes.

Follicle (1), False fruit (4), Pepo (2), hesperidium (2). They are consumed either raw (32) or cooked (14). Some of them are used as spices (6) and some for pickling (6) (Table 2).

Most common herbs utilized by Brahmins in the study area are *Centella asiatica*, *Solanum nigrum* and *Capsicum minimum* and are used for preparing hasivaale. Gowdas most commonly use *Cassia tora* for preparing palya and saambar. SC/ST people use liberally *Colocasia esculenta* for preparing saambar. *Bambus arundinaceae* is the most common plant used by people of all the three economic status. All the categories and all the people of different economic status generally use *Artocarpus heterophyllus* (Jack fruit) and *Mangifera indica* (Mango). Most common and highly used wild plants species are *Artocarpus heterophyllus*, *Mangifera indica*, *Centella asiatica*, *Cassia tora*, *Amaranthus caudatus*, *Bambus arundinaceae*, *Solanum nigrum*, *Capsicum minimum*, *Psidium guajava* and *Colocasia esculenta* (Table 3).

Percentage consumption of wild food plants varies in between the people of various castes and in between the people of different economic status. Among the 107 plants, Brahmin community use maximum number of plant species (106 species), followed by Gowdas community (85 species) and SC/ST people use minimum wild food plants (51 species). By the information gathered, it was clear

Table 2. Wild edible fruits and their usage in the Central Malnad, Karnataka.

Sl.No.	Botanical name	Fruit type	Usage
1	<i>Anacardium occidentale</i> L.	Nut	Raw
2	<i>Aparosa lindliana</i>	Capsule	Raw
3	<i>Artocarpus hetrophillus</i> Lam.	False fruit	Raw & Cooked
4	<i>Artocarpus hirsutus</i> Lam.	False fruit	Raw
5	<i>Artocarpus lakoocha</i> auct.Cooke	False fruit	Raw , Cooked, Spice
6	<i>Caesalpinia bonduc</i> (L.) Roxb.	Pod	Cooked
7	<i>Canerium strictum</i>	Drupe	Raw
8	<i>Capsicum minimum</i> Roxb.	Berry	Spice
9	<i>Carissa carandus</i> L. Matt.	Berry	Raw & Pickle
10	<i>Charantia dioica</i>	Pepo	Cooked
11	<i>Chrysophyllum lansiolatum</i>	Berry	Raw
12	<i>Citrus aurantium</i> Linn.	Hesperidium	Cooked, Pickle, Spice
13	<i>Citrus bigaradia</i> Linn.	Hesperidium	Cooked, Pickle, Spice
14	<i>Elaeagnus kologa</i> Schldl.	Berry	Raw
15	<i>Emblica officinalis</i> Gaert.	Berry	Raw & Pickle
16	<i>Ficus glomerata</i> . Roxb.	False fruit	Raw
17	<i>Flacourtia indica</i> (N.Burman) Merrill	Berry	Raw
18	<i>Flacourtia montana</i> Graham	Berry	Raw
19	<i>Garcinia gummi-gutta</i> (L.) Robson	Berry	Cooked & Spice
20	<i>Garcinia xanthochymus</i> J. Hooker ex T. Anderson	Berry	Spice
21	<i>Gardenia turgida</i> . Roxb.	Berry	Cooked
22	<i>Ixor acoccinia</i> L.	Berry	Raw
23	<i>Madhuca indica</i> J.F.Gmel.	Capsule	Raw
24	<i>Mangifera indica</i> . L.	Drupe	Raw & Cooked
25	<i>Melastoma malabathricum</i> L.	Capsule	Raw
26	<i>Minu sopselengi</i> L.	Berry	Raw
27	<i>Musa paradisica</i> L.	Berry	Raw & Cooked
28	<i>Oxalis cuniculata</i> L.	Capsule	Raw
29	<i>Phyllanthus amarus</i> Schumacher & Thonn.	Capsule	Raw
30	<i>Physalis minima</i> L.	Berry	Raw
31	<i>Psidium guajava</i> L.	Berry	Raw
32	<i>Psophocarpus tetragonolobus</i> DC.	Pod	Cooked
33	<i>Rourea</i> Sp.	Folical	Raw
34	<i>Rubus fockii</i>	Multiple Fruit	Raw
35	<i>Solanum indicum</i> L.	Berry	Cooked
36	<i>Solanum nigrum</i> L.	Berry	Raw
37	<i>Solanum torvum</i> Sw.	Berry	Cooked
38	<i>Spondias mangifera</i> Willd.	Drupe	Pickle & Cooked
39	<i>Syzygium caryophyllatum</i> (L.) Alston.	Berry	Raw
40	<i>Syzygium cumini</i> (L.) Skeels	Berry	Raw
41	<i>Syzygium zeylanicum</i> L.DC.	Berry	Raw
42	<i>Tamarindus indica</i> L.	Pod	Spice
43	<i>Terminalia bellirica</i> (Gaertner) Roxb.	Drupe	Raw
44	<i>Zanthoxylum ovalifolium</i> Wt.	Berry	Pickle
45	<i>Ziziphus oenoplea</i>	Berry	Raw
46	<i>Ziziphus rugosa</i> Lam.	Berry	Raw

that the people having medium land size (1 to 4 acres of land) utilize all documented 107 wild food plants and larger landholders consume less wild plants (35). Based on community, SC/ST people make minimum types (51 types) of foodstuffs, fol-

lowed by Gowdas make 63 types of foodstuffs and Brahmins make maximum types (98 types) of foodstuffs using various plants (Fig. 3).

In fig 4. the graph clearly explained, people of different size of landholding, high economic status

people prepare 53 varieties of foodstuffs, people of low economic status prepare 74 kinds of food items, whereas middle class people prepare 138 kinds of food items using various plant parts (Fig. 4).

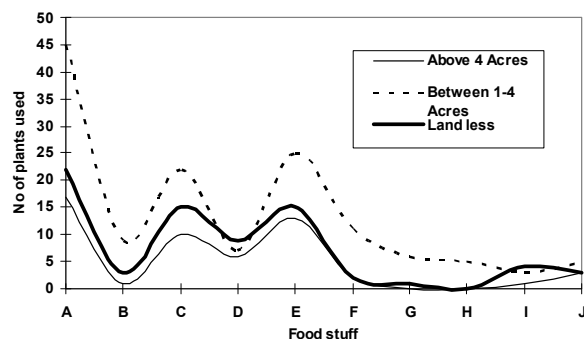


Fig. 4. Preparation of varieties of foodstuff by people having different land size.

Ecological status of wild food plants in Central Malnad region

Wild food plants are categorized as excellent, abundant, moderate, medium and rare according to their ecological status in wild. Ecological status of 20

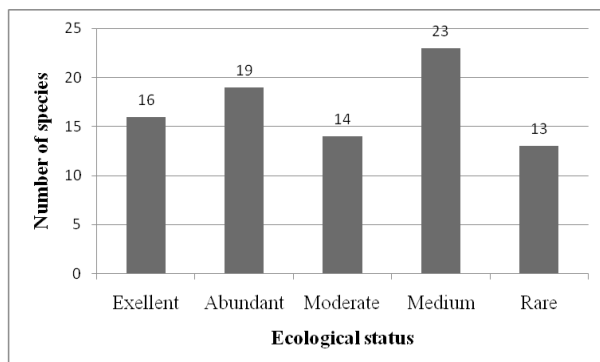


Fig. 5. Different ecological status of wild food plants in study area.

plants is excellent, 24 plants are abundant, 17 plants are moderate, 29 plants are medium and that of 17 plants are rare (Fig. 5).

More than 50% of the wild food plants are available in all seasons. Out 107 wild food plants, 67 are available in all seasons, 20 in rainy season, 12 in summer and only 8 in winter.

Discussion

Comparison of present research with other related works at different area indicates maximum number of species was reported in the present study site with less geographical area 107 species of 91 genera and 49 families with different ethno botanical values, but in the case of Paddar valley of Jammu & Kashmir, India reported 42 wild edible plants of 32 genera and 26 families (Singh *et al.*, 2021). The communities near Mabira reserve forest, Uganda use 27 species of 24 genera and 22 families in their life style (Tegume and Nyakoojo, 2020). In present study, maximum number of people (40%) used tender leaves in their food stuff but the Kashmir peoples of Northern Himalayan region use root (25%) as their frequent food stuff compared to other plant parts (Mir *et al.*, 2021). This report clearly indicates that the peoples of different area have diversity in their traditional knowledge and also in the distribution of plant species. The Central Malnad region is a rich biodiversity area and comes under Central Western Ghats of Karnataka. Hence the people of Malnad region have good traditional knowledge and diversity in their food stuff.

Conclusion

The study clearly says the documentation, sustain-

Table 3. Ten top most commonly used wild food plants by people of the study area.

Sl. No.	Botanical Name	Total No. of houses interviewed	Total consumption	Percentage of Consumption
1	<i>Artocarpus hetrophillus</i> Lam.	240	240	100
2	<i>Centella asiatica</i> (L.) Urban.	240	240	100
3	<i>Cassia tora</i> L.	240	230	95.83
4	<i>Amaranthus caudatus</i> L.	240	200	83.33
5	<i>Bambusa arundinaceae</i> , Willd.	240	182	78.83
6	<i>Solanum nigrum</i> L.	240	186	77.5
7	<i>Capsicum minimum</i> Roxb	240	157	65.41
8	<i>Psidium guajava</i> L.	240	132	55
9	<i>Altarnenthera sessilis</i> Br.	240	120	50
10	<i>Colocasia esculenta</i> (L.) Schott.	240	119	49.58

able usage and importance of Wild edible fruits in Malnad region of Central Western Ghats. It also highlights the ecological status, parts of the plant used as a food or medicinal purposes and also varieties of food stuff by different community people in the study site.

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