



SOME LESS KNOWN WILD PLANT RESOURCES USED AS FOOD IN PUNE REGION OF MAHARASHTRA, INDIA

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ABSTRACT:

Pune region of Maharashtra is a treasury trove for wild edible plant resources. Detailed information of 156 species of wild plant species is enumerated in the present paper. In recent days, due to less awareness and anthropogenic pressure, many species of wild edibles are on the line of rarity. Therefore, there is urgent need to conserve and domesticate these valuable resources before whipping out. These wild edible germplasms are rich in nutraceuticals and phytochemicals. Extensive explorations were made for the documentation of ethnobotanical knowledge from the tribals, villagers, elder persons, residents etc.

Keywords-Wild edibles, ethnobotany.

INTRODUCTION:

Wild edible plants constitute an important source of dietary habit of tribals and villagers living in and around the forests. In the modern agriculture, they can be used for the development of varieties. The wild genetic resources are the building blocks of new varieties which are eroding fastly due to spread of high yielding varieties, shrinking of natural habitats, rapid increase in urbanization and environmental threats, anthropogenic interference etc. Out of 17,000 documented species, one third species are of economic use (Chandel, 1997). The documentation and inventory preparation of wild edibles are essential for investigation of new crop of edible plants in the present era.

Efforts have been made by Billore, 1972; Cook, T. 1958 Repr. ed.; Datar, 1975; Kulkarni and Kumbhojkar, 1993; Kumbhojkar and Vartak 1988; Mokat, 2005; Upadhye *et al.* 1986; Vartak and Gadgil, 1959; Vartak and Gadgil, 1980 for

documentation of wild edible plants, their ethnobotany and uses in Maharashtra in general and Western Ghats in particular. In India, about 800 species of wild edible plants consumed as food plants by the tribal peoples (Jain *et al.* 1977; Arora 1978; Jain and Dam, 1979; Arora, 1981; Singh *et al.* 1996) reported wild edibles from different parts of the country.

MATERIALS AND METHODS:

Several explorations were conducted during 2008-2012 in Pune region of Western Ghat's in districts *viz.*, Pune, Satara and Kolhapur. The details *viz.* local name, part used for consumption and mode of utilization etc. was documented. The wild edible plants were collected from different places and identified with the help of local floras Singh *et al.* 2000 & 2001; Sharma *et al.* 1996; Cook, 1958, and also confirmed from Botanical Survey of India, Western Circle, Pune.

Table 1.- The list of plant documented at the time of study

Sr.No.	Botanical Name of Plants	Family	Local Name	Part Used	Uses
1.	<i>Abrus precatorius L.</i>	Fabaceae	<i>Gunj</i>	Leaves	Fresh and dried leaves are eaten.
2.	<i>Aegle marmelos (L). Correa</i>	Rutaceae	<i>Bael</i>	Fruits	Fruit pulp is eaten.
3.	<i>Agave Americana L.</i>	<u>Agavaceae</u>	<i>Ghyapat</i>	Flower	Flower are fried, eaten as a vegetable
4.	<i>Amaranthus spinosus L.</i>	Amaranthaceae	<i>Katemath</i>	Leaves	Used as vegetable.
5.	<i>Amaranthus tricolor L.</i>	Amaranthaceae	<i>Rajgira</i>	Leaves	Used as vegetable.
6.	<i>Amaranthus tricolor L.</i>	Amaranthaceae	<i>Tanduja</i>	Leaves	Used as vegetable.
7.	<i>Amranthus viridis L.</i>	Amaranthaceae	<i>Math</i>	Leaves	Used as vegetable.
8.	<i>Amorphophallus companulatus (Decene)</i>	Araceae	<i>Suran</i>	Tuber	Tuber used as vegetable.
9.	<i>Ampelocissus latifolia (Roxb.) Planch</i>	Vitaceae	<i>Nadena</i>	Fruits	Tribal and local people eat ripe fruit.
10.	<i>Annona reticulate L.</i>	Annonaceae	<i>Ramphal</i>	Fruit	Ripen fruit are eaten.
11.	<i>Annon squamosa L.</i>	Annonaceae	<i>Sitaphal</i>	Fruit	Ripen fruit are eaten.
12.	<i>Areca catechu L.</i>	Areaceae	<i>Supari</i>	Nut	Nut are eaten, often eaten with betel
13.	<i>Artocarpus heterophyllus Lam.</i>	Moraceae	<i>Phanas</i>	Fruit	Fruit and seeds are edible.

14.	<i>Asparagus racemosus</i> Willd.	Liliaceae	<i>Shatavari</i>	Tuberous root	Root powder taken with milk.
15.	<i>Averrhoa bilimbi</i> L.	Averrhoaceae	<i>Bilimbi</i>	Fruit	Fruits are edible, pickles prepared from fruit.
16.	<i>Bambusa arundinacea</i> (Retz.) Willd.	Poaceae	<i>Kalak</i>	Rhizome	New shoot used as vegetable.
17.	<i>Basella rubra</i> L.	Basellaceae	<i>Mayalu</i>	Leaves	Leaves used for vegetable.
18.	<i>Benincasa hispida</i> (Thunb.) Cogn.	Cucurbitaceae	<i>Kohala</i>	Fruit	Fruit used as vegetable.
19.	<i>Borassus flabellifer</i> L.	Arecaceae	<i>Tad</i>	Fruit	Fruits are edible.
20.	<i>Brassica juncea</i> (L.) Czern. & Coss.	Brassicaceae	<i>Mohair</i>	Leaves	Used as vegetable.
21.	<i>Bridelia retusa</i> (L.)	Ephorbiaceae	<i>Asana</i>	Fruit	Ripened fruits are edible.
22.	<i>Bridelia squamosa</i> (Lam.) Gehm	Ephorbiaceae	<i>Asana</i>	Fruit	Ripened fruits are edible.
23.	<i>Cajanus cajan</i> (L.) Millsp.	Fabaceae	<i>Tur</i>	Seed/pod	Used as vegetable.
24.	<i>Canavalia ensiformis</i> (L.) DC	Fabaceae	<i>Abai</i>	Fruit	Used as vegetable.
25.	<i>Capparis moonii</i> Wight.	Capparaceae	<i>Waghati</i>	Fruit	Ripe fruit are edible. Raw fruit are cooked and used as vegetable.
26.	<i>Capparis sepiaria</i> L.	Capparaceae	<i>Waghati</i>	Fruit	Ripened fruit are edible.
27.	<i>Capparis zeylanica</i> L.	Capparaceae	<i>Waghati</i>	Fruit	Fruits are edible.
28.	<i>Carissa congesta</i> Wight.	Apocynaceae	<i>Karvand</i>	Fruit	Unripe fruits are used for preparation of pickles and ripened fruits for making Fruit are eaten.
29.	<i>Carica papaya</i> L.	Caricaceae	<i>Papai</i>	Fruit	Fruit are eaten.
30.	<i>Caryota urens</i> L.	Araceae	<i>Bherli-mad</i>	Seed	Seeds are eaten.
31.	<i>Cassia fistula</i> L.	Caesalpiniaceae	<i>Bahava</i>	Fruit pulp	Pulp of the pod is eaten.
32.	<i>Cassia occidentalis</i> L.	Caesalpiniaceae	<i>Tarvad</i>	Leaves	Used as vegetable.
33.	<i>Cassia pumila</i> Lam.	Caesalpiniaceae	<i>Chinchani</i>	Seed	Seeds are eaten.
34.	<i>Cassia tora</i> L.	Caesalpiniaceae	<i>Takla-tarvad</i>	Leaves	Leaves and young shoots used as vegetable.
35.	<i>Cayratia camosa</i> Gagnep.	Vitaceae	<i>Dukarvel ambat</i>	Leaves, stem and fruit	Boiled leaves and stem are used for vegetable. Ripen fruit eaten.
36.	<i>Celosia argentea</i> L.	Amaranthaceae	<i>Kardu</i>	Leaves	Leaves used as vegetable.
37.	<i>Ceropegia bulbosa</i> Roxb.	Asclepiadaceae	<i>Khapparkadu</i>	Tuber	Tubers are edible.
38.	<i>Chlorophytum tuberosum</i> (Roxb.) Baker	Liliaceae	<i>Phodshi</i>	Leaves, Tuber	Leaves are used as vegetable. Tuber are eaten.
39.	<i>Cissus adnata</i> Roxb.	Vitaceae	<i>Naden</i>	Leaves	Cooked leaves are eaten.
40.	<i>Cissus discolor</i> Blume	Vitaceae	<i>Telicha vel</i>	Fruit	Fruits are eaten.
41.	<i>Cissus quadrangularis</i> L.	Vitaceae	<i>Kandvel</i>	Stem	Stem are eaten in curries.
42.	<i>Cissus rependa</i> Vahl.	Vitaceae	<i>Gendal</i>	Stem	Juice obtained from the vines is drinkable.
43.	<i>Cissus repens</i> Lam.	Vitaceae	<i>Basil</i>	Leaves	Leaves are cooked and eaten.
44.	<i>Citrullus colocynthis</i> (L.) Schrad	Cucurbitaceae	<i>Kadu-indrayan</i>	Grains	seeds are edible.
	<i>Citrullus lanatus</i> (Thunb.) Mats & Nakai	Cucurbitaceae	<i>Tarbuj</i>	Fruit	Fruits are edible
	<i>Citrus medica</i> L.	Rutaceae	<i>Mahalungi</i>	Fruit	Fruits are eaten and also used for making juice.
	<i>Clerodendrum serratum</i> (L.) Moon	Verbenaceae	<i>Bharangi</i>	Leaves	Leaves are used as a vegetable
	<i>Coccinia grandis</i> (L.) Voigt	Cucurbitaceae	<i>Tondli</i>	Fruit	Fruits are edible and used as vegetable.
	<i>Cocos nucifera</i> L.	Arecaceae	<i>Narel</i>	Fruit	Leaves are used for thatching.
	<i>Coix lachryma-jobi</i> L.	Poaceae	<i>Kusav</i>	Seeds	Seeds are used for making necklace. Leaves are used as a fodder for live
	<i>Colocasia esculenta</i> (L.) Schott	Araceae	<i>Bhajiche du</i>	Leaves	Leaves used as vegetable
	<i>Commelina benghalensis</i> L.	Commelinaceae	<i>Kena</i>	Leaves	Leaves used as vegetable
	<i>Cordia dichotoma</i> Forst	Boraginaceae	<i>Bhokar</i>	Fruit	Fruits are edible
	<i>Coriandrum sativum</i> L.	Apiaceae	<i>Kothimbir</i>	Fruit	Fruit used as condiment
	<i>Costus speciosus</i> (Koen) J.E.Sm.	Costaceae	<i>Coast</i>	Leaves	Leaves used as vegetable
	<i>Cucumis callosus</i> (Roettl.) Cogn.	Cucurbitaceae	-	Fruit	Fruits used as vegetable
	<i>Cucumis melo</i> L.	Cucurbitaceae	<i>Karit</i>	Fruit	Fruits are edible
	<i>Cucurbita maxima</i> Duch.ex.Lam	Cucurbitaceae	<i>Tambda Bhopala</i>	Fruit	Fruits used as vegetable
	<i>Cucurbita pepo</i> L.	Cucurbitaceae	<i>Kashi-Bhopala</i>	Fruit	Fruits used as vegetable
	<i>Curcuma amada</i> Roxb.	Zinziberaceae	<i>Ran-Halad</i>	Tuber	Tuberous root used for preparation of pickles

	<i>Curcuma aromatica</i> Salisb	Zinziberaceae	<i>Amba-Halad</i>	Tuber	Tuberous root used for preparation of pickles
	<i>Cyamopsis tetragonolobus</i> (L.) Taub	Fabaceae	<i>Gawar</i>	Fruit	Fruits used as vegetable
	<i>Dendrophthoe falcata</i> (L.f.)	Loranthaceae	<i>Bandgul</i>	Fruit	Fruits are eaten.
	<i>Dillenia indica</i> L.	Dilleniaceae	<i>Mota-Karmal</i>	Fruit	Sepals are eaten
	<i>Dioscorea alata</i> L.	Dioscoreaceae	<i>Ghorkhand</i>	Tuber	Tubers used as vegetable
	<i>Dioscorea bulbifera</i> L.	Dioscoreaceae	<i>Karanda</i>	Tuber	Tubers used as vegetable
	<i>Dioscorea esculenta</i> (Lour.) Burkill	Dioscoreaceae	<i>Kangar</i>	Tuber	Tubers used as vegetable
	<i>Dioscorea pentaphylla</i> L.	Dioscoreaceae	<i>Shendvel</i>	Inflorescence	Flowers used as vegetable.
	<i>Diospyros melanoxylon</i> Roxb.	Ebenaceae	<i>Tendu</i>	Fruit	Fruits are edible
	<i>Embelia basaal</i> (R & S.) A. DC. Trans. Linn	Myrsinaceae	<i>Ambati</i>	Fruit	Fruits are edible
	<i>Emblia officinalis</i> Gaertn	Euphorbiaceae	<i>Avala</i>	Fruit	Fruits are edible
	<i>Ensete superbum</i> (Roxb.) Cheesm	Musaceae	<i>Rankel</i>	Fruit	Fruits are edible
	<i>Ficus benghalensis</i> L.	Moraceae	<i>Wad</i>	Fruits	Fruits are edible.
	<i>Ficus racemosa</i> L.	Moraceae	<i>Umbar</i>	Fruits	Fruits are edible.
	<i>Flacortia Montana</i> Grah	Flacourtiaceae	<i>Attak</i>	Fruit	Ripe fruits are edible
	<i>Garcinia indica</i> (Du Petit-Thou.) Choisy	Clusiaceae	<i>Amruta, Kokum</i>	Fruit	Ripe fruits are edible. Fruits used for preparation of juice and syrup. The
	<i>Garcinia xanthochymus</i> Hook. f. ex T	Clusiaceae	<i>Kadu Kokum</i>	Fruit	Ripe fruits are edible
	<i>Garuga pinnata</i> Roxb.	Burseraceae	<i>Kakad</i>	Fruit	Fruits are edible
	<i>Grewia asiatica</i> L.	Tiliaceae	<i>Phalsi</i>	Fruit	Ripe fruits are edible
	<i>Grewia tillifolia</i> Vahl	Tiliaceae	<i>Dhaman</i>	Fruit	Ripe fruits are edible
	<i>Habenaria grandifloriformis</i> Blatt. & McC.	Orchidaceae	<i>Hilukurkand</i>	Fruit	Bulbs are edible
	<i>Hibiscus sabdariffa</i> L.	Malvaceae	<i>Ambadi</i>	Leaves	Leaves used as a fodder.
	<i>Holarrhena pubescens</i> (Buch.-Ham.) Wall. ex G. Don	Apocynaceae	<i>Pandhara Kuda</i>	Pod	Young pods used as a vegetable
	<i>Hyphaene dichotoma</i> (White) Furtado	Arecaceae	<i>Ravan-Tad</i>	Fruit	Fruits are edible
	<i>Indigofera cordifolia</i> Heyne	Fabaceae	<i>Bechka</i>	Seeds	Used like cereal.
	<i>Indigofera linifolia</i> retz.	Fabaceae	<i>Phandarph alli</i>	Grains	Used like cereal.
87.	<i>Ipomoea aquatica</i> Forssk.	Convolvulaceae	<i>Nalichi bhaji</i>	Leaves	Used as leafy vegetable
	<i>Ixora brachiata</i> Roxb.	Rubiaceae	<i>Lokhandi</i>	Fruit	Fruits are edible
	<i>Ixora coccinea</i> L.	Rubiaceae	<i>Devara</i>	Fruit	Fruits are edible
	<i>Lantana camara</i> L	Verbenaceae	<i>Ghaneri</i>	Fruit, Leaves	Fruits are edible. Leaves are eaten with sandal bark as like beetal leaf.
	<i>Leea indica</i> (Burm.f.) Merr.	Leeaceae	<i>Dinda</i>	Leaves	Used as leafy vegetable.
	<i>Limonia acidissima</i> L.	Rutaceae	<i>Kavath</i>	Fruit	Fruits are edible
	<i>Luffa acutangula</i> (L.) Roxb.	Cucurbitaceae	<i>Ran-dodka</i>	Fruit	Fruits used as vegetable
	<i>Madhuca longifolia</i> (Koen.) Mac Bride	Sapotaceae	<i>Moha</i>	Fruit	Fruits are edible
	<i>Mammea suriga</i> (Buch.-Ham. ex Roxb.) Kosterm.	Clusiaceae	<i>Surangi</i>	Fruit	Ripe fruits are edible
	<i>Mangifera indica</i> L.	Anacardiaceae	<i>Amba</i>	Fruit	Fruits and endosperm are edible
	<i>Manilkara hexandra</i> (Roxb.) Dub	Sapotaceae	<i>Khimi</i>	Fruit	Fruits are edible
	<i>Manilkara zapota</i> (L.) van Royen	Sapotaceae	<i>Chikku</i>	Fruit	Fruits are edible
	<i>Marsdenia tenacissima</i> (Roxb.) Moon	Asclepiadaceae	-	Thalamus	Thalamus is edible.
	<i>Memecylon umbellatum</i> Burm. f. Fl	Melastomataceae	<i>Anjan</i>	Fruit	Ripe fruits are edible; Dye is prepared from leaves and fruits.
	<i>Meyna laxiflora</i> Robyns	Rubiaceae	<i>Alu</i>	Fruit	Mature fruits are edible
	<i>Mimusopa elengi</i> L.	Sapotaceae	<i>Bakul</i>	Fruit	Fruits are edible
	<i>Momordica charantia</i> L.	Cucurbitaceae	<i>Karle</i>	Fruit	Fruits used as vegetable
	<i>Momordica dioica</i> Roxb. ex Willd.	Cucurbitaceae	<i>Kartoli</i>	Fruit	Fruits used as vegetable
	<i>Moringa concanensis</i> Nimmo.	Moringaceae	<i>Kadushegat</i>	Leaves, Fruit	Leaves and fruits are cooked and used as vegetable
	<i>Moringa oleifera</i> Lam.	Moringaceae	<i>Shevga</i>	Leaves, Fruit, Flowers	Leaves, fruits and flowers are cooked and used as a vegetable
	<i>Musa paradisiaca</i> L.	Musaceae	<i>Kela</i>	Fruit	Fruits are edible. Flowers used as vegetable
	<i>Myristica fragrans</i> Houtt	Myristicaceae	<i>Jayphal</i>	Seed, seed coat, Epicarp	Used as a spice and condiments

	<i>Neolamarekia cadamba</i> (Roxb.) Bossler	Rubiaceae	<i>Kadam</i>	Flowers	The flower heads are edible
	<i>Nymphaea pubescens</i> Willd	Nymphaeaceae	<i>Kamal</i>	Root stock	Used as vegetable.
	<i>Ocimum gratissimum</i> L.	Lamiaceae	<i>Tulsi</i>	Leaves	Leaves are eaten.
	<i>Ocimum gratissimum</i> L.	Lamiaceae	<i>Sabja</i>	Leaves	Leaves used as vegetable.
	<i>Ocimum tenuiflorum</i> L.	Lamiaceae	<i>Tulas</i>	Leaves	Leaves are edible.
	<i>Oroxylum indicum</i> (L.) Vent. Dec	Bignoniaceae	<i>Tetu</i>	Seeds	Seeds are edible.
	<i>Oryza sativa</i> L.	Poaceae	<i>Bhat</i>	Grain	Grains are used as a cereal.
	<i>Oxalis corniculata</i> L.	Oxalidaceae	<i>Ambusi</i>	Leaves	Used as leafy vegetable.
	<i>Panicum miliaceum</i> L.	Poaceae	<i>Varai</i>	Grain	Seeds used as a cereal.
	<i>Paspalum scrobiculatum</i> L.	Poaceae	<i>Harik</i>	Grain	Used like cereals.
	<i>Pavetta indica</i> L.	Rubiaceae	<i>Papat</i>	Flowers	Used as vegetable.
	<i>Pergularia daemia</i> (Forssk.) Choiv	Asclepiadaceae	<i>Utran</i>	Flower, Inflorescence	Used as vegetable.
	<i>Phaseolus sublobatus</i> Roxb.	Fabaceae	<i>Makani</i>	Seed	Used like cereals.
	<i>Physalis minima</i> L.	Solanaceae	<i>Chirboti</i>	Fruit	Fruits and Thallamus are edible
	<i>Plumbago zeylanica</i> L.	Plumbaginaceae	<i>Chitrak</i>	Leaves	Leaves used as vegetable
	<i>Portulaca oleracea</i> L.	Portulacaceae	<i>Ghol</i>	Leaves, shoots	Leaves used as vegetable
	<i>Portulaca quadrifida</i> L.	Portulacaceae	<i>Chival, Chota Ghol</i>	Whole plant	Whole plant used as a vegetable.
	<i>Psidium guajava</i> L.	Myrtaceae	<i>Peru, Jamb</i>	Fruit	Fruits are edible
	<i>Puraria tuberosa</i> DC.	Fabaceae	<i>Pithana</i>	Root	Boiled or raw tuberous roots are eaten.
	<i>Raphanus sativus</i> L.	Brassicaceae	<i>Mula</i>	Root	Used as vegetable
	<i>Remusatia vivipara</i> (Roxb.) Schott. & Endl	Araceae	<i>Mayajal</i>	Leaf	Leaves used as vegetable
	<i>Ricinus communis</i> L.	Euphorbiaceae	<i>Erand</i>	Seed	Seeds are edible
	<i>Santalum album</i> L.	Santalaceae	<i>Chandan</i>	Fruit	Fruits are edible
	<i>Schleichera oleosa</i> (Lour.) Oken	Sapindaceae	<i>Kusum</i>	Fruit	The ripe fruits are edible
	<i>Semecarpus anacardium</i> L.f.	Anacardiaceae	<i>Bibba</i>	Fruit	Decoction of fruits used for gargling
	<i>Sesamum orientale</i> L.	Pedaliaceae	<i>Rantil</i>	Seeds	Seeds are edible
	<i>Setaria glauca</i> Beauv.	Poaceae	<i>Kolara</i>	Seeds	Used as a cereal.
	<i>Smilthea sensitiva</i> Ait	Fabaceae	<i>Kevla</i>	Whole plant	Used as leafy vegetable
	<i>Solanum anguivi</i> Lam.	Solanaceae	<i>Dorti</i>	Leaves, Fruit	Fruits are used as a vegetable
	<i>Solanum melongena</i> L.	Solanaceae	<i>Wange</i>	Fruit	Used as vegetable
	<i>Solanum tuberosum</i> L.	Solanaceae	<i>Batata</i>	Tuber	Used as vegetable
	<i>Solena amplexicaulis</i> (Lam.) Gandhi	Cucurbitaceae	<i>Gomati</i>	Fruit	Fruits are edible
	<i>Spondias pinnata</i> (L.f.) Kurz	Anacardiaceae	<i>Ambada</i>	Fruit	Fruits are edible
	<i>Sterculia urens</i> Roxb.	Sterculiaceae	<i>Kandol</i>	Kernels	Kernels are edible
	<i>Syzygium cumini</i> (L.) Skeels	Myrtaceae	<i>Jambhul</i>	Fruit	Ripe fruits are edible
	<i>Tagetes erecta</i> L.	Asteraceae	<i>Zendu</i>	Flower	Flowers are edible
	<i>Tamarindus indica</i> L.	Caesalpiniaceae	<i>Chinch</i>	Seed, Pulp	Both ripe and unripe fruits are edible
	<i>Terminalia bellirica</i> (Gaertn.) Roxb.	Combretaceae	<i>Behda</i>	Kernels	Mesocarp and seeds are edible
	<i>Tetragium lanceolarium</i> (Roxb.) Planch.	Vitaceae	<i>Choral vel</i>	Fruits	Eaten after cooking.
	<i>Tricholepis amplexicaulis</i> Clarke	Asteraceae	<i>Dahan</i>	Leaves	Used as leafy vegetable
	<i>Trichosanthes dioica</i> Roxb.	Cucurbitaceae	<i>Padval</i>	Fruit	Used as vegetable
	<i>Vigna radiata</i> (L.) Wilczek	Fabaceae	<i>Udid</i>	Seed	Seeds are used for making fry.
	<i>Vigna vexillata</i> (L.) A.Rich.	Fabaceae	<i>Halunda</i>	Root	Raw roots are eaten.
	<i>Woodfordia fruticosa</i> (L.) Kurz	Lythraceae	<i>Dhayati</i>	Flower	Dried flowers are eaten
	<i>Xanthosoma sagittifolium</i>	Araceae	<i>Vadiche alu</i>	Leaves	Used as leafy vegetable
	<i>Zingiber officinale</i> Rosc.	Zingiberaceae	<i>Ale</i>	Rhizome	Rhizome are edible
	<i>Ziziphus jujuba</i> Mill	Rhamnaceae	<i>Bor</i>	Fruit	The ripe fruits are edible
	<i>Ziziphus rugosa</i> Lam.	Rhamnaceae	<i>Toran</i>	Fruit	Fruits are edible

RESULTS AND DISCUSSION:

The 156 wild plants species were recorded and enumerated. Leaves of 36 plant species are used as a vegetable and fruits of 79 species, inflorescence of 2 species, 10 tuberous species, 13 seeds, 05 grains, 2 rhizome, 5 roots, 1 whole plant, thalamus of 1 species, and seed aril of one species are utilized and consumed. Tribals, villagers, tourists etc. are utilizing these wild edibles as vegetable, for making different products or eaten as a raw. Germplasms of many wild edibles viz. *Colocasias*, *Dioscoreas*, *Ipomea*, *Momordica*, *Xanthosoma*, *Cucumis*, *Solanum*, *Cajans*, *Vigna*, *Oryza*, *Eleusine*, and millets etc. have been conserved and maintained by tribals and villagers in and around their houses and their agricultural fields. They are selecting the best one through mass selection and cultivating near the houses. It is also observed that, tribals exchanging the germplasm resources for sowing, consumption, for offering to god or goddess etc. There are limited reports regarding wild edible plants. Kulkarni and Kumbhojkar (1993) reported 40 kitchen garden plants. There is need to investigate phytochemicals, neutraceuticals etc. for the betterment of society health.

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