

## Wild edible plants of Meghalaya, North-east India

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### Abstract

The people of Meghalaya are very close to nature, and forests are one of the important natural resources in the state. The tribes of the state largely depend on forests for their livelihood and have acquired a vast knowledge about plant wealth and utilization of forest products. The present communication aims to document the traditional knowledge about wild edible plants used by tribal people of Meghalaya. During present investigation, a total of 249 species of wild edibles belonging to 153 genera and 82 families were inventorised. Among them 129 are trees, 54 shrubs, 37 herbs and 29 climbers. The majority of the species were fruits bearing (125). Some edible plants have great economic value and are highly linked with socio-economic development of tribal communities of the state. A few such species may be introduced in agroforestry systems, which could be potential genetic resources for tree breeding programmes in other areas of the country and also to provide edible plant resources to the communities in addition to creating photosynthetic pool to counter environmental degradation.

**Keywords:** Wild edible plants, Traditional knowledge, Meghalaya, North-east India, Agroforestry, Genetic resources.

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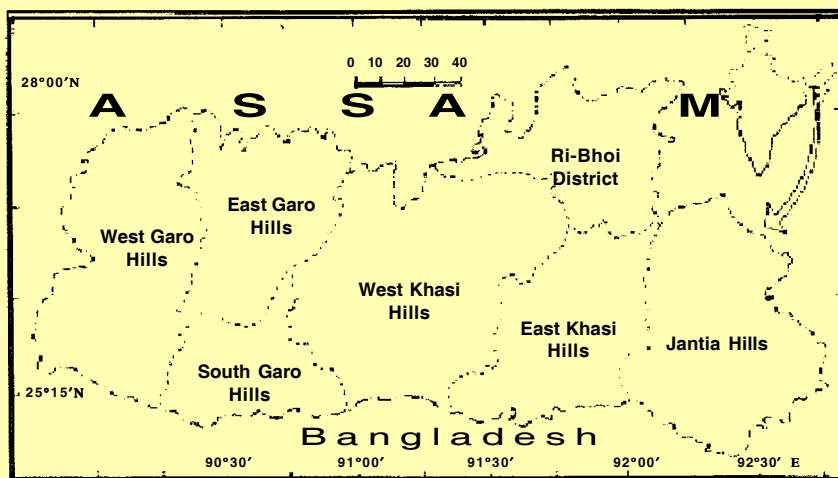
the earth<sup>3</sup>. These forests inhabit a large number of trees, shrubs, herbs, climbers, epiphytes, faunal wealth and a wealth of non-timber forest products (NTFP) including medicinal and aromatic plants (MAP), and wild edible plants. The wild edible plants with high diversity are widely distributed in mountain forests and are valuable source of food and medicines for domestic and commercial purposes.

Although rural people utilized wild plants for their livelihood, the scientists have recently realized importance of such plants in rural economy. Since late 1980s studies on use

### Introduction

Plants provide food and other life-supporting commodities and are very important for survival of human beings and other organisms; besides, they protect our environment and maintain nature. The evidence of man's dependency on plants for his survival can be demonstrated by palaeo-ethnobotanical findings from prehistoric archaeological sites<sup>1, 2</sup>.

Tropical forests are major reservoir of plant diversity, as they harbor about 50% of the total plant species identified so far, with 12 per cent area of



Map showing the study area



**Edible fruits:** a-*Baccaurea sapida*, b-*Citrus medica*, c-*Cycas pectinata*, d-*Diospyros kaki*, e-*Elaeagnus latifolia*, f-*Ficus auriculata*, g-*Ficus hirta*, h-*Garcinia cowa*, i-*Garcinia tinctoria*, j-*Pyrus pashia*, k-*Rubus ellipticus*;  
**Edible leaves:** l-*Begonia palmata*, m-*Begonia roxburghii*, n-*Caryota urens*, o-*Cayratia japonica*, p-*Centella asiatica*, q-*Rhododendron arboreum*;  
**Edible flowers:** r-*Bauhinia purpurea*, s-*Bauhinia variegata*, t-*Buddleja asiatica*, u-*Corchorus capsularis*, v-*Hovenia dulcis*.

of wild plants in tropical forests have been taken up vigorously<sup>4, 5</sup>. The easy access to the resources and proximity to widely dispersed rural markets are key factors enabling people to generate income from NTFP<sup>6</sup>. Income from NTFP seldom appears to account for a large share of a household's total income, but it often is important in bridging seasonal or other cash flow gaps. In the areas having high plant diversity, income from NTFP can be the main source of household income for rural communities.

There has been a revival of interest in medicinal and wild food plants during the last few decades among the ethnobotanists<sup>7-17</sup> which is associated with an increasing desire for natural rather than synthetic medicine and wild or organically grown foods.

Some studies have been conducted in Meghalaya on ethno-medicinal plants used by the tribal communities<sup>18-20</sup> but there is paucity of information on edible plants of this region<sup>21-23</sup>. Therefore, the present study was conducted to provide base line data that can be helpful in ensuring sustainable utilization of wild edible plants of Meghalaya.

### Study area

The state of Meghalaya regarded as "abode of clouds" covers an area of 22, 429 sq km lying between 25°47'-26°10'N latitude and 89°45'-92°47'E

longitude, and situated in the North-eastern Himalayan region of India. It is bordered on the North-West, North and East by Assam, and South and South-West by Bangladesh. Three main tribes of Meghalaya include the *Khasis*, *Jaintias* and *Garos*, who follow the matrilineal system of society.

Meghalaya has hard sedimentary rocks of the Shillong series along with granites, quartzite with phyllites and slates. The soil is generally red, sandy loam of lateritic origin<sup>24</sup>. Meghalaya falls under the sub-tropical zone and its location and topography characterize its monsoonic climate. The average temperature ranges from 10°C during the cold months (November to February) to 27°C during the warmer months (April to June). The average annual rainfall is 2420 mm<sup>25</sup>.

Meghalaya is one of the biodiversity rich states of India in terms of vegetation and flora. Varied altitude, topography, status of soil and climatic conditions favour high species richness and support different types of forests. Deciduous and evergreen tropical forests, sub-tropical semi-evergreen forest and sub-tropical pine forest are the major types in the state<sup>26</sup>. Wide geographical and climatic diversity provides a repository of valuable medicinal and wild edible plants of the region. These plants have a valuable place in indigenous system of medicine as well as tribal dietary requirements. Shifting cultivation and clear fellings have led to the massive exploitation of virgin forests and development of secondary communities on disturbed forests<sup>27-31</sup>.

### Methodology

Field study was carried out during

the period between April 2004 and October 2005. Details on wild edible plants were recorded by interviewing the local people and local markets were visited for inventory of wild edible plants used for commercial purpose. Tribal informants were consulted to locate and collect these plants. They provided useful information on wild edible plants and their common names, including usefulness of different parts of various plants.

The standard methods as suggested by Martin<sup>32</sup> and Cotton<sup>33</sup> were adopted for herbarium preparation. Plant identification was done with the help of regional and local floras<sup>34-36</sup>, and specimens were counter-checked from the herbarium of the Botanical Survey of India, Eastern Circle, Shillong. The specimens are housed in Ecology Research Laboratory, Department of Botany, School of Life Sciences, North-Eastern Hill University, Shillong.

### Results and Discussion

Botanical and family name, local name (in *Khasi*), growth habit, season of availability and plant parts used are enumerated in Table 1. During the present investigation information was collected on 249 species (belonging to 153 genera and 82 families). This is about 13.2 % of the total species (1886) of vascular plants identified in Meghalaya<sup>34</sup>. It was observed that out of total wild edible species, 5% are under cultivation also<sup>11</sup>.

Number of wild edible tree species are markedly more (129) followed by shrubs (54), herbs (37) and climbers (29). Percent contribution of different parts of plants used depicts that fruits of majority of species are edible (50.2%); leaves, seeds and flowers

contributed 15.3, 3.6 and 2.8%, respectively.

Moraceae was found to be the most common family with 15 species. Other important families were Rosaceae (12 species), Rutaceae and Myrtaceae (11 species each), Euphorbiaceae (10 species), Anacardiaceae (9 species), and Clusiaceae, Myrsinaceae and Vitaceae (8 species each). The generic composition showed a contrary result. Moraceae was replaced by (3 families) Anacardiaceae, Euphorbiaceae and Rutaceae, which had highest generic diversity. The monospecific and monogeneric families were counted as 38 and 50, respectively (Table 2). The flowering starts between January and March in majority of species and fruiting period varies from species to species.

Fruits of *Baccaurea sapida* (Roxb.) Muell.-Arg., *Citrus medica* Linn., *Docynia indica* (Wall.) Decne, *Gynocordia odorata* and *Myrica esculenta* Buch.-Ham., and leafy vegetables such as *Centella asiatica* (Linn.) Urban and *Houttuynia cordata* Thunb. are sold in the market at a large scale. The seeds of *Castanopsis indica* A. DC. is eaten raw by ethnic communities of Meghalaya. Seeds are collected from the forests and sold in the markets. Fruits are mostly consumed raw and leafy vegetables are cooked, boiled or fried. The survey in the local markets showed that the vendors sell edible fruits, about 40% wild edibles, which are harvested mostly from the forests<sup>37-40</sup>. Due to lack of proper storage facilities in the region, the harvesters are bound to sell their edible products in fresh conditions<sup>41</sup>. However, bamboo shoots are preserved by the traditional methods.

Table 1 : Wild edible plants used by indigenous communities of Meghalaya

Botanical name/ Family	Local name	Habit	Habitat	Flowering/Fruiting	Edible part
<i>Actinidia callosa</i> Lindl./ Actinidiaceae	<i>Mei-soh-khan</i>	Shrub	Sub-tropical forests of Khasi hills	April-August	Fruits
<i>Adhatoda vasica</i> Nees/ Acanthaceae	-	Shrub	Garampani at Jaintia hills	December-May	Leaves, Flower
<i>Aegle marmelos</i> (Linn.) Correa ex Roxb./ Rutaceae	<i>Soh-bel</i>	Tree	Byrnihat - Khasi hills	-	Fruits
<i>Aglaia edulis</i> A. Gray/ Meliaceae	<i>Dieng-soh-Longar</i>	Tree	Common in tropical evergreen forests	March-June	Fruits, Aril
<i>A. roxburghiana</i> Miq.	-	Tree	Tropical forests of Garo hills	February-March	Fruit
<i>Amaranthus gangeticus</i> Linn./ Amaranthaceae	-	Herb	Along the margins of river Umkhrach	-	Leaves, Stem
<i>Antidesma bunius</i> Spreng./ Euphorbiaceae	<i>Dieng-soh-silli</i>	Tree	Common in forests	April-August	Fruit
<i>A. diandrum</i> Heyne ex Roth	<i>Dieng-japen</i>	Tree	Common in tropical forests, often as a sal forest under growth	April-February	Fruit, Leaves
<i>A. ghesaembilla</i> Gaertn.	-	Tree	Tropical forests of Khasi and Jaintia hills	March-February	Fruit
<i>A. khasianum</i> Hook.f.	<i>Dieng-soh-sillih</i>	Tree	Khasi and Jaintia hills, mostly confined into sacred forests	July-November	Fruit
<i>Aphania rubra</i> (Roxb.) Radlk./ Sapindaceae	<i>Dieng-soh-jynnmanang</i>	Shrub	Common in mixed evergreen forest margins	November-April	Fruit
<i>Ardisia floribunda</i> Wall./ Myrsinaceae	<i>Theilang-rong</i>	Tree	Frequent in forest margins and river sides	June-February	Fruit, Leaves
<i>A. griffithii</i> C. B. Clarke	<i>Dieng-pylleng</i>	Shrub	Present in evergreen primary forests as an under growth	April-June	Flower
<i>A. polycephala</i> Wall.	<i>Dieng-soh-sying</i>	Tree	Khasi hills	April-June	Leaves, Shoot
<i>Argyreia nervosa</i> (Burm.f.) Boj. Convolvulaceae	<i>Jatap-masi</i>	Climber	Common in lower elevation deciduous forests, secondary forests and grass lands	October	Leaves
<i>Arisaema consanguineum</i> Schott/ Araceae	<i>Saru-bsein</i>	Herb	Along moist areas in sub-tropical forests	-	Leaves
<i>Artocarpus chaplasi</i> Roxb./ Moraceae	<i>Dieng-soh-ram</i>	Tree	Umiling-Khasi hills	March-August	Fruit
<i>A. lakoocha</i> Roxb.	<i>Arnu (G)</i>	Tree	Common	February-August	Fruit
<i>Azadirachta indica</i> A. Juss./ Meliaceae	<i>Dieng-neem</i>	Tree	Secondary forests of Garo hills at lower elevations	March-August	Leaves, Shoot
<i>Baccaurea ramiflora</i> Lour./ Euphorbiaceae	<i>Soh-ram-dieng</i>	Tree	Khasi hills at lower elevations	-	Fruit
<i>B. sapida</i> (Roxb.) Muell.-Arg.	<i>Dieng-soh-ram-dieng</i>	Tree	Common	April-July	Fruit
<i>Bauhinia purpurea</i> Linn./ Caesalpinaceae	<i>Me-gong (G)</i>	Tree	Common in secondary deciduous forest margins of Khasi hills	September-March	Flower

Botanical name/ Family	Local name	Habit	Habitat	Flowering/Fruiting	Edible part
<i>B. variegata</i> Linn.	<i>Dieng-long</i>	Tree	Frequent in deciduous forest slopes	February-March	Leaves, Buds
<i>Begonia palmata</i> D. Don./ Begoniaceae	<i>Sla-lajaw</i>	Herb	Temperate forests of Khasi and Jaintia hills	-	Leaves
<i>B. roxburghii</i> A. DC.	<i>Kamchal</i>	Herb	Tropical and sub-tropical forests	July	Leaves
<i>Bridelia stipularis</i> Blume/ Euphorbiaceae	<i>Risan-um</i>	Shrub	Common in Sal and other mixed deciduous forests	September-March	Fruit
<i>Buddleja asiatica</i> Lour./ Buddlejaceae	<i>Dieng-tuti-mynneng</i>	Shrub	Common in higher elevations of Jaintia hills along forest margins	January-November	Flower
<i>Bursera serrata</i> Wall. ex Colebr./ Burseraceae	<i>Dieng-soh-mir</i>	Tree	Frequent in tropical evergreen and mixed deciduous forests of Garo hills	March-April	Fruit
<i>Calamus acanthospathus</i> Griff./ Arecaceae	-	Shrub	Common in dense evergreen forests	June-July	Shoot
<i>C. erectus</i> Roxb.	<i>Soh-thri</i>	Shrub	Common in dense evergreen forests at Khasi hills	-	Fruit
<i>Callicarpa arborea</i> Roxb./ Verbenaceae	<i>Dieng-lakhoit</i>	Tree	Abundant in secondary deciduous and pine forests	May-February	Bark
<i>C. rubella</i> Lindl.	<i>Ja-lang-kwai</i>	Shrub	Frequent in moist and shady areas of Garo and Khasi hills	May-February	Bark, Root
<i>Caryota urens</i> Linn./ Arecaceae	<i>Kwai-cha</i>	Tree	Frequent in dense evergreen forests of Tura and Nongpoh	-	Fruit
<i>Castanopsis indica</i> A. DC./ Fagaceae	<i>Dieng-sarag</i> (J)	Tree	Common in evergreen forests	February-December	Fruit
<i>C. purpurella</i> (Miq.) N. P. Balakr.	<i>Dieng-soh-stap</i>	Tree	Common	-	Fruit
<i>C. tribuloides</i> A. DC.	<i>Dieng-soh-ot</i>	Tree	Common in evergreen forests often along stream sides	September-February	Fruit
<i>Cayratia japonica</i> (Thunb.) Gagnep./ Vitaceae	<i>Syrbuid</i> (J)	Climber	Fairly common	April-June	Fruit
<i>Centella asiatica</i> (Linn.) Urban/ Apiaceae	<i>Badmaina</i>	Herb	Throughout the region along the disturbed areas	-	Leaves
<i>Cinnamomum tamala</i> Nees & Eberm./ Lauraceae	<i>Dieng-la-tyrpad</i>	Tree	Secondary forests and home gardens	February-October	Leaves, Bark
<i>Cirsium lepskyi</i> Petrak/ Asteraceae	<i>Soh-shiah</i>	Herb	Khasi hills	November-February	Seed
<i>Citrus hystrix</i> DC./ Rutaceae	<i>Soh-kyniet</i>	Tree	Khasi and Jaintia hills, mostly confined into sacred forests	March-February	Fruit
<i>C. latipes</i> (Swingle) Tanaka	<i>Soh-heh</i>	Shrub	Garampani at Jaintia hills	-	Fruit
<i>C. medica</i> Linn.	<i>Soh-manong</i>	Shrub	Khasi hills	March-February	Fruit
<i>Clausena heptaphylla</i> Wight & Arn./ Rutaceae	<i>Dieng-siang-mat</i>	Shrub	Khasi and Jaintia hills	April-December	Fruit, Leaves
<i>Clerodendrum infortunatum</i> Linn./ Verbenaceae	<i>Dieng-ja-rem</i>	Shrub	Khasi and Garo hills	February-August	Leaves

Botanical name/ Family	Local name	Habit	Habitat	Flowering/Fruiting	Edible part
<i>C. serratum</i> (Linn.) Moon	<i>Rilong-phlang</i>	Shrub	Common in pine and sal forests undergrowth	October-May	Leaves, Flower, Shoot
<i>Colocasia affinis</i> Schott/ Araceae	-	Herb	Common along margins of streams and ponds	-	Leaves, Rhizome
<i>C. esculenta</i> Schott	<i>Shriew</i>	Herb	Common along streams and ponds	-	Leaves, Rhizome
<i>Combretum decandrum</i> Roxb./ Combretaceae	<i>Mei-long-kha-saw</i>	Climber	Throughout the province	November-April	Bark
<i>C. roxburghii</i> Spreng.	<i>Mei-long-kha-saw</i>	Climber	Common in tropical evergreen and deciduous forests	November-March	Leaves
<i>Conocephalus suaveolens</i> Blume/ Moraceae	<i>Dudiblok</i> (G)	Climber	Present in tropical belts of the state	January-April	Leaves
<i>Corchorus capsularis</i> Linn./ Tiliaceae	-	Herb	Found in the forest margins	July-September	Leaves
<i>Cornus capitata</i> Wall. ex Roxb./ Cornaceae	<i>Dieng-soh-japhon</i>	Tree	Frequent in forests of Khasi and Jaintia hills	April-September	Fruit
<i>Corylopsis himalayana</i> Griff./ Hamamelidaceae	<i>Dieng-piur</i>	Shrub	Common in pine forests at higher elevations	January-June	Flower
<i>Cudrania javanensis</i> Trec./ Moraceae	<i>U-sia-kiang</i>	Tree	Common throughout the province	April-November	Fruit
<i>Curcuma longa</i> Linn./ Zingiberaceae	<i>Shynrai</i>	Herb	Mostly grown in home gardens	-	Rhizome
<i>Cyathocalyx martabanicus</i> Hook.f. & Thoms./ Annonaceae	-	Tree	Tropical forests of the state	-	Fruit
<i>Cycas pectinata</i> Griff./ Cycadaceae	<i>Dieng-sia-goda</i>	Tree	Khasi and Jaintia hills	May	Fruit
<i>Dalbergia rimosa</i> Roxb./ Fabaceae	<i>Jyrmi-bu-stem</i>	Shrub	Fairly common in deciduous scrubland and mixed bamboo forests	April-December	Seed
<i>Debregeasia longifolia</i> Wedd./ Urticaceae	<i>Soh-tyrsim</i>	Tree	Common in dense evergreen forests and forest margins of Garo hills	June-February	Fruit
<i>Dendrocalamus hamiltonii</i> Nees & Arn./ Poaceae	<i>Seij-lai</i>	Tree	Abundant throughout the state	June-October	Shoot
<i>Desmodium trifolium</i> DC./ Fabaceae	-	Herb	Common in meadows in the hills	August-December	Leaves
<i>Dillenia indica</i> Linn./ Dilleniaceae	<i>Soh-kyrbam</i>	Tree	Common along river sides	June-April	Fruit, Calyx
<i>D. pentagyna</i> Roxb.	<i>Dieng-soh-bar</i>	Tree	Along deciduous forest tracts	March-July	Flower
<i>D. scabrella</i> (D. Don) Roxb. ex Wall.	<i>Agatchi-badura</i> (G)	Tree	Along deciduous tracts of Khasi and Garo hills	March-July	Fruit
<i>Diospyros kaki</i> Linn. f. / Ebenaceae	<i>Dieng-iong</i> (J)	Tree	Frequent in open areas	March-September	Fruit
<i>D. lanceaefolia</i> Roxb.	<i>Dieng-thang</i>	Tree	Common at lower elevations in tropical evergreen forests usually along river banks	April-February	Fruit
<i>Docynia hookeriana</i> Decne/ Rosaceae	<i>Dieng-soh-phoh</i>	Tree	Khasi and Jaintia hills	February-September	Fruit
<i>D. indica</i> (Wall.) Decne	<i>Soh-phoh</i>	Tree	Common in Khasi hills, often cultivated	February-September	Fruit

Botanical name/ Family	Local name	Habit	Habitat	Flowering/Fruiting	Edible part
<i>Donella roxburghii</i> (G. Don) Pierre ex Lecomte/ Sapotaceae	-	Tree	Khasi and Jaintia hills	April-May	Fruit
<i>Drypetes assamica</i> (Hook.f.) Pax & Hoffm./ Euphorbiaceae	<i>Dieng-pankher</i>	Tree	Common in dense evergreen forests at Tura peak	October-April	Fruit
<i>Dysoxylum gobara</i> (Buch.-Ham.) Merr./Meliaceae	<i>Sla-luchai</i>	Tree	Fairly common in tropical evergreen forests of Khasi and Garo hills	December-August	Leaves
<i>Ehretia acuminata</i> R. Br./ Boraginaceae	<i>Dieng-basier</i>	Tree	Common at lower elevations in tropical evergreen forests and in open places	March-April	Fruit
<i>Elaeagnus latifolia</i> Linn./ Elaeagnaceae	<i>Soh-shang</i>	Shrub	Widely cultivated in Khasi home gardens	November-May	Fruit
<i>E. pyriformis</i> Hook. f.	<i>Dieng-soh-blor</i>	Shrub	Usually along forest margins	November-April	Fruit
<i>Elaeocarpus floribundus</i> Blume Elaeocarpaceae	-	Tree	Common in Tura ranges of Garo hills	May-December	Fruit
<i>E. lanceaefolius</i> Roxb.	<i>Dieng-soh-khyllam</i>	Tree	Frequent in dense evergreen forests of Tura and Jowai	June-December	Fruit
<i>E. prunifolius</i> Wall.	<i>Soh-khyllam-eit-blang</i>	Tree	Dense evergreen forests at Jarain	January-October	Fruit
<i>Embelia nagushia</i> D. Don/ Myrsinaceae	<i>Mei-ja-jew-khlaw</i>	Climber	Common in secondary forests	March-December	Leaves
<i>E. nutans</i> Wall.	-	Climber	Common in secondary and mixed deciduous forests	February-May	Leaves
<i>E. sessiliflora</i> Kurz	<i>Soh-jew-tenksai</i>	Climber	Common in secondary forests	September	Fruit
<i>E. subcoriacea</i> (Clarke) Mez	<i>Jermi-masi</i> (J)	Climber	Frequent in dense primary evergreen forests	May-February	Leaves
<i>Emblica officinalis</i> Gaertn./ Euphorbiaceae	<i>Soh-mylleng</i>	Tree	Abundant in secondary and deciduous forests	March-February	Fruit
<i>Erioglossum rubiginosum</i> Blume/ Sapindaceae	-	Tree	Tropical and sub-tropical forests	-	Shoot
<i>Eryngium foetidum</i> Linn./ Apiaceae	<i>Dhania-khlaw</i>	Herb	Along forest margins	May-February	Leaves
<i>Eugenia bracteata</i> Roxb./ Myrtaceae	-	Tree	Khasi hills, near the foot on the Sylhet slopes	January-December	Fruit
<i>E. claviflora</i> Roxb.	<i>Chambu</i> (G)	Tree	Khasi and Garo hills	March-May	Fruit
<i>E. formosa</i> Wall.	<i>Dieng-sa-ludong</i> (J)	Tree	Khasi and Garo hills	March-April	Calyx
<i>E. fruticosa</i> Roxb.		Tree	Sub-tropical forests of Khasi hills	March-June	Fruit
<i>E. jambolana</i> Lam.	<i>Dieng-ramai</i>	Tree	Throughout the area often gregarious in swamps	April-July	Fruit
<i>E. operculata</i> Roxb.	<i>Thot-kak</i> (G)	Tree	Common in all types of forests	April-July	Fruit

Botanical name/ Family	Local name	Habit	Habitat	Flowering/Fruiting	Edible part
<i>E. praecox</i> Roxb.	<i>Dieng-myrchang</i>	Tree	Nearly all over the province	December-April	Fruit
<i>E. praetermissa</i> Gage	-	Tree	Nearly all over the province of Khasi hills	November-April	Fruit
<i>Euryale ferox</i> Salisb./ Nymphaeaceae	<i>Shriew-u-pubon</i>	Herb	Water bodies of Khasi hills	May-August	Seed
<i>Fagopyrum cymosum</i> Meissn./ Polygonaceae	<i>Jarian</i>	Herb	Khasi hills	July-November	Leaves
<i>F. dibotrys</i> (D. Don) Hara	<i>Jarian</i>	Herb	Common in secondary forests and waste lands at higher elevations	July-December	Leaves
<i>Ficus auriculata</i> Lour./ Moraceae	-	Tree	Tropical and sub-tropical tracts of Khasi hills	-	Fruit
<i>F. cunia</i> Buch.-Ham.	<i>Dieng-thylliang-sang</i> (J)	Tree	Common throughout the province	January-December	Fruit
<i>F. geniculata</i> Kurz	<i>Phrap-agar</i> (G)	Tree	Khasi, Garo and Jaintia hills	September-March	Leaves
<i>F. hirta</i> Vahl	<i>Dieng-soh-rompain</i>	Tree	Abundant, particularly along streams in bamboo forests	November-April	Fruit
<i>F. lanceolata</i> Buch.-Ham.	-	Tree	Khasi and Jaintia hills	April-June	Fruit
<i>F. nemoralis</i> Wall.	<i>Dieng-surme-blang</i>	Tree	Khasi and Jaintia hills	December-February	Fruit
<i>F. pomifera</i> Wall.	-	Tree	Khasi and Jaintia hills	January	Fruit
<i>F. roxburghii</i> Wall.	<i>Dieng-soh-lampin</i>	Tree	Common throughout the province	April-June	Fruit
<i>Flacourtia cataphracta</i> Roxb./ Flacourtiaceae	<i>Dieng-soh-mluh</i>	Tree	Deciduous forests of the province	March-January	Fruit
<i>F. jangomas</i> (Lour.) Raeusch.	<i>Dieng-soh-mluh</i>	Tree	Common in lower elevations along river banks and forest margins	March-October	Fruit
<i>Flemingia vestita</i> Benth./ Fabaceae	<i>Soh-phlang</i>	Shrub	Waste lands and secondary forests	-	Tuber
<i>Fragaria nilgerrensis</i> Schlecht./ Rosaceae	-	Herb	Frequent in secondary forests	-	Fruit
<i>Garcinia cowa</i> Roxb./ Clusiaceae	<i>Rengran</i> (G)	Tree	Frequent in evergreen and mixed forest at lower elevations	March-August	Fruit
<i>G. kydia</i> Roxb.	<i>Dieng-soh-longksan</i>	Tree	Frequent in evergreen forests of Khasi and Garo hills	February-August	Fruit
<i>G. lanceaefolia</i> Roxb.	<i>Dieng-soh-jadu</i>	Shrub	Tropical evergreen forests as under growth	February-July	Fruit, Leaves
<i>G. paniculata</i> Roxb.	<i>Dieng-soh-longkor</i>	Tree	Tropical evergreen forests at lower altitude	December-July	Fruit
<i>G. pedunculata</i> Roxb.	<i>Dieng-soh-danei</i>	Tree	Mixed tropical forests	September-February	Fruit
<i>G. spicata</i> Hook.f.	<i>Dieng-soh-kwang</i>	Tree	Frequent in tropical forests of the province	May-February	Fruit
<i>G. tinctoria</i> (DC.) W.F.Wight	<i>Dieng-soh-rynsan</i>	Tree	Common in Khasi hills at lower elevations	March-January	Fruit
<i>G. xanthochymus</i> Hook. f.	<i>Dieng-soh-khyllung</i>	Tree	Khasi and Jaintia hills along forest margins	March-February	Fruit



Botanical name/ Family	Local name	Habit	Habitat	Flowering/Fruiting	Edible part
<i>Gardenia campanulata</i> Roxb./ Rubiaceae	<i>Soh-mai</i>	Tree	Very rare, confined to sacred forests of Jaintia hills	March-November	Fruit, Leaves
<i>Glycosmis pentaphylla</i> (Retz.) Correa/ Rutaceae	<i>Dieng-soh-sning</i>	Tree	Common in forests of Garo hills as an forest under growth	January-April	Fruit
<i>Gmelina arborea</i> Roxb./ Verbenaceae	<i>Dieng-lophiang</i>	Tree	Common in deciduous and secondary forests	February-July	Fruit
<i>Gnetum montanum</i> Markgr./ Gnetaceae	<i>Mei-lar-iong-um</i>	Climber	River banks of dense evergreen forests	February-December	Fruit
<i>Grewia elastica</i> Royle/ Tiliaceae	<i>Dieng-thap-ballieh</i>	Tree	Common in deciduous forests of Nongpoh range	April-November	Fruit
<i>G. hirsuta</i> Vahl	<i>Soh-synting</i>	Shrub	Confined to grasslands in Balphakram sanctuary	November-January	Fruit
<i>G. sapida</i> Roxb.	-	Shrub	Common in secondary forests	March-May	Fruit
<i>G. sclerophylla</i> Roxb.	-	Shrub	Common in secondary forests at lower elevations	May-September	Fruit
<i>Haematocarpus thomsoni</i> Miers Menispermaceae	-	Climber	Common in undisturbed forest as an under growth	April-May	Fruit
<i>Hodgsonia heteroclita</i> Hook. f. & Thoms./ Cucurbitaceae	<i>Mei-soh-mynthar</i>	Climber	Frequent in secondary forests of the state	February-March	Seed kernel
<i>Holboellia latifolia</i> Wall./ Lardizabalaceae	<i>Sa-tymbra</i> (J)	Shrub	Common in the vicinity of the streams	February-November	Fruit
<i>Homalomena aromatica</i> Schott/ Araceae	-	Herb	Khasi home gardens	May-November	Petiole
<i>Horsfieldia amygdalina</i> (Wall.) Warb./ Myristicaceae	<i>Dieng-ja-lyntep</i>	Tree	Frequent in tropical evergreen forests at lower elevations	December-May	Seed, Aril
<i>Houttuynia cordata</i> Thunb./ Saururaceae	<i>Ja-myrdoh</i>	Herb	Mostly in open places and along streams	April-July	Leaves
<i>Hovenia dulcis</i> Thunb./ Rhamnaceae	<i>Dieng-mylliat</i> (J)	Tree	Common in tropical forests of the state	May-January	Peduncles
<i>Ipomoea batatas</i> (Linn.) Lam./ Convolvulaceae	<i>Phan-karo</i>	Herb	Cultivated in Jhum fields	-	Tuber
<i>I. racemosa</i> Roth	<i>Soh-lah</i>	Herb	Cultivated in Jhum fields	November-April	Tuber
<i>Ixora subsessilis</i> Wall./ Rubiaceae	<i>Dieng-jowat</i>	Shrub	Largely confined to sacred forests	May-February	Flower, Shoot, Root
<i>Lantana camara</i> Linn./ Verbenaceae	<i>Dieng-sohpang-khlieh</i>	Shrub	Throughout the plains	June-February	Fruit
<i>Leea macrophylla</i> Roxb./ Vitaceae	<i>Pharun-barne</i>	Herb	Forest under growth at Khasi hills	August-March	Fruit
<i>Lepisanthes rubiginosa</i> (Roxb.) Leenh./ Sapindaceae	-	Tree	Occasional at lower elevations	May-June	Fruit
<i>Litchi chinensis</i> Sonner./ Sapindaceae	<i>Soh-manir</i>	Tree	Cultivated in Khasi and Garo hills	January-June	Fruit

Botanical name/ Family	Local name	Habit	Habitat	Flowering/Fruiting	Edible part
<i>Maesa indica</i> Wall./ Myrsinaceae	<i>Dieng-soh-jala-tyrkai</i>	Shrub	Common in shady localities as a forest under growth	March-December	Fruit, Leaves
<i>Mallotus philippensis</i> Muell.-Arg. Euphorbiaceae	<i>Dieng-chandon</i>	Tree	Occasional in deciduous forests at lower elevations	August-May	Fruit
<i>Malvastrum tricuspdatum</i> A. Gray/ Malvaceae	-	Herb	As forest under growth	October-January	Seed, Bark
<i>Mangifera indica</i> Linn./ Anacardiaceae	<i>Dieng-soh-pieng</i>	Tree	Occasional in Garo hills	February-July	Fruit
<i>Medinilla rubicunda</i> Blume/ Melastomataceae	-	Tree	Common in secondary forests of the state	-	Fruit, Leaves
<i>Melastoma malabathricum</i> Linn. Melastomataceae	<i>Dieng-soh-khing</i>	Shrub	Common in waste lands and near water courses	February-December	Fruit
<i>Meliosma pinnata</i> Roxb./ Sabiaceae	<i>Dieng-soh-naior</i>	Tree	Common along streams and secondary forests in shady slopes	April-September	Fruit, Leaves
<i>Melodorum verrucosum</i> Hook. f. & Thoms. Annonaceae	<i>Jyrm-soh-ran-khlaw</i>	Climber	Common in moist places	March-January	Fruit
<i>Momordica dioica</i> Roxb. ex Willd. Cucurbitaceae	-	Climber	Cultivated in Jhum fields	-	Fruit
<i>Monochoria hastata</i> Solms/ Pontederiaceae	-	Herb	Rivers and paddy fields	-	Leaves, Shoot
<i>Moringa oleifera</i> Lam./ Moringaceae	-	Tree	Cultivated and also run wild at lower elevations	-	Fruit, Leaves, Flower
<i>M. pterygosperma</i> Gaertn.	-	Tree	Cultivated and also run wild at lower elevations	January-May	Fruit, Leaves, Flower
<i>Murraya koenigii</i> (Linn.) Spreng./ Rutaceae	<i>Sam-khatsi</i> (G)	Shrub	Common in deciduous forest under growth	February-May	Leaves
<i>Mussaenda roxburghii</i> Hook. f./ Rubiaceae	-	Tree	Common	-	Leaves, Flower
<i>Myrica esculenta</i> Buch.-Ham./ Myricaceae	<i>Dieng-soh-phia</i>	Tree	Common at higher elevation in Khasi and Jaintia hills	-	Fruit
<i>Natsiatun herpeticum</i> Buch.-Ham./ Icacinaceae	-	Shrub	Present in tropical and sub-tropical forests	December-February	Leaves, Shoot
<i>Nelumbium speciosum</i> Willd./ Nelumbonaceae	<i>Soh-lapudong</i>	Herb	Water bodies of Khasi and Jaintia hills	June-February	Carpel
<i>Nephelium longana</i> Cambess./ Sapindaceae	<i>Dieng-loba</i>	Tree	Sub-tropical forests of Khasi hills	April-September	Aril
<i>Olax acuminata</i> Wall. ex Benth./ Olacaceae	<i>Dieng-tyrut</i>	Shrub	Frequent in wet evergreen forests of Khasi hills	April-July	Leaves
<i>Paederia foetida</i> Linn./ Rubiaceae	-	Climber	Found in tropical and sub-tropical forests	-	Leaves

Botanical name/ Family	Local name	Habit	Habitat	Flowering/Fruiting	Edible part
<i>Parkia roxburghii</i> G. Don/ Mimosaceae	<i>Aoelgap</i> (G)	Tree	Rather rare in mixed evergreen forests at lower elevations	December	Seeds
<i>Passiflora edulis</i> Sims/ Passifloraceae	<i>Soh-brap</i>	Climber	Cultivated in Khasi and Garo hills	-	Fruit
<i>Pavetta subcapitata</i> Hook.f./ Rubiaceae	-	Shrub	Along marshy and shady localities	-	Leaves
<i>Pedicularis carnosa</i> Wall./ Scrophulariaceae	<i>Sam-thapar</i>	Herb	As an undergrowth	May-October	Leaves, Root
<i>Pegia nitida</i> Colebr./ Anacardiaceae	-	Shrub	Common in secondary forest margins at lower elevations	-	Fruit, Leaves
<i>Peperomia pellucida</i> H.B. & K./ Piperaceae	-	Herb	Common in secondary forest undergrowth	-	Fruit
<i>Phlogacanthus thyrsoiflorus</i> (Roxb.) Nees/ Acanthaceae	<i>Dieng-soh-kajut</i>	Shrub	Very common in tropical deciduous and secondary forests	December-April	Fruit, Leaves
<i>Phrynium capitatum</i> Willd./ Marantaceae	-	Herb	Common in disturbed and cultivated areas	July-September	Roots, Tuber
<i>Phytolacca acinosa</i> Roxb./ Phytolaccaceae	<i>Jaiong</i>	Herb	As an forest under growth	May-August	Leaves
<i>Piper betle</i> Linn./Piperaceae	<i>Sla-tympew</i>	Climber	Common in sub-tropical forests	-	Leaves
<i>P. longum</i> Linn.	-	Climber	Often found in home gardens	May-December	Fruit
<i>P. malamiris</i> Linn.	-	Climber	Found in cultivated areas	January-December	Leaves
<i>Plantago erosa</i> Wall. ex Roxb. Plantaginaceae	<i>Skhor-blang</i>	Herb	Common in waste lands and near water courses	April-July	Leaves
<i>Plectranthus incanus</i> Link/ Lamiaceae	-	Herb	Present in secondary forests of the Jaintia hills	August-February	Leaves
<i>Polygonum alatum</i> Buch.-Ham. ex Spreng./ Polygonaceae	<i>Ja-ut</i>	Herb	Common in waste lands	-	Leaves
<i>P. chinense</i> Linn.	<i>Ja-lynmong</i>	Herb	Common along evergreen forest margins and forest roads	-	Leaves
<i>P. dibotrys</i> D. Don	<i>Ja-rian</i>	Herb	Common along periphery of the forests	-	Leaves
<i>Portulaca oleracea</i> Linn./ Portulacaceae	-	Herb	Common along river banks	January-July	Fruit, Leaves
<i>Premna herbacea</i> Roxb./ Verbenaceae	<i>Bol-sal-thanuri</i>	Shrub	Common as an sub-tropical forest undergrowth	January-July	Fruit
<i>Prunus cerasoides</i> D. Don/ Rosaceae	<i>Dieng-soh-iong-krem</i>	Tree	Cultivated and run wild at higher elevations	October-June	Fruit
<i>P. jenkinsii</i> Hook. f.	<i>Sa-tanghi</i> (J)	Tree	Frequent at lower elevations, often cultivated	October-August	Fruit
<i>P. napaulensis</i> (Ser.) Steud.	<i>Soh-iong</i>	Tree	Common Khasi and Jaintia hills at higher elevations	October-August	Fruit

Botanical name/ Family	Local name	Habit	Habitat	Flowering/Fruiting	Edible part
<i>Pseudostreblus indicus</i> Bureau/ Moraceae	<i>Dieng-chiri-khlaw</i> (J)	Tree	Frequent in evergreen forests	June-February	Fruit
<i>Psidium guajava</i> Linn./ Myrtaceae	<i>Soh-pyriam</i>	Tree	Cultivated throughout the state at lower elevations	January-December	Fruit
<i>Pterygota alata</i> (Roxb.) R. Br./ Sterculiaceae	<i>Dieng-soh-lak</i>	Tree	Very rare and found in the forests of Dawki	-	Seed
<i>Pyrularia edulis</i> A. DC./ Santalaceae	<i>Dieng-soh-klong</i>	Tree	Rather rare, present in the forests of Jarain	April-November	Fruit
<i>Pyrus communis</i> Linn./ Rosaceae	<i>Soh-phoh</i>	Tree	Cultivated at higher elevations	-	Fruit
<i>P. pashia</i> (Buch.-Ham. ) D. Don	<i>Soh-shur</i>	Tree	Common in higher elevations	March-January	Fruit
<i>Randia uliginosa</i> DC./ Rubiaceae	<i>Suskeng</i> (G)	Tree	Common in forest of Garo hills	May-February	Fruit, Leaves
<i>Rhododendron arboreum</i> Sm./ Ericaceae	<i>Dieng-tiew-saw</i>	Tree	Common	March-October	Leaves
<i>Rhus javanicus</i> Linn./ Anacardiaceae	<i>Sa-ma</i>	Tree	Very common, particularly in secondary forests, open lands and forest margins	-	Pulp
<i>R. semialata</i> Murr.	<i>Dieng-soh-ma</i>	Tree	Common in sub-tropical forests	May-April	Fruit
<i>Rhynchoetechum ellipticum</i> A. DC./ Gesneriaceae	<i>Ja-kharia</i>	Shrub	Common nearly throughout the state	-	Leaves
<i>Rourea commutata</i> Planch./ Connaraceae	-	Shrub	Present in Secondary forests	-	Aril
<i>Rubus ellipticus</i> Sm./ Rosaceae	<i>Soh-pero</i>	Shrub	Common in pine forests as an undergrowth	February-June	Fruit
<i>R. khasianus</i> Cardot	<i>Soh-shiah</i>	Shrub	As an undergrowth in evergreen forests and forest margins	July-September	Fruit
<i>R. lasiocarpus</i> Sm.	<i>Dieng-soh-khaw-iong</i>	Shrub	As an forest undergrowth	March-July	Fruit
<i>R. moluccanus</i> Linn.	<i>Soh-nybbah</i>	Shrub	As an forest undergrowth	January-December	Fruit
<i>Samanea saman</i> (Benth). Merrill/ Mimosaseae	-	Tree	Tura ranges of Garo hills	February-June	Pods
<i>Sambucus javanica</i> Blume/ Caprifoliaceae	-	Tree	Common in Mawprem area	-	Leaves
<i>Sarcochlamys pulcherrima</i> Gaudich./ Urticaceae	-	Shrub	Common in evergreen forests of Garo hills	-	Leaves, Stem
<i>Saurauia napaulensis</i> DC./ Saurauiaceae	-	Tree	Found in secondary forests as well as forest margins in moist areas	December-January	Fruit
<i>S. punduana</i> Wall.	<i>Dieng-ja-la-ngap</i>	Tree	Nearly throughout the state	April-November	Fruit
<i>S. roxburghii</i> Wall.	<i>Dieng-soh-la-pied</i>	Tree	Forest margins and disturbed forest areas	March-August	Fruit
<i>Schima wallichii</i> (DC.) Korth./ Theaceae	<i>Dieng-ngan</i>	Tree	Throughout the state in all type of forests	May-February	Leaves
<i>Semecarpus anacardium</i> Linn. f. Anacardiaceae	<i>Dieng-soh-bhala</i>	Tree	Common in deciduous and secondary forests	July-March	Fruit
<i>Solanum barbisetum</i> Nees/ Solanaceae	<i>Soh-podok</i>	Shrub	Found in Jhum fields	August-May	Fruit

Botanical name/ Family	Local name	Habit	Habitat	Flowering/Fruiting	Edible part
<i>S. indicum</i> Linn.	<i>Soh-ngan</i>	Shrub	Khasi home gardens	June-February	Fruit
<i>S. kurzii</i> Brace ex Prain	<i>Khim-kha</i> (G)	Shrub	Found in cultivated areas	March	Fruit
<i>S. spirale</i> Roxb.	<i>Soh-jhari</i>	Shrub	Common in cultivated areas	May-February	Fruit, Leaves
<i>S. xanthocarpum</i> Schrad. & Wendl.	<i>Dieng-soh-podok-bakthang</i>	Herb	Common in cultivated areas	December-February	Fruit
<i>Sonchus arvensis</i> Linn./ Asteraceae	<i>Ki-lan-jiat</i>	Herb	Present in secondary forests	October-February	Leaves
<i>Spondias axillaris</i> Roxb./ Anacardiaceae	<i>Dieng-saliat</i>	Tree	Frequent in evergreen and mixed deciduous forests	February-December	Fruit
<i>S. mangifera</i> Willd.	<i>Dieng-soh-pair-kynthai</i>	Tree	Frequent in forests of Garo hills	March-February	Fruit, Flower buds
<i>S. pinnata</i> (Linn.f.) Kurz	<i>Dieng-soh-pier</i>	Tree	Common in tropical deciduous belts	March-November	Fruit
<i>Sterculia coccinea</i> Roxb./ Sterculiaceae	-	Tree	Tropical forests		Fruit, Seed
<i>S. roxburghii</i> Wall.	<i>Mimong-omak</i> (G)	Tree	Usually found in evergreen forests at lower elevations	August-May	Seed
<i>S. versicolor</i> Wall.	<i>Star-um</i>	Tree	Found commonly in deciduous forests of the state	February-July	Seed
<i>S. villosa</i> Roxb.	<i>Dieng-star</i>	Tree	Found commonly in deciduous forests of the state	-	Seed
<i>Stixis suaveolens</i> (Roxb.) Pierre Capparidaceae	-	Climber	Rare in forests of the Khasi hills	March-June	Fruit
<i>Strobilanthes scaber</i> Nees/ Acanthaceae	<i>Sam-siphra</i> (G)	Shrub	Common in secondary forests of the Garo hills	November-February	Flower
<i>Syzygium cuminii</i> (Linn.) Skeels/ Myrtaceae	-	Tree	Fairly common, particularly at lower elevations	February-June	Fruit
<i>S. tetragonum</i> Wall. ex Kurz/ Myrtaceae	<i>Dieng-soh-sarlei</i>	Tree	Very common in the southern slopes of the state	-	Fruit
<i>Tamarindus indica</i> Linn./ Caesalpiniaceae	<i>Dieng-soh-kyntoi</i>	Tree	Common in Byrnihat area	-	Pulp
<i>Tapiria hirsuta</i> Hook.f./ Anacardiaceae	<i>Da-cheng-brup</i> (G)	Shrub	Common in secondary forests of Garo hills	April-February	Fruit, Leaves
<i>Tetragium leucostaphylum</i> (Dennst.) N. P. Balakr./ Vitaceae	<i>Syrpung</i> (J)	Climber	Common in dense forests of the state	January-May	Fruit, Leaves
<i>T. serrulatum</i> (Roxb.) Planch.	<i>Sla-ngnar</i> (J)	Climber	Usually common at higher elevations	-	Leaves
<i>Thunbergia grandiflora</i> Roxb./ Acanthaceae	<i>Jyrm-khnong</i>	Climber	Abundant throughout the state, particularly at lower elevations	August-March	Leaves

Botanical name/ Family	Local name	Habit	Habitat	Flowering/Fruiting	Edible part
<i>Trevesia palmata</i> (Roxb.) Vis./ Araliaceae	<i>Dieng-soh-kynthur</i>	Tree	Occurs in tropical evergreen forests at lower elevations	April-July	Flower
<i>Vaccinium donianum</i> Wight/ Vacciniaceae	<i>Dieng-soh-rongkham</i>	Shrub	Common in tropical forest as an undergrowth	February-May	Fruit, Leaves
<i>V. griffithianum</i> Wight	<i>Soh-ryngkham</i>	Shrub	Common in pine forest margin at higher elevations	April-May	Pulp
<i>Vangueria spinosa</i> Roxb./ Rubiaceae	<i>Soh-mon</i>	Tree	Found in tropical and sub-tropical forests	April-September	Fruit
<i>Viburnum foetens</i> Decne./ Caprifoliaceae	-	Shrub	Mostly present in secondary forests at higher elevations	April-July	Fruit
<i>V. foetidum</i> Wall.	<i>Soh-lang-ksew</i>	Shrub	Common in pine forests and forest margins	July-September	Fruit
<i>V. simonsii</i> Hook. f. & Thoms.	<i>Soh-lang-eit-ksew</i>	Tree	Fairly common at higher elevations	June-November	Fruit
<i>Vigna vexillata</i> (Benth.) A. Rich./ Fabaceae	<i>Jyrmisoh-langtor</i>	Climber	Common in pine forests	February-October	Seed, Tuber
<i>Vitis angustifolia</i> Wall./ Vitaceae	-	Climber	Common in tropical and sub-tropical forests	August-October	Leaves, Stem
<i>V. repens</i> Wight & Arn.	<i>Mei-ja-khajrap</i>	Climber	Common in tropical and sub-tropical forests	-	Leaves, Shoot
<i>V. rugosa</i> Wall.	-	Climber	Usually common at higher elevations	November-January	Fruit
<i>V. rumicisperma</i> M. Laws.	-	Climber	Fairly common at deciduous and secondary forests	June-November	Fruit
<i>Xanthium strumarium</i> Linn./ Asteraceae	<i>Lokra</i> (G)	Herb	As an forest undergrowth	May-September	Shoot
<i>Zanthoxylum budrunga</i> Wall./ Rutaceae	<i>Dieng-ka-shyrang</i>	Tree	Common in secondary forests of the state	September-April	Fruit, Leaves
<i>Z. khasianum</i> Hook. f.	<i>Soh-mrit</i>	Climber	Endemic to Khasi hills at high altitudes	March-September	Seed
<i>Z. oxyphyllum</i> Edgew.	<i>Jaiur-blai</i> (J)	Shrub	Frequent in Khasi hills	May-October	Fruit, Shoot
<i>Z. rhetsa</i> DC.	<i>Dieng-soh-mirik</i>	Tree	Frequent in primary evergreen forests at lower elevations	April-September	Fruit
<i>Ziziphus funiculosa</i> Buch.-Ham. ex Wall./ Rhamnaceae	-	Shrub	As secondary forest undergrowth	-	Fruit
<i>Z. jujuba</i> Mill.	<i>Dieng-soh-broi</i>	Tree	Common in tropical forest of Khasi and Garo hills	September-February	Fruit
<i>Z. mauritiana</i> Lam.	<i>Soh-broi</i>	Tree	Common in open areas at lower elevations	February-June	Fruit
<i>Z. rugosa</i> Lam.	<i>Dumakpul</i> (G)	Tree	Frequent in tropical deciduous belts, particularly in disturbed forest areas	March-July	Fruit

(-) not known, (G) Garo, (J) Jaintia

**Table 2 : Family wise distribution of the wild edible plants of Meghalaya**

S. No.	Family	Genus	Species	S.No.	Family	Genus	Species
1	Moraceae	5	15	42	Vacciniaceae	1	2
2	Rosaceae	4	12	43	Mimosasae	2	2
3	Rutaceae	6	11	44	Elaeagnaceae	1	2
4	Myrtaceae	3	11	45	Actinidiaceae	1	1
5	Euphorbiaceae	6	10	46	Amarantaceae	1	1
6	Anacardiaceae	6	9	47	Zingiberaceae	1	1
7	Clusiaceae	1	8	48	Araliaceae	1	1
8	Myrsinaceae	3	8	49	Lardiabalaceae	1	1
9	Vitaceae	4	8	50	Boraginaceae	1	1
10	Verbenaceae	5	7	51	Burseraceae	1	1
11	Rubiaceae	7	7	52	Capppariaceae	1	1
12	Polygonaceae	2	5	53	Connaraceae	1	1
13	Sterculiaceae	2	5	54	Cornaceae	1	1
14	Rhamnaceae	2	5	55	Gesneriaceae	1	1
15	Tiliaceae	2	5	56	Gycadaceae	1	1
16	Sapindaceae	5	5	57	Ericaceae	1	1
17	Solanaceae	1	5	58	Gnetaceae	1	1
18	Saurauaceae	2	4	59	Hamamelidaceae	1	1
19	Piperaceae	2	4	60	Icacinaceae	1	1
20	Acanthaceae	4	4	61	Lamiaceae	1	1
21	Araceae	3	4	62	Lauraceae	1	1
22	Caprifoliaceae	2	4	63	Marantaceae	1	1
23	Melaceae	3	4	64	Buddlejaceae	1	1
24	Fabaceae	4	4	65	Malvaceae	1	1
25	Caesalpiaceae	2	3	66	Menispermaceae	1	1
26	Arecaceae	2	3	67	Myricaceae	1	1
27	Asteraceae	3	3	68	Myrsiticaceae	1	1
28	Convolvulaceae	2	3	69	Nymphaeaceae	1	1
29	Dilleniaceae	1	3	70	Oleaceae	1	1
30	Fagaceae	1	3	71	Nelumbonaceae	1	1
31	Elaeocarpaceae	1	3	72	Passifloraceae	1	1
32	Annonaceae	2	2	73	Phytolaccaceae	1	1
33	Apiaceae	2	2	74	Plantaginaceae	1	1
34	Begoniaceae	1	2	75	Poaceae	1	1
35	Combreaceae	1	2	76	Pontederiaceae	1	1
36	Cucurbitaceae	2	2	77	Portulacaceae	1	1
37	Ebenaceae	1	2	78	Sabiaceae	1	1
38	Flacourtiaceae	1	2	79	Santalaceae	1	1
39	Melastomataceae	2	2	80	Sapotaceae	1	1
40	Moringaceae	1	2	81	Scrophulariaceae	1	1
41	Urticaceae	2	2	82	Theaceae	1	1

## Conclusion

The findings of the present study indicate that wild edible plants are closely linked with socio-economic condition of rural tribes of Meghalaya for their day-to-day requirements. Increased overexploitation of wild edibles may cause threat to certain species. There is an obvious need to explore wild edibles than can be harvested without much pressure on a particular species in conformity with the principles of sustainable utilization of genetic resources. That will add a new dimension towards traditional management and conservation of plant wealth of the region.

Utilization of wild edible plants will be an effective tool for restoration of traditional knowledge system inherent in tribal people. This can easily be achieved, if the government launches programmes involving local community on care and share basis for conservation of such genetic resources. The necessary steps should also be taken for cultivation of important wild edibles in agroforestry systems. Undoubtedly, the traditional wisdom of controlled exploitation will constitute the traditional heritage of the people of Meghalaya.

There is an ample scope for studies on regeneration behaviour, population structure and status of such biological resources. The studies on phenological characters of different species must be given due importance. The outcome of such studies will be useful in determining appropriate conservation strategy.

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