

Ethno-botanical Resources as Supplementary Foods and Less Known Wild Edible Fruits in District Rudraprayag, Uttarakhand, India

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ABSTARCT Surveys were conducted in entire Rudraprayag district of Garhwal, Uttarakhand, India in order to get information on traditional uses of plants by local inhabitants. A total of 700 plants were collected of which 282 species were found economically important as they are used by the people frequently for various purposes. A total of 20 species were used as supplementary food items for the preparation of traditional recipe or as an alternative during work far from the house and during the scarcity of primary food items. Similarly, 38 species are used as vegetables, many of which are commonly used and 48 wild species of edible or less known fruits. Besides other uses, species used as supplementary food, vegetables and fruits are only described here with traditional recipes.