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EXPLORER ARTICLE

Some wild edible fruits of Eastern India, Part 1

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ABSTRACT

Wild edible fruits are important nutraceuticals and nutritious food for rural and tribal communities, but they are still unexplored. Therefore, 36 wild edible fruit plants of the Eastern Ghats are presented here to draw attention to their importance.

Introduction

Rural and tribal communities around the world depend on forests and forest products. Urbanization and modernization are engulfing the traditional knowledge of wild edible fruits. They are very nutritious and good for your health. Their existence is very important for the ecological balance. Many researchers are working on them and need to document them properly for sustainable utilization and their conservation. Keeping in mind the importance of wild edible fruits, an attempt has been made to document the common wild edible fruits of Eastern ghats from literature and field surveys. The present study highlights the importance of wild edible fruits.

Methodology

During 2018-2019, the present field study and literature review were conducted. Scientific databases, including Google Scholar, Mendeley, Science Open, SpringerLink, Indian journals online, Wikipedia, PubMed Central, offline publications, and books, were used to collect scientific data and the plants that were provided from the literature survey (Hebbar et al.

2010; Nandini and Shiddamallayya 2014; Kumar 2015; Kumar and Shiddamallayya 2016; Kumar and Jena 2017; Kumar and Tripathy 2017; Behera et al. 2019; Dimri and Kumar 2020; Kumar et al. 2018). Field survey was carried out in Selected areas of Karnataka.

Results and discussion

Through literature and field survey, 36 common wild edible fruiting plants are observed and presented in Table 1. The most common wild edible fruits observed are *Musa ornate*, *Olax psittacorum*, *Opuntia stricta*, *Phoenix sylvestris*, *Phyllanthus acidus*, *Phyllanthus emblica*, *Physalis minima*, *Pithecellobium dulce* etc (Table 1; Figure 1).

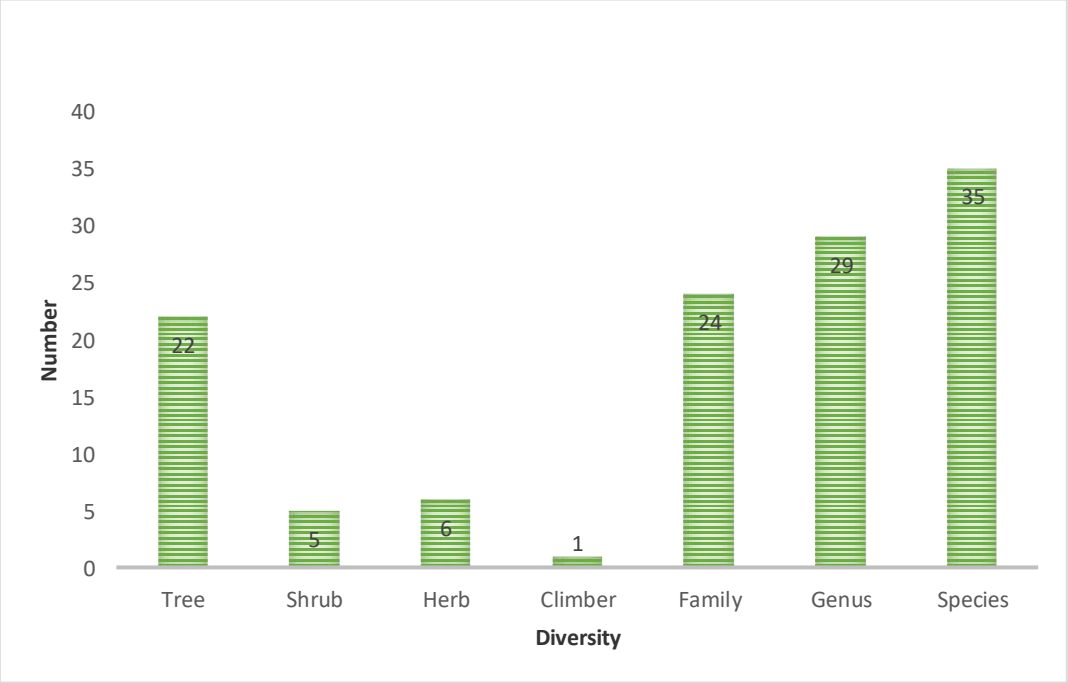

Figure 1: Graphical representation of wild edible fruit plants of Eastern India

Table 1: Wild edible fruit plants of Eastern India

Scientific Name	Family	Fruiting Period
Musa ornata	Musaceae	June-September
Olax psittacorum	Olacaceae	September-October
Opilia amentacea	Opiliaceae	July-August
Opuntia stricta	Cactaceae	January-September
Phoenix acaulis	Arecaceae	May-June
Phoenix paludosa	Arecaceae	June-August
Phoenix sylvestris	Arecaceae	April-June

Phyllanthus acidus	Euphorbiaceae	June-October
Phyllanthus emblica	Euphorbiaceae	November-January
Physalis minima	Solanaceae	August-January
Physalis peruviana	Solanaceae	September-December
Pithecellobium dulce	Mimosaceae	April-June
Polyalthia cerasoides	Annonaceae	June-August
Polyalthia suberosa	Annonaceae	August-November
Protium serratum	Burseraceae	May-June
Pygmaeopremma herbacea	Verbenaceae	April-August
Rhus chinensis	Anacardiaceae	December
Rubus ellipticus	Rosaceae	April-June
Rubus niveus	Rosaceae	January-February
Salacia chinensis	Hippocratiaceae	May-June
Salvadora persica	Salvadoraceae	February-June
Schleichera oleosa (Figure 2)	Sapindaceae	June-August
Securinega virosa	Euphorbiaceae	July-October
Semecarpus anacardium	Anacardiaceae	April-May
Solanum nigrum	Solanaceae	Year round
Solanum virginianum	Solanaceae	Year round
Sonneratia caseolaris	Sonneratiaceae	August-September
Spondias pinnata	Anacardiaceae	January
Streblus taxoides	Moraceae	March-June
Syzygium cerasoides	Myrtaceae	July-August
Tamilnadia uliginosa	Rubiaceae	October-January
Tetrastigma lanceolarium	Vitaceae	June-July
Trema orientalis	Ulmaceae	Most parts of the year

Trevesia palmata	Araliaceae	May-June
Trewia nudiflora	Euphorbiaceae	October-December
Uvaria hamiltonii	Annonaceae	August-September

Figure 2: Fruits of *Schleichera oleosa* in wild

Conclusion

The series for the documentation of wild edible plants of the Eastern Ghats will be very beneficial for researchers, students, and intellectuals. In this series 1, the authors documented 36 wild edible fruits that could be used for further experimental work and value addition.

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