

**Mahatma Gandhi Arts, Science and Late N. P. Commerce College
Armori, Dist. Gadchiroli (M.S.)**

Department of Home-Economics

Socio-economic Survey Report entitled

***“Study of Wild Edible Plants Consumed by the People of Palasgaon
Village”***

Study Report submitted by **B. A. II** (Department of Home-economics) students
group **2020-21**

Under the supervision of **Prof. Pranali Garode**

Introduction

To boost the diet's quality, a variety of vegetables should be included in our daily usage as per season. Vegetables are an essential part of a balanced diet. Minerals, calcium, iron, sodium, and all vitamins are abundant in vegetables. That is why veggies are referred to be "preservative foods." According to the survey, these veggies grow in the forest, steep areas, and on the farm in the village during the start of the rainy season. Preparation methods, many legumes were studied, as well as their nutrients and nutritional treatment approaches. The older citizens of Palasgaon village, particularly the senior women, responded enthusiastically.

Characteristic of Wild Vegetables

1. Wild vegetables that grow naturally without being cultivated or cared for.
2. Because of the nutrients in Wild vegetables, numerous vegetables are included in the diet that is beneficial to one's health; such vegetables are recognized as Wild vegetables.

Various Wild Edible Plants in the area of Palasgaon Village

1. कुड्याची फुले, शेंगा
2. कुरड
3. शेरडेरे
4. अरतफरी
5. कडू भाजी
6. धान भाजी
7. तरोटाभाजी
8. कडुभाजी
9. तिफनची भाजी
10. चिउरची भाजी
11. पातुर
12. खापरखुटी
13. पिंपळाचा बार
14. दुंबरसात्या (मशरूम)
15. काटवल, (करटोली)
16. आघाड
17. केना
18. बहावा
19. बांबूची वास्ते
20. अळूची पाने, देठे (धोपा)
21. हादग्याची फुले
22. काटेसावर
23. अंबाडी
24. शेवग्याची फुले -पाने -शेंगा (मुंगणा)
25. गोडनिंब
26. गुडवेल
27. सुरण कंद
28. घोळ भाजी
29. मोह फुले
30. केळ फुले.. इत्यादी.





Photographs of Wild Edible Vegetables



Palasgaon is a beautiful mountainous area with a lot of greenery and a lot of Wild Edible Plants.

Features of Wild Edible Plants.

1. There are numerous medicinal properties.
2. These Vegetables are affordable since they grow organically and do not require farming or maintenance.
3. Wild Edible Plants contain minerals, elements, and all of the chemical elements necessary for the body, which are useful in terms of digestion.
4. Grows primarily in the forest or on the field's embankment and hence does not require cultivation.
5. Because Wild Edible Plants do not employ fertilizers or pesticides, the natural and nutritional ingredients remain intact.
6. Boiling certain vegetables does not change their qualities; yet, some vegetables are boiled while others do not.
7. Vegetables with as few spices and oils as possible are good for health.
8. Since some vegetables are cold and others are hot, they both are healthy.

Wild Vegetable: - Society and Culture

In terms of society and culture, wild vegetables are extremely important. Older people are becoming aware of this, and as a result of their knowledge of medicinal properties, they include Wild Edible Plants in their diet. These vegetables have indeed been identified and are being eaten. Some vegetables are boiled before eating. Even still, having one is still out of reach for most people. All vegetables are included in diet, but some vegetables are only cooked during certain festivals.

The importance of Wild Vegetable in the diet.

1. It is important to provide a variety of wild vegetables in one's diet in order to increase food quality and preserve excellent health.
2. Wild Vegetable help to protect the body, aid to protect the body, and improve immunity because they are high in body protective vitamins and minerals.
3. Iron-rich wild vegetables aid in the maintenance of a healthy hemoglobin level.
4. Blood cleansing effects are also found in some wild vegetables.



5. Wild vegetables can make you eat more.

Some wild plants have significant digestive properties and hence aid digestion.

6. Different processing methods can be used to add variation to vegetables.

e. g.

1. Vegetable Moringa beans

2. Vegetable Moringa Flower

3. Vegetable Moringa leaves etc

Thus, a variety of items from the same plant can be used to make meals.

The licorice Wild Vegetable can prevent you from getting constipation.

In Wild Vegetables with a lot of leaves, the linear component is large, and the cellulose content is enough. Vitamin C and iron are found in wild vegetables. Calcium is found in dark green leafy vegetables. The following factors should be considered in order to keep veggies nutrient-dense.

(१) भाज्या नेहमी ताज्या वापरल्या. ताज्या भाज्यात पोष्टिक घटक अधिक असतात.	(१) शिळ्या भाज्या हवेच्या संपर्कात येवून पोषकतत्वांचा नाश होतो.
(२) भाज्या घुवून नंतर चिराव्यात.	(२) चिरल्यानंतर धुतल्यास पोषकघटक पाण्यात विरघळतात आणि नासाडी होते.
(३) भाज्या फोडणीपूर्वी चिराव्यात.	(३) फोडणीला घालण्यापूर्वी बराच कालावधी गेल्यास हवेच्या संपर्कात प्राणीद्विभवनाची क्रिया होते. त्यामुळे पोषकघटकांचा नाश होतो.
(४) भाज्या (बहुतांश) सालासगट शिजवाव्यात. उदा. बटाटे	(४) साल काढून भाज्या शिजविल्यास सालातील पोषक घटक वाया जातात.
(५) भाज्या शिजवितांना पाणी वेताचे घालावे.	(५) भाज्या शिजविताना जास्तीचे पाणी वापरल्यास शिल्लक पाण्यात सोडियम पोटॅशियम आणि जीवनसत्त्वे वाया जातात.
(६) भाज्या मऊ होईपर्यंत शिजवाव्यात.	(६) मोकळ्या भाज्यातील तेल सुटे पर्यंत शिजवू नये. यामुळे चव वाढत असली तरी पोषकतत्वांची नासाडी होते.
(७) सोड्याचा वापर पोषण मूल्यांची हानी करणारा आहे.	(७) सोड्याचा वापर टाळावा.
(८) भाजी शिजत आली अशा स्थितीत आम्ल घालावे.	(८) भाजीत शिजताना सुरुवातीपासूनच आम्ल घालू नये. कारण बं गटातील जीवनसत्त्वांचा नाश होतो.

Nutrients in vegetables:-

1. **Carbohydrates** - Carbohydrate content in vegetables varies depending on the type of vegetable.



Leafy vegetables, for example, include a part of carbohydrates in the form of cellulose. Carbohydrates abundant in the Suran tuber.

2. **Protein** - There is a lack of protein in the diet. Peanut seeds can be found in abundance.

3. **Vitamins** - Vitamin A and C are plentiful.

4. **Minerals** - Minerals are plentiful. Sodium and calcium are abundant in iron.

Wild Vegetable Pigments

भाज्यातील रंगद्रव्ये

हरितद्रव्ये

केरोटेनाइड्स

फ्लेवोनोंड

अन्थोसायनिन

अन्थोक्झॅन्थिन

(१) हरितद्रव्ये (Chlorophyll) : हरित म्हणजे हिरवेपणा आणणारे द्रव्ये. यामुळे भाज्यांना हिरवा रंग प्राप्त होतो. पालेभाज्यांमध्ये हरित द्रव्याचे प्रमाण अधिक असते.

वैशिष्ट्ये : (१) उष्णतेचा हरितद्रव्यावर परिणाम होतो. जास्त वेळ शिजविल्यास हिरवा रंग फिकका होतो आणि निस्तेज दिसतात.

उपाय : (१) शिजविताना ३-४ मिनीट सुरुवातीला उघड्यावर शिजविल्यास भाजीत असलेल्या आम्लांचे वाष्पीभवन होते. त्यानंतर झाकण ठेवून मंद आचेवर शिजवाव्यात. असे केल्यास भाज्यांचा हिरवा रंग कायम राहतो आणि भाजी आकर्षक दिसते.

(२) भाज्या शिजविताना आम्ल घातले असता भाज्यात रासायनिक बदल घडून येतो आणि रंग तपकिरी होतो.

(२) केरोटेनाइड्स (Carotenoids) : नारिंगी आणि पिवळसर भाज्या या रंगद्रव्यांमुळे दिसतात.

हिरव्या पानांच्या भाज्यात हे हरितद्रव्यासोबत कमी प्रमाणात असते. हिरव्या भाज्या शिजव्या झाल्या म्हणजे त्यात रासायनिक बदल होवून त्या पिवळसर दिसतात ते केरोटेनाइड्स या रंगद्रव्यामुळे.

वैशिष्ट्ये : केरोटेनाइड्स या रंगद्रव्यावर -

(१) आम्ल आणि अल्कलीचा रिणाम होत नाही.

(२) हे रंगद्रव्य अधिक उष्णता दिल्यास पाण्यात विरघळतात आणि रंग काळपट दिसतो.

(३) फ्लेवोनोंड (Flavonoids) : यात दोन रंग द्रव्यांचा समावेश असतो. तो पुढीलप्रमाणे

अन्थोसायनिन रंगद्रव्ये (Anthocyanin)	अन्थोक्झॅन्थिन रंगद्रव्ये (Anthoxanthine)
(१) रंगकण लाल रंगाचे असतात. उदा. लालभोपळा	(१) पांढरे रंगकण असता. उदा. बटाटा, कांदा, मुळा
(२) पाण्यात विरघळतात.	(२) अल्कली माध्यमात पिवळा होतो.
(३) आम्लाच्या संपर्कात लालरंग तेजस्वी होतो.	

Wild Vegetable selection and collection:

When selecting Wild Vegetable, keep the following points in mind.

1. What to do with it.
2. Who will you serve vegetables to?
3. The need and condition of those who will benefit from the consumption of vegetables.
4. Family members' preferences and choices.



The classical approach to vegetable selection:

1. Vegetables that is fresh

- Fresh fruits and vegetables should always be chosen because they are shiny and rocky since they are high in nutrients.

2. Stale vegetables.

- Wrinkles are caused by the effects of the external environment on the moisture content of stale fruits and vegetables.
- Leafy vegetables- The leaves of leafy vegetables fall off and turn yellow as the chlorophyll in them decreases.

3. Pests.

- When choosing vegetables, make sure that they are not infested with pests.
- Pests are cheaper than good vegetables but most of them are wasted

4. Mature vegetables should not be too stiff. Seeds of more mature vegetables are characteristically stiff Ripe vegetables are high in kashti and vary in their taste and nutritional value. Utility which vegetable to choose for what Choose vegetables accordingly For example, choose tomatoes for salads and more ripe soups The arrival of vegetables varies according to the season Vegetables that are widely available for a particular season are cheaper At such times specific vegetables should be selected.

Wild Vegetable storage and care:

1. Collection of Wild Vegetables should be chopped, wrapped in cloth and kept in a cool place.
2. If you want to use a fridge, break it, wash it, drain the water, dry it, make small holes in the plastic bag and put it in it. This will keep the freshness of the vegetables longer.

Conclusion:

1. Almost every senior citizen knows a lot about wild vegetables.
2. Everyone benefits from Wild Vegetables since they are abundant.
3. Wild vegetables are crisp and require little maintenance. It also doesn't have to be planted.
4. Given the importance of diet to one's health, the younger generation is adding wild vegetables in their diet.
5. Educating the next generation about the relevance of wild vegetables is beneficial to their health.
6. Due to the importance of diet in one's health, individuals of all ages are including wild vegetables in their diet.
7. There is no need to purchase Wild Vegetable, resulting in cost savings.


(P. Garode)




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Shadow pictures of the live interview



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Photograph in the newspaper.



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