

Part 1



A woody climber from the family of much familiar ‘Passion fruit’ that crawls over other trees and refuges a plethora species including caterpillars of many butterflies. It has palm-shaped leaves with large circular sessile glands between the lobes. The roots are tuberous in nature, though toxic, possess medicinal properties. This scrambling plant is usually found in the deep interiors of the semi-evergreen and moist deciduous forests of the Western Ghats of India and Sri Lanka. The tribes of *Pania*, *Mullukuruma*, *Kuruma*, and *Kattunaikka* use the leaves, cook with other greens and consume it. The shoots are also eaten but the flowers as food have not yet been checked out. Though the tribes regularly use the leaves for cooking the importance of the plant as a food substitute is not popular. The commercial cultivation is also another less-explored area. The remotely distributed plants in the deep forests of Western Ghats limit the usage as it demands arduous walks from the tribal settlements. In India, the culinary use has been reported from the Hassan district of Karnataka and the Wayanad region of Kerala. The plant is known as ‘*vidari*’ in the Karnataka region and ‘*Koombi chappu*’ among the tribes of Kerala. The wild food enthusiasts and chefs may use the recipe of the tribal people as the base for further innovations as the plant’s medicinal and healing properties especially as a pain reliever have been well recognized in Ayurveda and Folk medicines.

