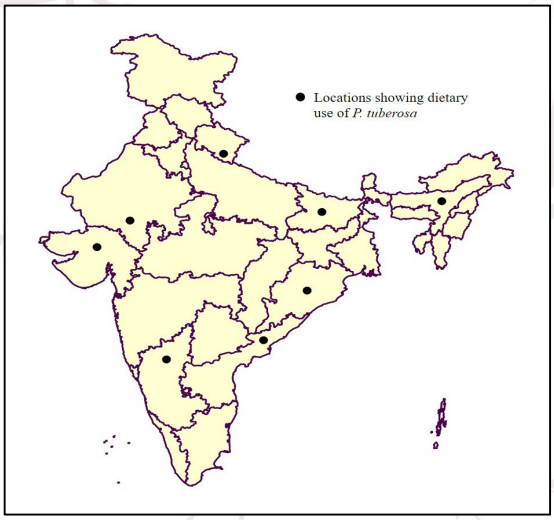
Pueraria tuberosa (Willd.)DC.
Family: Fabaceae

It is a woody climber with bright blue flower and is famous for its underground fleshy tuberous root. Commonly known as *Vidarikand*, it is one of the popular food items in non-conventional food arena. Communities near Hassan area of Karnataka, southern India, prefer its liquory taste and use the tuber in cooked form as vegetable which they call as *Gummadi balli*. Its widespread use has been reported from various north Indian states as well. In Bihar (*Bankumra*) flower and seeds are also eaten along with the tuberous roots. The tubers are also known to the tribals of Mayurbhanj district of Odisha as *Bhuni kakharu*. Similar trend is observed in Andhra Pradesh where a vast number of tribal groups namely Bagata, Konda Dora, Mali, Kotia and others has this tuber (known as *Dharigummadi*) in their routine diet. The Gujjars of Uttarakhand and the Vasava tribes of Gujrat use the tubers either raw or in cooked form. Usually unripe tubers are taken in raw form whereas ripe, older ones are often cooked with spices. Like any underground storage organ, the tuber is a rich source of carbohydrate (~64%) and protein (~10%) and demonstrates potent anti-oxidant properties.