

Snacks from the coastguard

Mangroves are natural coast guard for many regions with their characteristic root system, ability to grow in salt-rich soil and are with a bagful of ecosystem services. Mangroves are well-known food resources for many but less known for humans. In southeast Asian countries of Indonesia and Thailand, foods prepared from mangrove spp. are considered as a local delicacy in the coastal region. The serrated leaves of Holy mangrove (*Acanthus ilicifolius*), fruits of Mangrove apple (*Sonneratiacaseolaris*), Orange mangrove (*Bruguieragymnorrhiza*), Nypa palm (*Nypafruticans*) and few others are ingredients for mouthwatering snacks like cake, cookies, juice, syrup, and jam. They are high in carbohydrates, vitamins, fat and fibre contents, therefore a good alternative for mainstream market-friendly foods too. What are you waiting for? Next time, your trip to the Malay Archipelago must be accompanied by “Coastguard food”.



Source: Situmorang R.O.P and Barus S.P. (2015). Mangrove management as source of food alternative by the women fishermen group in SeiNagalawan, North Sumatra, Indonesia. Paper A 14. The International Conference of Indonesia Forestry Researchers III, Bogor, Indonesia. October 21-22.

Image: *Acanthus ilicifolius* (Swagat2010/efloraofindia), *Sonneratiacaseolaris* (Asokan Mash /www.flowersofindia.net), *Bruguieragymnorrhiza* (Navendu Page/HerbariumJCB), *Nypafruticans* (By Qaalvin - Own work, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=19416883>)

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