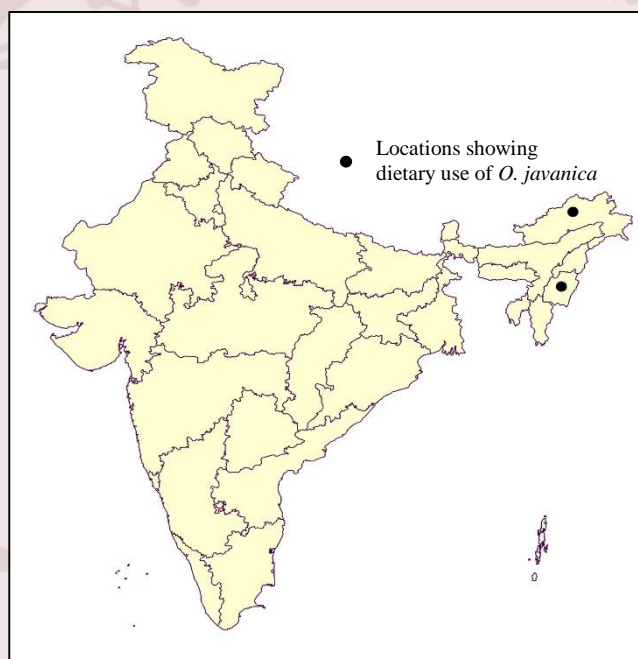


 ***Oenanthe javanica* (Blume) DC.**   
Family – Apiaceae

This is the only plant in the ‘*Oenanthe*’ genus that is not toxic. This plant is called as water dropwort in English, ‘seri’ in Japan and ‘Minari’ in Korea. The plant is cultivated for its edible shoots, fruits and roots in China, Japan and India. The plant can be seen in forest floors and in paddy fields upto 1500 m. In India, it’s mainly seen in the eastern states and also in Himachal Pradesh and Uttar Pradesh. The plant is called as Komprek in the north-eastern state of Manipur and used to prepare their traditional cuisines, ‘enroba’ and ‘shingsu’. The young shoots are used for soups and salads. It tastes like carrot tops and celery which makes it a perfect additive in sumptuous soups. The food use of the plant is also reported from Assam. Cuisines made of this plant are widely available in all the Japanese restaurants in Indian Cities. In addition to the excellent edible value it possesses, it also can be used as a fish feed to feed ‘koi fish’. Eugenol – a phyto chemical which can be used as an analgesic is present in the shoots of *O. Javanica*. The shoots and fruits are also rich in antioxidants which qualify the plant as an ideal candidate for health conscious urban platter. *O.javanica* has high iron content, followed by calcium, and magnesium, which are useful for patients with mineral deficiency problems.



Phalee BMC / India Biodiversity Portal



● Locations showing dietary use of *O. javanica*

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