

Spondias pinnata* (L. f.) Kurz.*Family : Anacardiaceae**

A deciduous tree shedding leaves in the winter is fondly called “wild mango” and is famous for its sour tangy fruits. The fruit is favored in the preparation for pickles, sweet chutney, jam, etc. In Odisha, tribes like Kondh, Santal, Saora, Munda, and Kolha relish this fruit (known as *Ambada*) both in its unripe and ripe forms. Ripe fruits are eaten directly, unripe ones are used as a vegetable and are used in the preparation of chutney and pickles. In Assam (where it has been known as *Amora*, *Dorge*, *Chiming*), the edible use is extensive like, ripe fruits are eaten, unripe fruits are used as a vegetable to prepare curry and pickles, tender leaves, flower buds, and fruits are also curried with fishes; moreover, seeds are also not thrown away but eaten. In the eastern Himalayan foothills of Darjeeling, dry fruit is used in the pickle preparation. Similarly, in the western Himalayan state of Himachal Pradesh, both ripe and unripe fruits flaunt extensive use in the preparation of vegetable, pickle, chutney, juice, and jam. Even the cut pieces are dried and stored for long-term use. In the Mangalore region of southern India, the fruit (commonly known as *Ambate*) along with coconut and spices is used in the preparation of spicy *Ambadyanchi* curry. A slightly modified version of the same (*Amadyache Sansav*) is reported from Goa where the fruit is known as *Amado*. The ripe and juicy fruits have been voraciously consumed almost throughout India, Chakma people from Arunachal, Khasi, and other tribes from Meghalaya, Kadar tribe from Kerala, tribals from coastal Andhra Pradesh, and Vasavas from Gujarat to name a few. Nutritionally, fruit is a rich source of carbohydrate (~5g/100g), antioxidant activity (~90µg/ml), and reducing sugar (~7.3%) and powered with vitamin C (~74 mg/100g).

