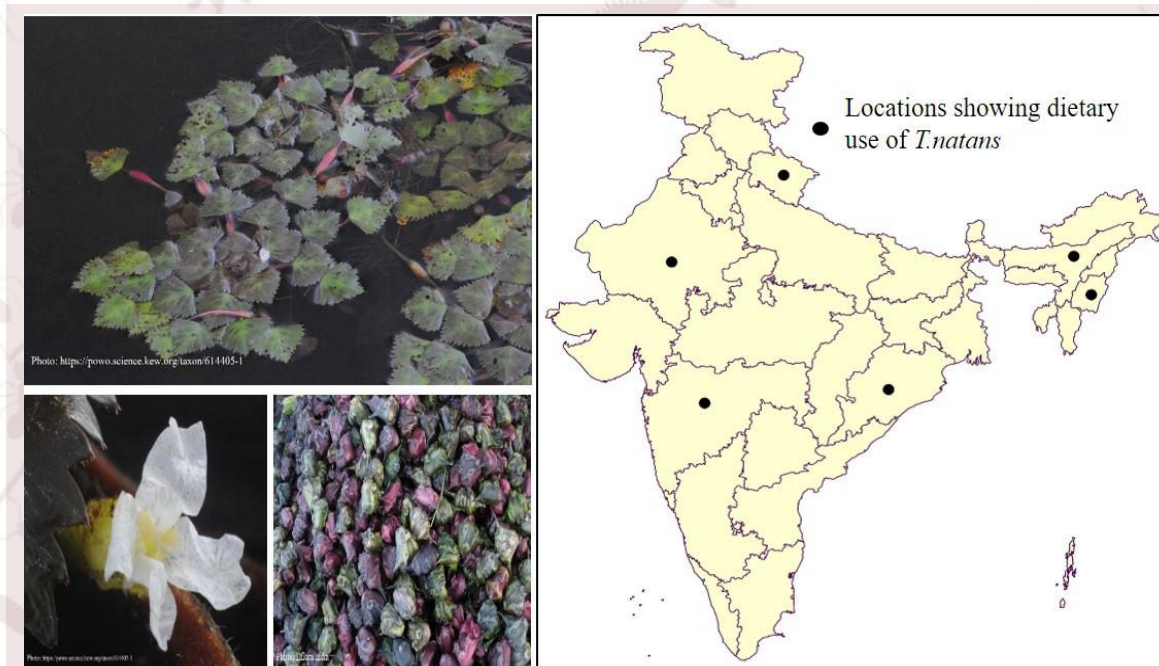


Trapa natans* L.*Family: Lythraceae**

A widely known hydrophyte, commonly known as Water Chestnut, the plant has wide distribution as well as recognition for its edible fruits. It is easily identified by its rosette arrangement of leaves and dark-skinned spiny fruits. The edible use of the fruit is also quite popular among different tribal groups. Among the Santal, Munda, Lodha, and Bhumija tribes of Odisha and elsewhere, the raw fruit (known as *Panisingara* or *Kantaphal*) is a desired food during autumn-early winter. Similarly, its extensive consumption has also been reported from many states, like Uttarakhand, Assam, Manipur, Maharashtra, West Bengal, and Rajasthan. Cooked fruit is also consumed as a vegetarian dish in some regions. Apart from fruit, other parts are also cooked and eaten; for example, in Manipur, the swollen petiole of the plant is used in the preparation of the popular dish *Eromba*. In Rajasthan, the Bhil tribe cooks the rhizome and tender shoots as food during famine. Besides, there are a few popular recipes available from food enthusiasts in urban or peri-urban societies. Nutritional assessment shows that the fruit is a good source of crude fibre, vitamin B, C, and elements like Calcium, Potassium, Iron, and Zinc. It is due to the growing interest in the plant, informal but commercial cultivation is already in full swing in the eastern Indian states of West Bengal, Jharkhand, and Bihar.

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