

Wild uncultivated edible plants of India

Part 13
(.....after part 12)

***Trevesia palmata* (Roxb. ex Lindl.) Vis.**

Family: Araliaceae

This Ginseng family plant is easily identified by its nice and distinguishable palmate leaves and umbellate flowers. *Trevesia* is a well-known veggie among the tribal people throughout the north-eastern states and is eaten for its edible leaves and buds. Various ethnic groups (Karbi, Kuki, Khasi, Hmar, Geme Naga) in Dima Hasao district of Assam boil and mash the inflorescence and consume it as vegetable with sumptuous fish curry. The paste is occasionally used as Chutney too. In the north Cachar hilly region, fruits are edible among the local inhabitants. The Nyishi tribe of Arunachal Pradesh eats the plant (locally known as *Togo*) leaves and young juicy shoots as vegetables, while Komkar Adi tribe of Upper Siang district (where it is known as *Tagor*) fruits are commonly used to prepare chutney. Perhaps the major culinary references are available from the state of Mizoram, where the flower bud is boiled and then super-charged with onion, garlic, coriander, and tomato to prepare the spicy food. However, on a softer note, it is even taken as simple fry or in the form of “*bai*” - the traditional Mizo boiled food.

