

## Wild uncultivated edible plants of India

Part 17

(.....after part 16)

### *Asparagus racemosus* Willd.

Family: Asparagaceae

A common ingredient in Ayurvedic healthcare, *Asparagus racemosus* is popularly known as *Satawari* for its multiple tuberous roots. However, another cousin of the same genus *Asparagus officinalis* is a popular in urban kitchen. Popular search engines provide us umpteen numbers of recipes prepared from its soft stem across the world. India is no exception. However, tribal culinary practices with the medicinal ones are simpler than the urban spicy and ingredient-rich delicacies. From Uttarakhand to Kerala, almost all plant parts, fresh roots, tuber, and leaves are used by the local people. The tribes from the south Indian states use the tuber in boiled form, whereas in Gujarat, people from Vasava tribes likes to have it fried with oil and spices. Soup preparation from the tuber is also popular in Maharashtra, Tamil Nadu, and Gujarat. In Uttarakhand, fresh bud and leaves are taken as vegetables, whereas, in the north-eastern state of Manipur, cooked inflorescence as a vegetable is a local delicacy.

*Asparagus* roots are nutritionally rich with a plethora of minerals like copper, manganese, zinc, calcium, magnesium, selenium, and potassium. It also contains vitamins A and C. It has a few important fatty acids like gamma-linolenic acid which is beneficial for the treatment of a number of diseases, i.e., arthritis, diabetes mellitus, high cholesterol levels, heart disease, and depression.

