

Capparis spinosa subsp. himalayensis* (Jafri) Fici.*Family : Capparaceae**

A spiny Himalayan shrub, it is sought-after as *Caper* or *Kabra*. The plant is quite trendy among culinary enthusiasts for its juicy berries and flower buds. Both berries and flower buds are commonly used for pickling and other side dishes (sauce, salad, etc.) that rejuvenate taste buds. Interestingly, in the Trans-Himalayan region of Ladakh and Himachal Pradesh, ripe berries serve as working snacks for shepherds, pastoralists, and other rural folks. Tender juicy leaves are used as vegetables in villages and are usually consumed after boiling and sautéing with spices. The plant is a good source of multiple B vitamins, like B1, B3, B6, and B9 as well as vitamin E. Flowering buds are particularly rich in vitamins A, C, and K. Similarly, minerals like calcium, iron, manganese, zinc, phosphorus, and potassium are abundant in *Caper*.

