

Cycas pectinata* Buch.-Ham.*Family: Cycadaceae**

Cycads are primitive gymnosperms famous for their ornamental leaves and flashy sporangia often seen in lounges or open spaces. *Cycas pectinata* is distributed across the eastern Himalayan region and has been well adopted as an alternative food resource in local cuisines. In Assam, popularly known as *Thaljimura* or *Nagchampa*, or *Or-oh*, mature ovules are eaten roasted, and tender leaves and young shoots are cooked as vegetables. The vegetable use of tender leaves and buds is also quite well spread in Sikkim, northern West Bengal, and Meghalaya. In northern Bihar and north-eastern states, starch-rich young shoots are consumed either raw or roasted like potatoes to enhance the taste. On the other hand, special delicacies like *Yendang Eromba* and *Yendang Kanghou* are made from the tender leaves or young shoots in Manipur.

