



Palatable Plants Of Sikkim

R. Lama¹, Lepcha, N², and D.K. Pradhan³

¹Farm and Allied Production Mangement, Melli Paiyong, South Sikkim

²Quality Control Laboratory-HARC- Sikkim State Forest Herbarium (SSFH)

Forests and Environment Department, Govt. of Sikkim, Deorali-777102, Gangtok, Sikkim, India

E-mail: pradhansikkim@gmail.com

Abstract

The palatable species of Sikkim Himalaya is enumerated to document with the brief note of economic values.

Keywords: palatable food, Sikkim Himalaya, vegetables.

Introduction

The Himalayan belt of Sikkim was well connected with the Europe and Mid-Eastern countries of Asia through the silk route that was in existence more than two thousand years ago. The people were travelling to the different parts of countries in the canravas with the pack of animals. Nonetheless, Sikkim was also the part of the silk route where several tribes inhabited and survived using several bioresources.

It is noted that Sikkim has numerous endemic species as well as local cultivars (Hara, 1966, 1971; Hooker, 1872-1897; Hooker and Thomson, 1855; Ohashi, 1975; Pradhan, 2022). So, the palatable plant species which are in used in Sikkim and adjoining Himalaya were tabulated. With the reduction in the agricultural activities in Sikkim due to the marginal farmers, most of the local cultivars and species are in threat. Thus, the paper intended to include the palatable species of Sikkim for the record along with part use, harvesting period and market value. These species are also presented with vernacular names.

Enumeration of Vegetable of Sikkim

(Abbreviations: Rong Language = Ro; Pharbatey= P; Fruit=Fr.; Stem= St. Shoot = Sh.; Leaf= L; Young Shoot= Y.Sh.; Young leaf= Y. L.; Whole Plant = WP; Flower= FL.; Root= R. ; Rhizome= Rh.; Tuber= Tu.; Seed= Se. ; Young Fruit= Y. Fr. ; Inflorescence = Inf. ; Kilogram= Kg. Bundle= B.)

Scientific Name	Parts Used	Sowing Time	Harvesting Time	Rate Of Product Per Kg/ Bundle INR (Year 2021-22)
1. <i>Aesandra butyracea</i> (Roxb.) Baehni Churi Phal (P); Yealpot (Ro)	Fr.	-	Aug	100-150 per Kg
2. <i>Allium chinense</i> G. Don Jungli Lasun (P); Sufyue (Ro)	L/ R	-	May-Jul	

Palatable plants of Sikkim

3.	<i>Allium hookeri</i> Thwaites Dungdunggay (P); Rombu (Ro)	L	April	May-Jun	30-40 per B
4.	<i>Amaranthus hybridus</i> L. Kayeam Bee (Ro)	Y.L.	April	May-Jul	30-40 per B
5.	<i>Amaranthus viridis</i> L. Paruk Bee (Ro)	W P	April	May-Jun	30-40 B
6.	<i>Amorphophallus napalensis</i> (Wall.) Bogner & Mayo Gurbey (P); Sungtuk (Ro)	Y. Sh.	-	May-Jun	40-50 per B
7.	<i>Bauhinia purpurea</i> L. Koiralo Ruk (P); Aara kung (Ro)	Fl.	-	Apr-May	50-60 B
8.	<i>Brassica juncea</i> (L.) Czern. Rayo Saag (P); Kondong Bee (Ro)	St. / L	Oct	Feb-Mar	40-50 per B
9.	<i>Brassica juncea</i> (L.) Czern. Kalo Saag (P); Anokbu Koondong Bee (Ro)	L.	Sep- Oct	Nov-Mar	30-40 per B (L.) 50-80 per B (Y. Sh.)
10.	<i>Calamus acanthospathus</i> Griff. Gouwri Beth (P); Ruukup (Ro)	Y.Sh.	Apr- Jun	Jan-Dec	50-100 B
11.	<i>Calamus leptospadix</i> Griff. Rhyim (Ro)	Y.Sh.	Apr- Jun	Jan-Dec	50-100 B
12.	<i>Calycopteris floribunda</i> Lam. Pyakray (P); Ruubong (Ro)	Y.Sh.	Apr- Jun	Jan-Dec	50-100 B
13.	<i>Camphylandra aurantiaca</i> Baker. Himal ko Nakima (P); Reesa Perfyek (Ro)	Fl.		Feb.-Apr	-
14.	<i>Canna indica</i> L. Phool Tartul(P); Kafyer Buk (Ro)	Tu.	Apr- May	Dec-Feb	-
15.	<i>Capsicum annum</i> L. Busty ko Kharsaney (P); Lyang Sangkar (Ro)	Fr.	Apr- May	Sep-Dec	-
16.	<i>Capsicum annum</i> L. Kalo Kharsaney (P); Anokbu Sangkar (Ro)	Fruit	Apr- May	Sep-Dec	-
17.	<i>Capsicum annum</i> L.	Fr.	Apr-	Sep-Dec	400-800 per Kg.

	Mahey/Sumu Sangkar (Ro)		May		
18.	<i>Capsicum frutescens</i> L. Jeray Kharsaney (P); Lasey Sangkar (Ro)	Fr.	Apr-May	Sep-Dec	-
19.	<i>Cardamine macrophylla</i> Wild. Botay Saag (P); Kayoung Bee (Ro)	L.	-	May-Jun	-
20.	<i>Colocasia esculenta</i> (L) Schoot Pindalu (P); Raynok Sangti (Ro)	Tu. / Y.Sh./L	April	Jun-Dec	40-50 per B (Y. Sh)
21.	<i>Colocasia esculenta</i> (L) Schoot. Manay (P); Sangti (Ro)	Y.Sh./L /Fl.	April	Aug-Sep	50 -60 per B (Fl.)
22.	<i>Cucurbita ficifolia</i> Bouche Hajaray Pharsey (P); Hajaray Tunggut (Ro)	Y.Sh./F r.	Mar-Apr	Jul-Sep	40-60 per B
23.	<i>Cyathea spinulosa</i> Wall Ghamla Nengro (P); Pulo kung Tongtok (Ro)	Y.Sh.	-	Mar-May	-
24.	<i>Cyclanthera pedata</i> (L.) Schrad. Chutchay (P); Fookup Bee (Ro)	Fr.	April	Oct-Nov	120-160 per Kg.
25.	<i>Cyphomandra betacea</i> (Cay.) Sendtn. Ruk Tamator (P); Kung Brue (Ro)	Fr.	March	Nov-Dec	50-100 per Kg
26.	<i>Dendrocalamus hamiltonii</i> Nees & Arn. ex Munro. Choya Bans (P) Puley Poo (Ro)	Sh	Jun-Jul	Jul-Aug	50-100 per B
27.	<i>Dendrocalamus latiflorus</i> · Munro. Methay Bans (P) Rukveth Poo (Ro)	Sh	Jun-Jul	Jul-Aug	50-100 per B
28.	<i>Dendrocalamus sikkimensis</i> Gamble ex Oliv. Pocok Poo (Ro)	Sh	Jun-Jul	Jul-Aug	-
29.	<i>Deparia boryana</i> (Willd.) M.Kato Titay Nengro (P); Akryem bu Tongtok (Ro)	Y.Sh.		Jul-Sep	30-50 per B
30.	<i>Dioscorea bulbifera</i> L.	Tu.	-	Dec-Apr	-

Palatable plants of Sikkim

	Ghetha (P) Kaching (Ro)				
31.	<i>Dioscorea glabra</i> Roxb. Ban Tarul (P); Punzok Buk (Ro)	Tu.	-	Dec-Mar	50-100 per Kg
32.	<i>Dioscorea</i> <i>pentaphylla</i> L. Byagur (P); Kushok (Ro)	Tu.	-	Dec-Mar	-
33.	<i>Diplazium maximum</i> (D.Don) C.Chr. Swanay Nengro (P) Lukblow Tontok (Ro)	Y.Sh.	-	Oct	30-50 per B
34.	<i>Diplazium</i> <i>succulentum</i> (C.B.Clarke) C.Chr. Ningro (P) Tungtok Bee (Ro)	Y.Sh.	-	Jan-Dec	30-50 per B
35.	<i>Elatostema sessile</i> J.R.Forst. & G.Forst. Goglayto (P); Kanshyal Bee (Ro)	L./Fl.	-	Oct-Dec	30-40 per B
36.	<i>Eryngium foetidum</i> L. Botay Dhannia (P); Ausu (Ro)	L.	Apr-May	Nov-Dec	20-30 per B
37.	<i>Fagopyrum dibotrys</i> (D.Don) Hara Jungali Phapar (P); Banlop Bee (Ro)	Y.Sh.	-	May-Jun	-
38.	<i>Ficus virens</i> Aiton Kabra (P) Rungzee Lyet (Ro)	Y.Sh.		Mar-Apr	30-40 per Kg
39.	<i>Girardinia diversifolia</i> (Link) Friis Bangray Sisnu (P); Kuzo Sarong (Ro)	Inf./L.	-	Aug-Sep	40-50 per B. (Inf.)
40.	<i>Gonatanthus</i> <i>pumilus</i> (D.Don) Engl. & K.Krause. Sangti Bibum (Ro)	Fl.		May-Jun	30-40 per B
41.	<i>Heracleum nepalense</i> D. Don Chimphing (P); Sangbyen (Ro)	Y.Sh./ Fr.	-	Apr-Nov	20-30 per 10 gm.
42.	<i>Hodgsonia</i> <i>macrocarpa</i> (Blume) Cogn. Gyue Phal (P); Kothor Pot (Ro)	Fr.	-	Nov-Dec	-
43.	<i>Houttuynia cordata</i> Thunb Ghandey Jhar	W.P	March	April	-

(P)					
44. <i>Juglans regia</i> L. Okhar (P) Kolpot (Ro)	Fr.	-	Sep-Oct	80-100 Kg	
45. <i>Lablab purpureus</i> (L.) Sweet Yuendho Sebi (P) Sosa Tingbet (Ro)	Fr.	Apr- May	Nov-Jan	200-240 per Kg.	
46. <i>Lagenaria siceraria</i> (Molina) Standl. Chechenda (P) Tufyep (Ro)	Y. Fr.	April	Jul-Aug	-	
47. <i>Luffa aegyptiaca</i> Mill. Gerongla (P) Rumbusuru (Ro)	F.	April	Jul-Aug	50-60 Kg	
48. <i>Mangifera indica</i> L. Jungali Anpp (P) Punzop Ambi Pot (Ro)	Fr.	-	Aug-Sep	-	
49. <i>Momordica</i> <i>charantia</i> L. Titay Karela (P) Sohor Betim (Ro)	Fr.	April	Sep-Oct	120-160 Kg	
50. <i>Musa sikkimensis</i> Kunz. Bankera (P) Punzok Kundung (Ro)	Inf.	-	Jan-Dec	40-50 per Inf.	
51. <i>Nasturtium</i> <i>officinale</i> R. Br	W.P	-	Mar-Aug	30-50 B	
52. Simrayeo (P) Khaney Bee (Ro)					
53. <i>Onychium japonicum</i> (Thumb.) Kunze Ghopay Ningro (P) Poyoung sor Tongtok (Ro)	Y.Sh.	-	Nov-Jan	30-40 B	
54. <i>Oroxylum indicum</i> (L.) Kurz Totola Phool (P) Puku Reep (Ro)	Fl.	-	Apr-May	60-80 B	
55. <i>Paris polyphylla</i> var <i>nana</i> H.Li. Satuwa (P)	Y.Sh.	-	Apr.	-	
56. <i>Phaseolus vulgaris</i> L. Hudey Sebi (P); Tingbet Moo (Ro)	Se/Fr.	Aug- Sep	Nov-Dec	50-100 per Kg	
57. <i>Phaseolus vulgaris</i> L. Barkhay Gyue Sebi (P); Mor Tingbet	Se/Fr.	Apr- May	Aug-Sep	240-320 per Kg	
58. <i>Phlogacanthus</i> <i>thyrsoiflorus</i> Nees Tatay Phool (P)	Fl.	-	March-April	30-40 per B	
59. <i>Phyllostachys</i> <i>bambusoides</i> Madake	Sh.	Jun-Jul	Jul-Aug	50-100 per B	

Palatable plants of Sikkim

	Paryang (P); Bhawk (Ro)				
60.	<i>Phytolacca decandra</i> L. Zharingo	Y.Sh./St	April	May-Jun	30-40 per B
61.	<i>Polygonatum oppositifolium</i> (Wall) Royle. Chuklee Bee (Ro)	Y.Sh.	-	Jun-Jul	-
62.	<i>Polygonum molle</i> D.Don Thotney (P); Kandyam Dhong (Ro)	Y.Sh.	-	Nov-Feb	40-50 per B
63.	<i>Polystichum lentum</i> (D.Don) T.Moore Khukra masu Ningro (P); Heekmaan tongtok (Ro)	Y.Sh.	-	Apr-May	-
64.	<i>Psidium guajava</i> L. Ambak (P); Thyapsay Pot (Ro)	Fr.	Mar- Apr	Sep-Nov	10-20 each
65.	<i>Rumex nepalensis</i> Spreng. Halhallay (P)	Y.Sh.	March	April	-
66.	<i>Sechium edule</i> (Jacq.) Swart Iskush (P); Katyek pot/Beepot (Ro)	Y.Sh./T u./ Fr.	-	May-Dec	40-50 B (Y. Sh) 50-80 kg(Fr.) 80-100 Kg(Tu.)
67.	<i>Smilax glaucophylla</i> Klotzsch Kukur Dhainey (P); Palamzyue (Ro)	Y.Sh.	-	May Jun	30-50 per B
68.	<i>Solanum aethiopicum</i> L. Kara Bee (P); Sohor Zyue	Fr.	April	Sep-Oct	60-80 per Kg
69.	<i>Stephania grandiflora</i> Forman Tamarkay (P); Kanthay Reek (Ro)	Y.Sh.	-	April	-
70.	<i>Trichosanthes lepiniana</i> (Naudin) Cogn. Indreni Phal (P); Kurlhyo Pot (Ro)	Fr.	-	Oct-Nov	-
71.	<i>Tupistra clarkei</i> Hook. f. Nakima (P) Perfyek Dhong (Ro)	Fl.	-	Oct-Nov	320-400 per Kg.
72.	<i>Urtica ardens</i> Link Patlay Sisnu (P); Sarong Bee (Ro)	Y.L.	-	Feb-Oct	30-50 per B
73.	<i>Urtica parviflora</i> Roxb	Y.L.	-	Feb-Oct	30-50 per B

- Gairya Sisnu (P);
Fyungdee arong (Ro)
74. *Zanthoxylum
acanthopodium* DC. Fr. - Sep-Oct 20-30 per 20 gm.
Bokay Timbur (P);
Yeepmu (Ro)
75. *Zanthoxylum
oxyphyllum* Edgew. Fr. - Sep- Oct 20 -30 per 20 gm.
Siltimbur (P); Kundu
(Ro)

In retrospect, Sikkim was land locked areas and had less accessed to the world except the silk route. Many miles journey with the packed animals and the limited access to the market resources were the constraints among the dwellers. In such cases, the tribes survived with the forest resources and included these bioresources as the integral part of the livelihood. All information of the utilities of the age-old practices, therefore, attempted to document in this writing. With the passage of time, this information might be extinct so the paper attempts to document the resources.

Acknowledgements

Author is thankful to the Department of Forest and Environment, Government of Sikkim for the kind support.

Literature cited.

- Hara, H. 1966. *The Flora of Eastern Himalaya*. First Report, University of Tokyo, Japan.
- Hara, H. 1971. *The Flora of Eastern Himalaya*. Second Report, The University of Tokyo Press, Japan.
- Hooker, J. D. 1872-1897. *The Flora of British India*. Vol. 1-7. L. Reeve & Co., Kent, London.
- Hooker, J.D. and Thomson, T. 1855. *Flora Indica*. Vol. 1. London.
- Ohashi, H. 1975. *The Flora of Eastern Himalaya*. Third Report, University of Tokyo, Japan.
- Pradhan, D.K. (2022). Local cultivars of some common crops in Sikkim Himalaya. *Pleione* 16(2): 207 - 214.