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Jungle ka Khana Khajana-

New innovations –Botany Fest 2019

Organized by
Forest Department, Waghai Botanical Garden

Department of Botany, Faculty of Science,
The M. S. University of Baroda

Dinesh Rabari, GFS, DCF South Dang
Professor P.S. Nagar & Abha Thakor

MESSAGE

Gujarat is a land blessed with floral diversity. Despite the fact that the state has only about 10% of its geographical area under notified forests, its floral diversity is remarkable. This is due to the presence of a diverse range of ecosystems such as moist deciduous forests, dry deciduous forests, scrub forests, grasslands, deserts, mountains, wetlands and a coastline of about 1650 kms. The plant diversity is most significant from social, economic and ethnic points of view. The plant diversity holds a substantial promise not only for the local communities but also for the entire society. The local communities still possess a vast understanding of the locally available plants used as food. There is a need to document such information and use it for human welfare. With modernization and urbanization, it is very necessary that focused and effective steps are taken so that the food plants available in the state are inventorised, understood, conserved and sustainably utilized.

The present book “Jungle ka Kana kahjana” gives insight into the food made from wild plants of Dangs in innovative way. Wonderful aspect of the programme is that with no reference to what you will get in forest, you have to first explore, then collect wild items and then cook it with the regular spices and salt. It's really a great experience and feast for all those who come and participate in the programme. An exploration to the immense power of plant diversity.

I compliment Shri Dinesh Rabari, Garden Superintendent, Waghai Botanical Garden and Department of Botany, Faculty of Science, The M.S. University of Baroda for their commendable work of holding Botany Fest from 2017 onwards and motivating younger generation to come up with their innovative ideas.

Jai Hind Jai Bharat

M.J. Parmar, IFS
Chief Conservator of Forests,
Valsad Circle

PREFACE

Jungle ka khanakhajana is a book that provides an insight into the food that one can consume while wandering in the wild. In today's world where we are surrounded by hybrids, GMOs as well as chemically grown food along with packaged edibles immersed in preservatives, stabilizers and all sorts of other chemicals, this book takes you back into the time when humans wandered into the forest and ate different plants and plant parts that were available to them in the wild.

Along with the list of ingredients that can be used from the wild, this book is provided with a complete recipe of how to prepare those dishes, with the help of tribal as well as other local people who still use forest products as their daily diet. 12 different kind of recipes are given along with the ingredients as well methods and procedure to prepare them. On top of that, nutritional values of different ingredients have also been mentioned.

List of plants that can be used from wild as edibles is quite long but just to name a few are plant tubers such as sweet potato and yam, flowers of shimdo, curry leaves, leaves of oxalis, brahmi, Typha, kachnar coriander, mint, portulaca, marsilea, ajwain, kesudo flowers, karamda, oyster mushroom, etc. Nagli (Eleusine coracana) is abundantly available in dang and the grains are grounded into flour and eaten in the form of chapatis of different kinds. Nagli is highly nutritious as well as richest source of protein. In southern regions of India, nagli is known as “Ragi” and is infused with milk and consumed. All the above mentioned ingredients are highly nutritious being rich in vitamins, minerals, proteins as well as carbohydrates and are easily available in the forest. All you need is to have knowledge of what and what not to be eaten.

It's time to move back to forest and explore the new foods to survive in scarcity of food.

Dinesh Rabari, GFS,
DCF, South Dang

Dr. Padamnabhi S. Nagar,
The Maharaja Sayajirao University
Baroda

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Jungle Ka Food Menu

1. Mushroom Lollipop With Changeri Chutney & Bombax ceiba Soup
2. Dangi Manchurian With Chutney
3. Tikkhi mitthi Chutney, Nagali Paratha With Bhaji
4. Fig vegetable, Marsilea Nagali Thepla, Changeri chutney, Bombax Androcium Murbba, Sharabat of Butea monosperma, Mukhvas Of Karmada
5. Dangi Thali
6. Suli ki Bhaji, Tikhi khatti Chutney & Nagali Chapati
7. Bombax ceiba Balls
8. Chili Bhaji & Sweet Potato Dish
9. Karara Sweet potato With South Tadka
10. Portulaca Aur Ajwain Ki Bhakhri
11. Bathiyaro Undhiyu
12. kanchnar Puri , Shimdo & Shivali Bhaji



Plants Used As a Ingredient

Ipomea batatas - Sweet potato

Tamarindus indica leaves – Khati Ambli

Cryptocoryne spiralis – Suli Bhaji

Eleusine coracana – Nagli Flour

Allium sativum – Garlic

Coriandrum sativum – Coriander

Bombax ceiba Flower – Shimdo

Carissa carandas – karmada (Local Name – Shivali)

Citrus limon – lemon

Capsicum annuum – Green chili

Musa Paradisiaca – Banana Leaves

Marsilea sp. – water clover

Bauhinia variegata – Kanchnar Leaves

Murraya koenigii – Sweet Neem, kadi patta

Centella asiatica – Brahmi

Oxalis corniculata – Changeri Levaes

Zingiber officinale – Ginger

Pleurotus – Oyster Mushroom

Portulaca Leaves

Trachyspermum ammi – Ajwain Leaves

Fig

Butea monosperma – kesudo Flower

Typha Leaves

Cajanus cajan – Pigeon pea





Kitchen Ingredient

Ground nut

Turmeric Powder

Salt

Clove

Oil

Mustard seed

Red chili

Red chili powder

Red papper powder

Black papper powder

Jaggery

Sesame seed

Cumin

Fennel – variyali

Cardamon



Mushroom Lollipop

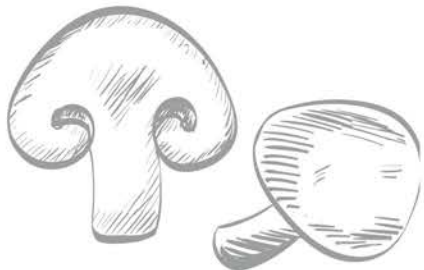
With Changeri Chutney & Bombax ceiba Soup

Ingredient :-

Changeri leaves (*Oxalis corniculata*), Karmada Flower (*Carrisa congesta*), Shimlo Petals (*Bombax ceiba*), Sweet potato (*Ipomea hypogea*), Ground nut, chili, salt, turmeric powder, oil, Ginger, garlic, Mushroom oyster

Contributed By,

Devansh Shukla, Der Bhavika, Patel Vidhi,
Ahir Dev, Jani Dhara, Kantesariya Isha
C.B Patel Comp and J N M Patel Science
Collage





Recipe

Changeri Chutney :-

To make chutney crush Oxalis leaves, Chili and groundnuts with a pinch of salt.

Mushroom Lollipop :-

Boil mushroom oyster and sweet potato; mash it well, add salt, turmeric powder, some chili powder then mix it well and roll it in round shape, then shallow fry it in hot oil, fry it till crispy layer is obtained, Use minimum amount of oil.

Soup :-

Boil petals of Bombax ceiba then drain it's water after that pest of chili , ginger and garlic add it in soup & mix it well .

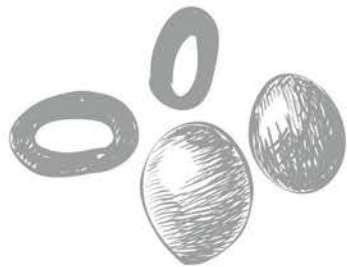
Dangi Manchurian With Chutney

Ingredient :-

Marsilea crenata leaf (20 gm), Murraya koenigii
curry leaf (20 gm), Carissa congesta flower
karonda (40 gm), shivli (local name) plant leaf
100 gm, Centella asiatica Brahmi (20 gm),
turmeric, sesame seed, cumin (2 teaspoon),
Salt, green chili, Lahsan - Garlic, Ragi flour (5
tablespoon), Oil, jiggery (40 gm).

Contributed By,

Sautik, Devraj, raviraj, Ankita, Agradeep
The Maharaja Sayajirao University of Baroda



Recipe

Dangi Manchurian :-

Wash the leaf of Marsilea, Brahmi, Shivli, Curry leaf, flower of Carissa congesta. Fry all the above ingredients separately in shallow oil for 5 minutes. Prepare a paste with Carissa flower, cumin, chili and garlic.

Now mix the paste, turmeric, spices, sesame seeds, jaggery, salt and oil (10 ml) with ragi flour and hot water. Make Manchurian balls and add some sesame seeds then fry it in shallow oil for 10-15 min. After 15 minutes, cut the Manchurian balls and again fry in shallow oil for 5- 10 min. They are now ready to serve with chutney.

Chutney :-

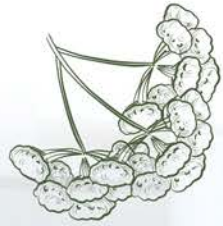
Prepare a paste of curry leaves, Marsilea, Carissa flower, cumin, chili and garlic. Mix the paste, jaggery and oil (5 ml) with ragi flour (2 teaspoon) and water. Heat it for 10 min.





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Thank You, Botany Fest 2019
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The Maharaja Sayajirao University Of Baroda

