

Wild Edible Vegetables Used for Health Benefit by Rural People of Sindhudurg District in Maharashtra State, India

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Abstract: *The current study focuses on the identification, recording, and ethnobotanical exploration of wild edible plants in the Sindhudurg District of Maharashtra in terms of their food value. A total of 20 wild edible plants were examined. The edible components of wild plants (fruits, flowers, leaves, tubers, and inflorescence) are nature's gift to humans. These wild edibles are delicious, refreshing, and high in vitamins, minerals, and proteins. Some wild edibles have reduced; therefore, significant care should be paid to maintaining and improving this crucial source of food supply.*

Edible Wild Vegetables play an important part in the rural economy of Sindhudurg district, supplying essential food supplements as well as producing additional cash for the impoverished. Locals pick vegetables from natural forests and sell them in the market. Many good veggies are well-known in specific places or communities but unknown to others. Locals often use these wild plants to make pickles, jams, curries, and wine..

Keywords: Ethnobotanical, Edible plants, Sindhudurg, Economy

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