

# Zinc and Iron Content of Wild Nutritive Plants of Poladpur

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**Abstract:** Wild plants are abundant in minerals vitamins and essential oils. *Blumea lacera* and *Cassia obtusifolia* both the plants are well known and used commonly in food preparation and as vegetable respectively by all local people. This experiment was carried out to estimate Zinc and Iron content from leaves and roots of these plants by Atomic Absorption Spectroscopy (AAS). Proximate analysis revealed that in *C. obtusifolia* leaves and roots Zn concentration is appreciable while Fe concentration is optimum in leaves and root of *B.lacera*.

**Keywords:** *Blumea lacera*, *Cassia obtusifolia*, Zinc, Iron.

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