

Nutritional potential of indigenous fruits and vegetables

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Foods which are generally grown in tribal locality, hilly and wasteland can provide a solution to the problem of food security and nutritional security especially to the people who are living near to such places. World over, tribal population still stores a vast local food cultures are inseparable from traditional knowledge on utilization of local plants as food therapeutic systems. Due to maximum utilization of such indigenous plants by tribal community these plant food are also sometime called as “tribal foods”. These tribal fruits and vegetable are not a part of commercial orcharding like mango, banana, spinach, potato etc. but appear in market in small quantities and these are often referred also know as uncommon foods/ underutilized foods /under exploited foods/ neglected foods or indigenous foods. In the present review paper pertinent text and research related to the area has been presented.

Key Words : Tribal foods, Indigenous fruits, Indigenous vegetables

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