



Tribal Fruits and Vegetable of Udaipur District of Rajasthan

Dashrath Bhati and Shashi Jain¹

Department of Agro-Produce Processing Division, Soybean Processing and Utilization, CIAE, Bhopal-pin code, India

¹*Department of Food and Nutrition, College of Home Science,
Maharana Pratap University of Agriculture and Technology, Udaipur, India
E-mail: bhati.dashrath.1@gmail.com*

Abstract: Survey was conducted in five tribal *tehsils* viz Jhadol, Kotada, Kherwada, Sarada and Salumber of Udaipur to identify the fruits and vegetables grown wild and consumed in tribal region Udaipur District, Rajasthan, India.. The people residing in the tribal region of Udaipur consume a wide variety of fruits, green leafy vegetables, other vegetables and roots and tubers available in their locality. About 49- fruits, 35- green leafy vegetables, 34- other vegetables and 29- roots and tubers were identified in the tribal region of Udaipur and these were consumed during season and availability. Among them, 17 fruits and vegetables were available round the year. Total 16 fruits, 11 green leafy vegetables, 07 other vegetables and 09 roots and tubers were utilized for the treatment of various health problems, such as sexual disability, kidney stones, digestive problems etc.

Key Words: Food Security, Fruits and vegetables, Nutrition, Tribal, Wild
