

Full Length Research Paper

Wild fruit harvesting possibilities for the Meghalayan Khasi tribes' traditional diet

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Accepted 6 January, 2023

Plants provide most of the food products consumed by indigenous people in tropical countries. A study of wild edible fruits in the Khasi tribes of Meghalaya was carried out to assess their horticultural importance. One hundred fifty-one species belonging to 49 families were encountered, which include folk name, habit and the season of availability. Among them 100 were trees, 34 shrubs, 12 climbers and 5 herbs. Some edible plants have great economic value and are highly linked with socio-economic development of tribal communities of the state. The importance of documenting the use of wild edible species in this hotspot region is especially important because of rapid loss of biodiversity due to anthropogenic disturbance. The outcome of the present study may be helpful to have an understanding and thus make a conservation strategy of the wild edible species.

Key words: Ethnobotany, indigenous community, Khasi tribe, Meghalaya, wild edibles.

INTRODUCTION

Nutrition/food security is a complex issue, which is influenced by a nation's food security status. However, for most of the developing countries, increasing national agricultural production alone cannot improve food security. Food production must be actively combined with evaluation, selection and domestication and greater utilization of under-utilized or wild edible plants that are of local or regional importance to effectively increase nutritional security. By improving the linkage between production and utilization, the biodiversity of traditional crops can be safe guarded. The knowledge of traditional food plant is important to promote the cereal staples in a more sustainable way. This is so because this know-how will enable for better food security/nutrition at household level (Ohiokpehai, 2003).

The term 'wild-food', though commonly used, is misleading because it implies the absence of human influence and management. In reality, there is a continuum resulting from the development of co-evolutionary relationships between humans and their environment (Bell, 1995). People have indirectly shaped many of the plants and some have been largely domesticated in home gardens and in the fields together with farmers' cultivated food and cash crops. Nevertheless, the term 'wild-food' is used to describe all plant resources outside of agricultural areas that are harvested or collected for the purpose of human consumption in forests, savannah

and other bush land areas. Wild-foods are incorporated into the normal livelihood strategies of many rural people, shifting cultivators, continuous croppers or hunter-gatherers (Bell, 1995).

Indigenous knowledge of wild edible plant is important for sustaining utilization of those plant species (Jasmine et al., 2007). It is important for people to know the pre-vailing traditional food plants in their areas and how they can be improved for sustainable food security/nutrition. The northeast Himalayan region of India is rich in diversity of wild edible plant species, particularly in Meghalaya. Wild edible plants are very important for the well being of the populations in the region, not only as sources of supplemental food, nutritionally balanced diets, medicine, fodder and fuel, but also for developed methods of resource management, which may be fundamental to the conservation of some of the world's important habitats (Cotton, 1997).

There has been a revival of interest in medicinal and wild food plants during the last few decades among the ethnobotanists (Launert, 1981; Maikhuri, 1991; Arora and Pandey, 1996; Pieroni, 1999; Sudhakar and Vedvathy, 1999; Bhatt et al., 2000; Sundriyal and Sundriyal, 2001; Narayanan et al., 2002; Pundir and Singh, 2002; Ramamurthy et al., 2003; Kar, 2004; Dogan et al., 2004; Rajasab and Isaq, 2004; Sundriyal et al., 2004; Xu et al., 2004; Augustine, 2005; Sinha and Lakra, 2005; Tardio et

al., 2005; Angami et al., 2006; John Kennedy, 2006; Kingston et al., 2006a; Sankaran et al., 2006; Kiruba et al., 2007) . In Meghalaya, some studies have been conducted on ethnomedicinal plants used by the tribal communities (Rao, 1981; Kharkongor and Joseph, 1981; Neogi et al., 1989; Douli et al., 2004; Jeeva et al., 2006a; Laloo et al., 2006). However, with forests occupying about 42% area of total geographical area of the state, there is paucity of information on the wild edible fruits of the region. The earlier workers have not paid much attention on wild edible plants of Meghalaya (Singh and Arora, 1973; Vasudeva Rao and Shanpru, 1981; Maikhuri and Gangwar, 1993; Agrahar-Murugkar and Subhulakshmi, 2005). Therefore, the present study was conducted with an aim to enumerate wild edible fruits used by the *Khasi* tribes of Meghalaya. This is an effort to provide base line data that can be helpful in ensuring sustainable utilization of wild edible fruits of Meghalaya.

Land and people

Meghalaya (20.1 N' - 26.5 N' latitude and 85.49 E' - 92.52 E' longitude) 'the abode of clouds' is a treasure trove of Nature, with its richly varied and dense endemic, exotic and cultivated flora. Nature, in its generous abundance, had bestowed on Meghalaya a unique array of vegetation, ranging from tropical and sub-tropical to temperate (Jeeva et al., 2006b; 2007). This is due to the diverse topography, varied and abundant rainfall and differential climatic and edaphic conditions within the different regions of the State. Even at some places, biotic factors have played an important role in shaping the environment. It is, undoubtedly, a natural lover's heaven and a botanist's paradise (Jeeva et al., 2005a; Jeeva and Anusuya, 2005; Jeeva et al., 2009).

The climate of Meghalaya is moderate but humid. With average annual rainfall as high as 1200 cm in some areas, Meghalaya is the wettest state of India. The maximum temperature in this region rarely goes beyond 28°, whereas winters temperatures of sub-zero degrees are common. The town of Cherrapunji in the Khasi Hills south of capital Shillong holds the world record for most rain in a calendar month, while the village of Mawsynram, near town of Cherrapunji, holds the distinction of seeing the heaviest yearly rains.

The Khasis inhabit the eastern part of Meghalaya, in the Khasi and Jaintia Hills. Khasis residing in Jaintia hills are now better known as Jaintias or Pnars. The Khasis occupying the northern lowlands and foothills are generally called Bhois. Those who live in the southern tracts are termed Wars. Again among the Wars, those living in the Khasi Hills are called War-Khasis and those in the Jaintia Hills, the War-Pnars or War-Jaintias. In the Jaintia Hills, we have Khyrwangs, Labangs, Nangphylluts, and Nangtungs in the northeastern part and in the east. In the Khasi Hills, the Lyngngams live in the northwestern part. But all of them claim to have descended

from the 'Ki Hynniew Trep' and are now known by the generic name of Khasi-Pnars or simply Khasis. They have the same traditions, customs and usage with a little variation owing to geographical divisions.

The traditional Khasi male dress is 'Jymphong' or a longish sleeveless coat without collar, fastened by thongs in front. Now, the Khasis have adopted the western dress. On ceremonial occasions, they appear in 'Jymphong' and dhoti with an ornamental waist-band. The Khasi traditional female dress is rather elaborate with several pieces of cloth, giving the body a cylindrical shape. On ceremonial occasions, they wear a crown of silver or gold on the head. A spike or peak is fixed to the back of the crown, corresponding to the feathers worn by the menfolk.

The staple food of Khasis is rice. They also take fish and meat. Like the other tribes in the North-East, the Khasis also ferment rice- beer, and make spirit out of rice or millets by distillation. Use of rice-beer is a must for every ceremonial and religious occasion. They have good knowledge about the utilization of forest resources.

The Khasis, the Jaintias and the Garos have a matrilineal society. Descent is traced through the mother, but the father plays an important role in the material and mental life of the family. While, writing on the Khasi and the Jaintia people, David Roy observed, 'a man is the defender of the woman, but the woman is the keeper of his trust'. No better description of Meghalayan matrilineal society could perhaps be possible.

In the Khasi society, the woman looks after home and hearth, the man finds the means to support the family, and the maternal uncle settles all social and religious matters. Earlier in the conservative Jaintia non-Christian families, however, the father only visits the family in the night and is not responsible for the maintenance of the family.

METHODOLOGY

Field trips were conducted during May, 2004 - April, 2006 among the Khasi tribes of Meghalaya. During the field trips we sampled several sites of East and West Khasi hills. Interviews with villagers, local market observations and plant material collection have been carried out during the field trips. Typically, we invited 5 - 6 villagers, considered to be the most knowledgeable on local plant uses to conduct transect walks in forests and its adjacent village. During these walks ethnobotanical information was recorded for edible wild fruits. Folk names were carefully recorded during transect walks and afterwards tested in different elder people to make sure these folk names are most commonly used by the local people. Nutritive values of some commercial wild edible species were collected from different sources and compared with the prominent commercial fruits of India.

Plant specimens were identified with the help of regional and local floras (Kanjilal et al., 1934 - 1940; Balakrishnan, 1981 -1983; Haridasan and Rao, 1985 - 1987) and further counterchecked with the help of the specimens available from Botanical Survey of India, Eastern Circle, Shillong. To eliminate any chance of error in identification, the specimens were collected in flowering and fruiting condition. Voucher specimens were deposited in the Herbarium of Ecology Laboratory, Department of Botany, North - Eastern Hill

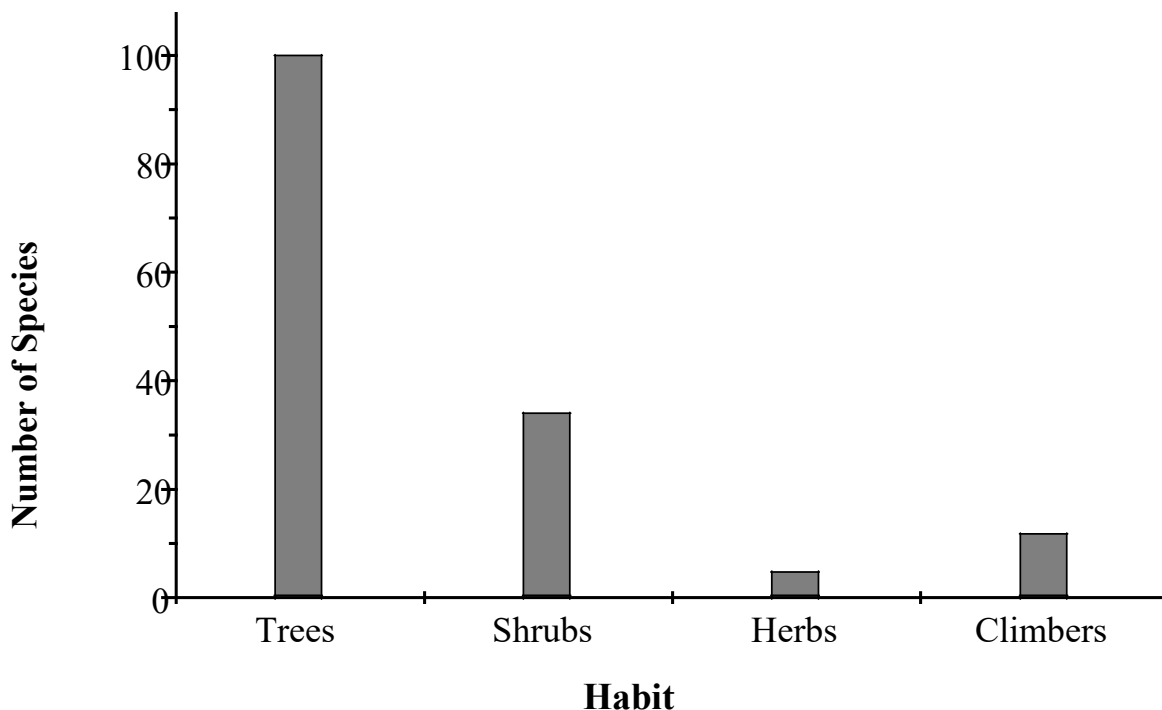


Figure 1. Number of wild edible fruits in different category.

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RESULTS AND DISCUSSION

A total of 151 species (49 families and 86 genera) wild edible fruits used by the *Khasi* tribes of Meghalaya have been recorded. Ethnobotanical data listed in Appendix 1 includes botanical names, family, folk names, habit and season of availability. This is about 8% of the total species (1886) of vascular plants identified in Meghalaya (Haridasan and Rao, 1985 - 1987). The past studies provided a comprehensive review of edible fruits and nuts in the tropics. Mugnozza (1996) estimates an untapped potential of about 3000 tropical fruits worldwide. Because local communities are extremely knowledgeable about local plants, ethnobotanical studies are crucial for documenting plant resource uses.

Habit-wise distribution of plants depicts that the number of wild edible tree species was markedly high (100) and it was followed by shrubs (34), climbers (12) and herbs (5). The tree species are more important in terms of wild edibles, as they constitute 66.22 % with respect to species composition (Figure 1). The most frequently used wild fruits are Moraceae (13 species), Rosaceae (12 species), Euphorbiaceae (10 species), Myrtaceae and Rutaceae (9 species each). The most frequently used genera are *Garcinia* (8 species), *Ficus* and *Eugenia* (7 species each) and *Solanum* (5 species). The monospecific and monogeneric families were counted as 20 and 33, respectively (Table 1). The shift in taxonomic position

at species and genus levels, and increased number of families having single species and genus indicates over-exploitation of certain plants.

Several methods of fruit use have also been recorded. Ripe fruits are mostly eaten raw (ca. 85%) whereas unripe fruits are used variedly and cooked as vegetable, mixed with curry, eaten with salt or cooked with dry fish. Fruits such as *Antidesma diandrum*, *Baccaurea sapida*, *Castanopsis indica*, *Dillenia indica*, *Elaeagnus latifolia*, *Ficus hispida*, *Garcinia* sps. etc., are consumed raw. The unripe fruits of *Dillenia indica* and *Ficus hispida* are cooked as vegetable. The species *Myrica esculenta* is extensively used for preparing sauce and help to generate extra income among the indigenous women. People in different areas use their local resources independently. The past studies showed that the different tribes of other parts of northeast India (Gangwar and Ramakrishnan, 2000), as well as, Southern Yunnan (Jin et al., 1999) have intensively used similar wild fruits. This proves the diversification of knowledge among the indigenous people in region to region and nation to nation.

The seasonal availability of wild fruits does have an affect to a certain extent. The flowering starts between January and March, in case of majority of the species, which accounted for about 52 per cent of the total plant species described. The fruiting, however, varies from species to species. The phenological characters, especially flowering and fruiting, are very essential elements to understand ways of conservation measures for the particular species.

Table 1. Family wise distribution of the wild edible fruits of Meghalaya.

Rank	Family	Genus	Species	Rank	Family	Genus	Species
1	Moraceae	4	13	26	Meliaceae	1	2
2	Rosaceae	5	12	27	Moringaceae	1	2
3	Euphorbiaceae	6	10	28	Piperaceae	2	2
4	Myrtaceae	2	9	29	Vacciniaceae	1	2
5	Rutaceae	5	9	30	Acanthaceae	1	1
6	Anacardiaceae	6	8	31	Actinidiaceae	1	1
7	Clusiaceae	1	8	32	Ampelidaceae	1	1
8	Elaeocarpaceae	2	5	33	Berberidaceae	1	1
9	Solanaceae	1	5	34	Boraginaceae	1	1
10	Tiliaceae	1	4	35	Burseraceae	1	1
11	Vitaceae	3	4	36	Capparidaceae	1	1
12	Caprifoliaceae	1	3	37	Cornaceae	1	1
13	Fagaceae	1	3	38	Cucurbitaceae	1	1
14	Myrsinaceae	3	3	39	Gnetaceae	1	1
15	Rhamnaceae	1	3	40	Lecythidaceae	1	1
16	Rubiaceae	3	3	41	Menispermaceae	1	1
17	Sapindaceae	3	3	42	Myricaceae	1	1
18	Saurauiaceae	1	3	43	Passifloraceae	1	1
19	Verbenaceae	3	3	44	Portulacaceae	1	1
20	Annonaceae	2	2	45	Sabiaceae	1	1
21	Arecaceae	2	2	46	Santalaceae	1	1
22	Dilleniaceae	1	2	47	Sapotaceae	1	1
23	Ebenaceae	1	2	48	Sterculiaceae	1	1
24	Flacourtiaceae	1	2	49	Urticaceae	1	1
25	Melastomataceae	2	2		Total	86	151

Wild fruits have been important sources of indispensable nutrients. Nutritional value of fruits cannot be judged without analysis. However, the fact that most wild fruits have high nutritional value, especially in protein, carbohydrate, vitamin C and some essential minerals has been shown (Table 2 - 4). The other workers of different regions reported similar results. From the above findings, it can be concluded that the wild edible species are a good source of various nutrients, which are other comparable with the most commercial species and also cheaply available. Therefore, the consumption of these species by the indigenous people may be of considerable significance. So, the wild food plants are not exclusive to the indigenous community, rather, they are essential parts of the diets of the entire local population.

The collection and consumption of wild fruits have played an important role in indigenous community for their day to day life. Mostly women and children are engaged in collection of wild edibles. About 80% of the wild edibles are drawn from sacred groves and other forest areas and sold in the market by poorer community for income (Jeeva et al., 2006a). These wild products being lesser-known and less available have a good market value. However, the influence of wild fruit collection of indigenous community in daily life has been re-

duced with the introduction and cultivation of cultivated fruits and the changes in their life styles.

Moreover, the traditional healthcare system is an age-old practice in Khasi tribes of Meghalaya. From the present study, it is found that most of the wild edible plants are used in traditional healthcare system. This system in the ethnic communities is conservation-oriented and has great potential. The earlier study showed that about 90% of the rural population in hilly terrain depends on traditional healthcare system (Kingston et al., 2006b). Traditional knowledge about wild resources is handed down from generation to generation (Jeeva et al., 2005b; Jeeva et al., 2005c; Kiruba et al., 2006; Prakash et al., 2006; Jeeva et al., 2006c). Reorientation of indigenous community psyche towards usefulness of wild edible plants will be an effective tool for restoration of traditional knowledge system inherent in tribal people. This can easily be achieved, if the government of India launches programmes involving local community on care and share basis for conservation of such genetic resources. The necessary steps should also be taken for cultivation of important wild edibles in agroforestry systems. Undoubtedly, this traditional wisdom may someday constitute the traditional heritage of the people of Meghalaya.

Table 2. Chemical composition of some important wild edible fruits of Meghalaya*.

Plant species	Moisture (%)	Ash (%)	Fibre (%)	TSS (%)	Vitamin C (%)	Fat (%)	Protein (%)	Carbohydrate (%)	Total sugar (%)	Lignin (%)	Cellulose (%)
<i>Baccaurea sapida</i> Roxb.	35.39	3.85	20.48 ± 0.38	13.96 ± 2.02	0.273 ± 0.0544	0.73 ± 0.64	5.58	51.90	10.87 ± 1.16	17.10 ± 0.20	13.78 ± 1.93
<i>Eleagnus latifolia</i> L.	87.31	3.16	9.30 ± 3.14	8.63 ± 0.24	0.072 ± 0.0016	0.52 ± 0.035	7.80	74.06	2.10 ± 0.03	2.65 ± 0.84	12.87 ± 1.39
<i>Prunus cerasoides</i> D. Don	83.00	3.11	7.32 ± 1.13	6.50 ± 0.23	0.319 ± 0.001	0.59 ± 0.015	3.50	84.07	6.96 ± 0.313	18.11 ± 3.15	11.56 ± 0.087
<i>Rubus ellipticus</i> Smith.	80.60	4.10	7.90 ± 0.24	6.60 ± 0.78	0.011 ± 0.006	7.10 ± 1.55	4.00	72.70	8.50 ± 0.66	15.10 ± 0.18	17.30 ± 4.39
<i>Spondias axillaris</i> Roxb.	65.68	2.70	39.90 ± 0.15	9.90 ± 1.06	0.036 ± 0.014	0.05 ± 0.006	4.11	52.28	2.31 ± 0.07	19.44 ± 1.25	25.81 ± 2.19
<i>Zanthozylum rhetuza</i> Wall.	25.55	3.44	11.51 ± 3.13	7.00 ± 1.07	-	0.53 ± 0.130	5.56	76.36	3.61 ± 0.80	17.13 ± 3.90	16.15 ± 1.11

- Not estimated. *Sundriyal et al., 2001.

Table 3. Mineral content of some important wild edible fruits of Meghalaya*.

Plant species	N (%)	P (%)	K (%)	Ca (%)	Fe (%)	Zn (µg/g)	Mg (%)	Cu (µg/g)
<i>Baccaurea sapida</i> Roxb.	0.780 ± 0.114	0.132 ± 0.003	0.730 ± 0.009	0.158 ± 0.001	0.075 ± 0.001	600.00 ± 154.13	0.504 ± 0.043	76.67 ± 69.46
<i>Eleagnus latifolia</i> L.	1.250 ± 0.074	0.096 ± 0.001	0.910 ± 0.002	1.470 ± 0.758	0.180 ± 0.031	1186.66 ± 162.73	0.544 ± 0.026	46.66 ± 5.44
<i>Prunus cerasoides</i> D. Don	3.790 ± 0.091	0.179 ± 0.008	0.470 ± 0.021	0.204 ± 0.113	0.211 ± 0.002	201.66 ± 3.60	0.585 ± 0.098	11.33 ± 3.81
<i>Spondias axillaris</i> Roxb.	0.353 ± 0.030	0.156 ± 0.059	0.673 ± 0.034	1.583 ± 0.919	0.109 ± 0.039	831.25 ± 55.69	0.675 ± 0.012	60.00 ± 14.14
<i>Zanthozylum rhetuza</i> Wall.	0.870 ± 0.026	0.139 ± 0.010	0.718 ± 0.214	0.883 ± 0.603	0.054 ± 0.018	1163.33 ± 69.97	0.353 ± 0.109	116.66 ± 25.96

*Sundriyal et al., 2001

Table 4. Nutritive value of most prominent commercial fruits of India[#].

Name of Fruit	Moisture (%)	Protein (%)	Fat (%)	Mineral matter (%)	Fibre (%)	Carbohydrate (%)	Ca (%)	P (%)	Fe (%)	Vitamin C (%)
Apple	85.90	0.30	0.10	0.30	-	13.40	0.01	0.02	1.70	2.00
Banana	61.40	1.30	0.20	0.70	-	36.40	0.01	0.05	0.40	1.00
Fig	80.80	1.30	0.20	0.60	-	17.10	0.06	0.03	1.20	2.00
Grape	86.70	0.90	0.10	0.40	3.00	10.10	0.03	0.02	0.30	17.00
Guava (Hills)	85.30	0.10	0.20	0.60	4.80	8.10	0.05	0.02	1.20	16.00
Jack fruit	77.20	1.90	0.10	0.80	1.10	18.90	0.02	0.03	0.50	-
Litchi	84.30	0.70	0.30	0.70	2.25	9.40	0.21	0.31	0.03	Trace
Mango (Ripe)	86.10	0.60	0.10	0.30	1.10	11.80	0.01	0.02	0.30	13.00
Orange	87.80	0.90	0.30	0.40	-	10.60	0.05	0.02	0.10	68.00
Pineapple	86.50	0.60	0.10	0.50	0.30	12.00	0.02	0.01	0.90	63.00

[#]Sundriyal, 19

Conclusion

The retention of knowledge by both young and aged people on the uses of the wild edible fruits attests to the continuing importance of these natural resources for subsistence and as a part of the cultural heritage of the *Khasis*. In general, people of this region are well versed in the folk names of ethnobotanical plants. Evaluation of the nature and the potential of these plants should proceed from a broad perspective. First, all ethnobotanical and indigenous plants of this area require greater evaluation of nutritional, pharmacological, and toxicological properties. Interpretation of scientific data must be done in the context of the nutritional and subsistence needs of *Khasis*.

Further research needs to be focussed on the basic biology of the plants. Much remains to be understood of their systematics, reproductive biology, ecology and biogeography. Investigations are needed into productivity, harvestability and regeneration status of wild edible plant species. Surely it makes no sense to advocate exploitation that leads to destruction and elimination of the plants. Introduction of some of the wild edibles like *Baccaurea sapida*, *Castanopsis indica*, *Dillenia indica*, *Elaeagnus latifolia*, *Garcinia pedunculata*, *Myrica esculenta* etc., into the home gardens of local people will play a great role, not only in terms of protection strategy but also because of their horticultural value.

ACKNOWLEDGEMENTS

The authors are indebted to Prof. N. Venugopal, Department of Botany, North-Eastern Hill University (NEHU), for his valuable suggestion of the study and enthusiastic help in the identification of some samples. We thankfully acknowledge Shri. Wilfred R. Lyngdoh, Dr. B.P. Mishra and Dr. Biswarupa Ghosh for their uninterrupted assistance during the field works. Last but not the least, we are extending our thanks to the ethnic people of the *Khasi* tribes of Meghalaya for sharing their prestigious traditional wisdom.

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Appendix

Appendix 1. Wild edible fruits used by indigenous communities of Meghalaya.

Botanical Name	Family	Local Name	Habit	Flowering/Fruiting
<i>Actinidia callosa</i> Lindl.	Actinidiaceae	Mei-soh-khan	Shrub	April-August
<i>Aegle marmelos</i> (Linn.) Correa	Rutaceae	Soh-bel	Tree	-
<i>Aglaia edulis</i> A. Gray.	Meliaceae	Dieng-soh-longar	Tree	March-June
<i>Aglaia roxburghiana</i> Miq.	Meliaceae	-	Tree	February-March
<i>Antidesma bunius</i> Spreng.	Euphorbiaceae	Dieng-soh-silli	Tree	April-August
<i>Antidesma diandrum</i> Roth.	Euphorbiaceae	Dieng-japen	Tree	April-February
<i>Antidesma ghesaembilia</i> Gaertn.	Euphorbiaceae	-	Tree	March-February
<i>Antidesma khasianum</i> Hk.f.	Euphorbiaceae	Dieng-soh-sillih	Tree	July-November
<i>Aphania rubra</i> (Roxb.) Radlk.	Sapindaceae	Dieng-soh-jymmang	Shrub	November-April
<i>Ardisia floribunda</i> Wall.	Myrsinaceae	Theilang-rong	Tree	June-February
<i>Artocarpus chaplasa</i> Roxb.	Moraceae	Dieng-soh-ram	Tree	March-August
<i>Artocarpus gomezianus</i> Wall ex Trecul	Moraceae	-	Tree	July-September
<i>Artocarpus integra</i> Thunb.	Moraceae	Dieng-soh-phan	Tree	February- September
<i>Artocarpus lakoocha</i> Roxb.	Moraceae	Armu(G)	Tree	February-August
<i>Baccaurea ramiflora</i> Lour.	Euphorbiaceae	Soh-ram-dieng	Tree	-
<i>Baccaurea sapida</i> Roxb.	Euphorbiaceae	Dieng-soh-ram-dieng	Tree	April-July
<i>Bridelia stipularis</i> Bl.	Euphorbiaceae	Risan-um	Shrub	September-March
<i>Bursera serrata</i> Colebr.	Burseraceae	Dieng-soh-mir	Tree	March-April
<i>Calamus erectus</i> Roxb.	Arecaceae	Soh-thri	Shrub	-
<i>Caryota urens</i> Linn.	Arecaceae	Kwai-cha	Tree	-
<i>Castanopsis indica</i> A. DC.	Fagaceae	Dieng-sarag(J)	Tree	February-December
<i>Castanopsis purpurella</i> (Mq.) Balak.	Fagaceae	Dieng-soh-stap	Tree	-
<i>Castanopsis tribuloides</i> A. DC.	Fagaceae	Dieng-soh-ot	Tree	September-February
<i>Cayratia japonica</i> (thunb.) Gagnep	Ampelidaceae	Syrbuid(J)	Climber	April-June
<i>Citrus hystrix</i> DC.	Rutaceae	Soh-kyniet	Tree	March-February
<i>Citrus latipes</i> (Swingle) Tanaka	Rutaceae	Soh-heh	Shrub	-
<i>Citrus medica</i> Linn.	Rutaceae	Soh-manong	Shrub	March-February
<i>Clausena heptaphylla</i> W. & A.	Rutaceae	Dieng-siang-mat	Shrub	April-December
<i>Cornus capitata</i> Wall.	Cornaceae	Dieng-soh-japhon	Tree	April-September
<i>Cudrania javanensis</i> Trecul.	Moraceae	U-sia-kiang	Tree	April-November
<i>Cyathocalyx martabanicus</i> Hk.f. & Th.	Annonaceae	-	Tree	-
<i>Debregeasia longifolia</i> Wedd.	Urticaceae	Soh-tyrsim	Tree	June-February
<i>Dillenia indica</i> Linn.	Dilleniaceae	Soh-kyrbam	Tree	June-April
<i>Dillenia scabrella</i> (D.Don) Roxb.ex Wall	Dilleniaceae	Agatchi-badura(G)	Tree	March-July
<i>Diospyros kaki</i> Linn.	Ebenaceae	Dieng-iong(J)	Tree	March-September
<i>Diospyros lanceaefolia</i> Roxb.	Ebenaceae	Dieng-thang	Tree	April-February
<i>Docynia hookeriana</i> Dcne.	Rosaceae	Dieng-soh-phoh	Tree	February-September
<i>Docynia indica</i> (Wall.) Decene	Rosaceae	Soh-phoh	Tree	February-September
<i>Donella roxburghii</i> (G. Don) Purre.	Sapotaceae	-	Tree	April-May
<i>Dryptes assamica</i> (Hk.f.)Pax et Hoffm.	Euphorbiaceae	Dieng-pankher	Tree	October-April
<i>Ehretia acuminata</i> Br.	Boraginaceae	Dieng-basier	Tree	March-April
<i>Elaeagnus latifolia</i> Linn.	Elaeocarpaceae	Soh-shang	Shrub	November-May
<i>Elaeagnus pyriformis</i> Hk.f.	Elaeocarpaceae	Dieng-soh-blor	Shrub	November-April
<i>Elaeocarpus floribundus</i> Bl.	Elaeocarpaceae	-	Tree	May-December
<i>Elaeocarpus lanceaefolius</i> Roxb.	Elaeocarpaceae	Dieng-soh-khyllam	Tree	June-December
<i>Elaeocarpus prunifolius</i> Wall.	Elaeocarpaceae	Soh-khyllam-eit-blang	Tree	January-October
<i>Embelia sessiliflora</i> Kurz.	Myrsinaceae	Soh-jew-tenksai	Climber	September
<i>Emblia officinalis</i> Gaertn.	Euphorbiaceae	Soh-mylleng	Tree	March-February
<i>Eugenia bracteata</i> Roxb.	Myrtaceae	-	Tree	January-December

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<i>Eugenia claviflora</i> Roxb.	Myrtaceae	Chambu(G)	Tree	March-May
<i>Eugenia</i> sp.	Myrtaceae	-	Tree	March-June
<i>Eugenia jambolana</i> Lam.	Myrtaceae	Dieng-ramai	Tree	April-July
<i>Eugenia operculata</i> Roxb.	Myrtaceae	Thot-kak(G)	Tree	April-July
<i>Eugenia praecox</i> Rob.	Myrtaceae	Dieng-myrrchang	Tree	December-April
<i>Eugenia praetermissa</i> Gage.	Myrtaceae	-	Tree	November-April
<i>Ficus auriculata</i> Lour.	Moraceae	-	Tree	-
<i>Ficus cunia</i> Ham.	Moraceae	Dieng-thylliang-sang(J)	Tree	January-December
<i>Ficus hirta</i> Vahl.	Moraceae	Dieng-soh-rompain	Tree	November-April
<i>Ficus lanceolata</i> Ham.	Moraceae	-	Tree	April-June
<i>Ficus nemoralis</i> Wall.	Moraceae	Dieng-surme-blang	Tree	December-February
<i>Ficus pomifera</i> Wall.	Moraceae	-	Tree	January
<i>Ficus roxburghii</i> Wall.	Moraceae	Dieng-soh-lampin	Tree	April-June
<i>Flacourtia cataphracta</i> Roxb.	Flacourtiaceae	Dieng-soh-mluh	Tree	March-January
<i>Flacourtia jangomas</i> (lour.) Raeusch.	Flacourtiaceae	-	Tree	-
<i>Fragaria nilgerrensis</i> Schdl.	Rosaceae	-	Herb	-
<i>Garcinia cowa</i> Roxb.	Clusiaceae	Rengran(G)	Tree	March-August
<i>Garcinia kydia</i> Roxb.	Clusiaceae	Dieng-soh-longksan	Tree	February-August
<i>Garcinia lanceaefolia</i> G. Don.	Clusiaceae	Dieng-soh-jadu	Shrub	February-July
<i>Garcinia paniculata</i> G. Don.	Clusiaceae	Dieng-soh-longkor	Tree	December-July
<i>Garcinia pedunculata</i> G. Don.	Clusiaceae	Dieng-soh-danei	Tree	September-February
<i>Garcinia spicata</i> Hk.f.	Clusiaceae	Dieng-soh-kwang	Tree	May-February
<i>Garcinia tinctoria</i> (DC) W.F.Wight	Clusiaceae	Dieng-soh-rynsan	Tree	March-January
<i>Garcinia xanthochymus</i> Hk.f.	Clusiaceae	Dieng-soh-khyllung	Tree	March-February
<i>Gardenia campanulata</i> Roxb.	Rubiaceae	Soh-mai	Tree	March-November
<i>Glycosmis pentaphylla</i> Corr.	Rutaceae	Dieng-soh-sning	Tree	January-April
<i>Gmelina arborea</i> Roxb.	Verbenaceae	Dieng-lophiang	Tree	February-July
<i>Gnetum montanum</i> MG.F.	Gnetaceae	Mei-lar-iong-um	Climber	February-December
<i>Grewia elastica</i> Royle.	Tiliaceae	Dieng-thap-ballieh	Tree	April-November
<i>Grewia hirsuta</i> Vahl.	Tiliaceae	Soh-synting	Shrub	November-January
<i>Grewia sapida</i> Roxb.	Tiliaceae	-	Shrub	March-May
<i>Emblica officinalis</i> Gaertn.	Euphorbiaceae	Soh-mylleng	Tree	March-February
<i>Grewia sclerophylla</i> Roxb.	Tiliaceae	-	Shrub	May-September
<i>Haematocarpus thompsoni</i> Miers.	Menispermaceae	-	Climber	April-May
<i>Holboellia latifolia</i> Wall.	Berberidaceae	Sa-tymbra(J)	Shrub	February-November
<i>Lantana camara</i> Linn.	Verbenaceae	Dieng-sohpang-khlieh	Shrub	June-February
<i>Leea macrophylla</i> Roxb.	Vitaceae	Pharun-barne	Herb	August-March
<i>Lepisanthes rubiginosa</i> (Roxb.) Leenh.	Sapindaceae	-	Tree	May-June
<i>Litchi chinensis</i> Sonner.	Sapindaceae	Soh-manir	Tree	January-June
<i>Maesa indica</i> Wall.	Myrsinaceae	Dieng-soh-jala-tyrkai	Shrub	March-December
<i>Mallotus philippinensis</i> Muell.	Euphorbiaceae	Dieng-chandon	Tree	August-May
<i>Mangifera indica</i> Linn.	Anacardiaceae	Dieng-soh-pieng	Tree	February-July
<i>Medinilla rubicunda</i> Bl.	Melastomataceae	-	Tree	-
<i>Melastoma malabathricum</i> Linn.	Melastomataceae	Dieng-soh-khing	Shrub	February-December
<i>Meliosma pinnata</i> Roxb.	Sabiaceae	Dieng-soh-naior	Tree	April-September
<i>Melodorum verrucosum</i> Hk.f. & Th.	Annonaceae	Jyrmi-soh-ram-khlaw	Climber	March-January
<i>Momordica dioica</i> Roxb.	Cucurbitaceae	-	Climber	-
<i>Moringa oleifera</i> Lamk.	Moringaceae	-	Tree	-
<i>Moringa pterygosperma</i> Gaertn.	Moringaceae	-	Tree	January-May
<i>Myrica esculenta</i> Buch.-Ham.	Myricaceae	Dieng-soh-phie	Tree	-
<i>Passiflora edulis</i> Sims.	Passifloraceae	Soh-brap	Climber	-
<i>Pegia nitida</i> Colebr.	Anacardiaceae	-	Shrub	-

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<i>Peperomia pellucida</i> H.B. & K.	Piperaceae	-	Herb	-
<i>Phlogacanthus thyrsoiflorus</i> (Roxb.) Nees.	Acanthaceae	Dieng-soh-kajut	Shrub	December-April
<i>Piper longum</i> L.	Piperaceae	-	Climber	May-December
<i>Portulaca oleracea</i> Linn.	Portulacaceae	-	Herb	January-July
<i>Premna herbacea</i> Roxb.	Verbenaceae	Bol-sal-thanuri	Shrub	January-July
<i>Prunus cerasoides</i> D.Don.	Rosaceae	Dieng-soh-iong-krem	Tree	October-June
<i>Prunus jenkinsii</i>	Rosaceae	Sa-tanghi(J)	Tree	-
<i>Prunus nepaulensis</i> (Ser.) Steud.	Rosaceae	Soh-iong	Tree	October-August
<i>Pseudostreblus indica</i> Bureau.	Moraceae	Dieng-chiri-khlaw(J)	Tree	June-February
<i>Psidium guajava</i> Linn.	Lecythidaceae	Soh-pyriam	Tree	January-December
<i>Pyrularia edulis</i> A.DC.	Santalaceae	Dieng-soh-klong	Tree	April-November
<i>Pyrus communis</i> Linn.	Rosaceae	Soh-phoh	Tree	-
<i>Pyrus pashia</i> D.Don.	Rosaceae	Soh-shur	Tree	March-January
<i>Randia uliginosa</i> DC.	Rubiaceae	Suskeng(G)	Tree	May-February
<i>Rhus semialata</i> Murr.	Anacardiaceae	Dieng-soh-ma	Tree	May-April
<i>Rubus ellipticus</i> Sm.	Rosaceae	Soh-pero	Shrub	February-June
<i>Rubus khasianus</i> Cordot.	Rosaceae	Soh-shiah	Shrub	July-September
<i>Rubus lasiocarpus</i> Smith.	Rosaceae	Dieng-soh-khaw-iong	Shrub	March-July
<i>Rubus moluccanus</i> Linn.	Rosaceae	Soh-nybbah	Shrub	January-December
<i>Saurauja nepaulensis</i> DC.	Saurauiaceae	-	Tree	December-January
<i>Saurauja panduana</i> Wall.	Saurauiaceae	Dieng-ja-la-ngap	Tree	April-November
<i>Saurauja roxburghii</i> Wall.	Saurauiaceae	Dieng-soh-la-pied	Tree	March-August
<i>Semecarpus anacardium</i> Linn. F.	Anacardiaceae	Dieng-soh-bhala	Tree	July-March
<i>Solanum barbisetum</i> Nees.	Solanaceae	Soh-podok	Shrub	August-May
<i>Solanum indicum</i> Linn.	Solanaceae	Soh-ngan	Shrub	June-February
<i>Solanum kurzii</i> Br.	Solanaceae	Khim-kha(G)	Shrub	March
<i>Solanum spirale</i> Roxb.	Solanaceae	Soh-jhari	Shrub	May-February
<i>Solanum xanthocarpum</i> Schrad & Wendl.	Solanaceae	Dieng-soh-podok bakthang	Herb	December-February
<i>Spondias axillaris</i> Roxb.	Anacardiaceae	Dieng-saliat	Tree	February-December
<i>Spondias mangifera</i> Willd. Sans.	Anacardiaceae	Dieng-soh-pair-kynthai	Tree	March-February
<i>Spondias pinnata</i> (Linn.f.) Kurz.	Anacardiaceae	Dieng-soh-pier	Tree	March-November
<i>Sterculia coccinea</i> Roxb.	Sterculiaceae	-	Tree	-
<i>Stixis suaveolens</i> (Roxb.) Bail.	Capparidaceae	-	Climber	March-June
<i>Syzygium cumini</i> (Linn.) Skeels	Myrtaceae	-	Tree	February-June
<i>Syzygium tetragonum</i> (Wt.) Kurz. (Dennst) Balak.	Myrtaceae	Dieng-soh-sarlei	Tree	-
<i>Tapira hirsuta</i> Hk.f.	Anacardiaceae	Da-cheng-brup(G)	Shrub	April-February
<i>Tetragium leucostaphyllum</i> (Dennst) Balak.	Vitaceae	Syrpung(J)	Climber	January-May
<i>Vaccinium donianum</i> Wight.	Vacciniaceae	Dieng-soh-rongkham	Shrub	February-May
<i>Vaccinium griffithianum</i> Wight.	Vacciniaceae	Soh-ryngkham	Shrub	April-May
<i>Vangueria spinosa</i> Roxb.	Rubiaceae	Soh-mon	Tree	April-September
<i>Viburnum foetens</i> Dcne.	Caprifoliaceae	-	Shrub	April-July
<i>Viburnum foetidum</i> Wall.	Caprifoliaceae	Soh-lang-ksew	Shrub	July-September
<i>Viburnum simonsii</i> Hk.f. & Th.	Caprifoliaceae	Soh-lang-eit-ksew	Tree	June-November
<i>Vitis rugosa</i> Wall.	Vitaceae	-	Climber	November-January
<i>Vitis rumicisperma</i> Laws.	Vitaceae	-	Climber	June-November
<i>Zanthoxylum budrunga</i> Wall.	Rutaceae	Dieng-ka-shyrang	Tree	September-April
<i>Zanthoxylum oxyphyllum</i> Edgw.	Rutaceae	Jaiur-blai(J)	Shrub	May-October
<i>Zanthoxylum rhetuza</i> Wall.	Rutaceae	Dieng-soh-mirik	Tree	April-September
<i>Zizyphus jujuba</i> Lamk.	Rhamnaceae	Dieng-soh-broi	Tree	September-February

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<i>Zizyphus mauritiana</i> Lamk.	Rhamnaceae	Soh-broi	Tree	February-June
<i>Zizyphus rugosa</i> Lamk.	Rhamnaceae	Dumakpul(G)	Tree	March-July

Abbreviation: (-) not known, (G) Garo, (J) Jaintia.

All these plants are present in Khasi hills, except some species, which are present in Garo hills and Jaintia hills and marked as G and J, respectively.