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UNCULTIVATED GREENS FESTIVAL HIGHLIGHTS LOCAL HERITAGE



Karakavalasa village,
Dumbriguda mandal,
Alluri Seetharamraju
(ASR) district,
Andhra Pradesh

NOTE BY

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UNCULTIVATED GREENS FESTIVAL HIGHLIGHTS LOCAL HERITAGE IN KARAKAVALASA VILLAGE, DUMBRIGUDA MANDAL, ALLURI SEETHARAMRAJU (ASR) DISTRICT, ANDHRA PRADESH

Karakavalasa is a small tribal habitation in Sovva Grampanchayat, Dumbriguda (M), ASR district, Andhra Pradesh, home to 48 tribal families, predominantly Kotiya (90%), along with Konda Dora and Nuka Dora families. Located near the Odisha border, 35km from Araku, farmers cultivate coffee, black pepper, paddy, millets, ginger, and radish, with recent adoption of solar-based lift irrigation enabling vegetable growth in Rabi and summer seasons, including sweet potato, cabbage, cauliflower, tomato, and chillies. Coffee and pepper are major income sources, with vegetable sales providing secondary income. Four smaller water bodies have been converted into eco-farms and fish culture. Children and pregnant / lactating women attend the nearby ICDS center in Panasavalasa village, where WASSAN has initiated a collaboration with ICDS staff to promote kitchen gardens and nutrient-sensitive agriculture, increasing access to nutritious food in both villages as part of Regenerative Landscapes for Community based Food Systems (RLCFS) program.



We have observed that an abundance of uncultivated greens, found in common lands and forests, were once seasonally collected by older generations, particularly women, to supplement their family's nutrition. However, the importance of these uncultivated greens has diminished over time due to a lack of knowledge about cooking methods among younger people. Wild greens can be categorized into three types based on their sources: firstly, those that grow in forest lands; secondly, those that grow in crop lands as weeds alongside other crops; and thirdly, those that are not explicitly cultivated for a specific purpose, yet still offer valuable nutritional benefits.

On August 21st, 2024, WASSAN, DIMSA FPO, and ICDS field staff jointly organized a Festival of Uncultivated Greens at Karakavalasa village. The FPO members mobilized women from the surrounding villages, inviting them to bring at least one type of uncultivated greens for display. The event drew a diverse crowd of approximately 60 tribal women and men, 30 school children, and 10 ICDS staff members. A vibrant display showcased a variety of uncultivated greens (25 types), tubers (6 types), and commonly cultivated greens (12 types). Additionally, ICDS staff showcased the nutritious products they serve to children and pregnant and lactating women, highlighting the importance of uncultivated greens in their diet.

The Festival of Uncultivated Greens was officially inaugurated by a trio of esteemed guests: Mr. Lokaoi Appalaswamy, the respected Gram Panchayat (GP) leader; Ms. Badnaiki Chanduru, the dynamic Village Organization (VO) leader; and Mr. Tangula Ananda Rao, a revered traditional healer. Their presence and participation marked the beginning of the vibrant celebration.



Dr. MLS Rao from WASSAN facilitated the session, which began with inaugural addresses by the guests, followed by an invitation for participants to explore and identify the displayed vegetables during a ragi malt break. Mr. Apparao from WASSAN brought school children to observe the vegetables, while Ms. G. Doimothi, a community volunteer from Karakavalasa, explained the products to them, encouraging recall of their memories of uncultivated greens in their local language. Ms. Doimothi, a knowledgeable young woman, demonstrated her expertise by differentiating between similar plants, including *Bauhinia variegata*, showcasing twigs of both the white-flowering (*Koilari*) and purple-flowering (*Koisan pulu*) variants. She highlighted the adaptation of the community, who have started cultivating the white-flowering variant in their fields to harvest tender leaves during the monsoon season, while the purple variant remains available in the forests, with its flowers used as a vegetable.





Following the children's exploration, Dr. Rao facilitated a community discussion to reach a consensus on the top five vegetables from both agricultural fields and forests. He guided participants to prioritize the selected vegetables based on their taste preferences, considering both adults' and children's likes, to arrive at a collective decision. This collaborative approach aimed to benefit the entire community by identifying traditional recipes for the chosen vegetables, promoting a shared understanding and appreciation of local cuisine.

List of TOP FIVE BEST GREENS as follows:

Top 5 Wild greens	Part used	Top 5 Leafy vegetables from fields	Part used
1. Konkodi kura (<i>Diplazium esculentum</i>)	Tender leaves	1. Gummadi Chiguru (<i>Cucubita maxima</i>)	Tender leaves
2. Koliyar Sagu also known as Gondrugura (<i>Bauhinia variegata</i>)	Tender leaves	2. Thotakura (<i>Amaranthus viridis</i>)	Leaves
3. Dudi kura (unknown)	Leaves	3. Gongura (<i>Hibiscus cannabinus</i>)	Leaves
4. Sara Kura (<i>Colacasia esculenta</i>)	Leaves and petiole	4. Mullangi (<i>Raphanus sativus</i>)	Leaves along with tubers
5. Mudrangi (<i>Alternanthera sessilis</i>)	Leaves	5. Palakura (<i>Spinach oleracea</i>)	Leaves

In the ranking of cultivated greens, the tender leaves of Gummadi Chiguru took the top spot, notable for being a crop not specifically cultivated for a particular purpose. Women enthusiastically shared that the tender leaves of Pumpkin are a delicacy, widely used from June to December. Interestingly, every household stores seeds and sows them in their kitchen gardens and podu lands at the onset of the monsoon season, around late May to early June, highlighting the importance of this crop in their traditional culinary practices.

The facilitator divided the participants into five smaller groups, ensuring that each group had a designated note-taker to record the recipes of the top five greens, encompassing both uncultivated and cultivated varieties. This approach enabled a collaborative and organized process for capturing the traditional recipes and culinary knowledge shared by the community members.

According to Ms. Diomothi from Karakavalasa village, Konkodi kura (*Diplazium esculentum*) is plentiful in June and July, and its tender leaves make a delicious curry that children particularly enjoy. She noted that village elders recommend consuming this curry to boost immunity, especially during the monsoon season when villagers are more prone to illness. Interestingly, secondary data reveals that the tender leaves of *D. esculentum* are rich in vitamin C, which supports immune function, suggesting that the village's traditional practice of consuming Konkodi kura curry may be a form of prophylactic food therapy.



Recipes for the top five Wild greens of Kotiya tribal women:

There was a consensus among the tribal women that Konkodi kura stands out as the top choice, followed closely by Koliyar saag, Dudikura, Sara kura, and Mudrangi kura, in that order. These five uncultivated greens emerged as the

clear favorites, with Konkodi kura taking the lead, highlighting the community's collective preference for these nutritious and flavorful traditional greens.

1. A list of recipes with Konkodi kura

- Tender leaves of Konkodi and Cow pea curry.
- Tender leaves of Konkodi with Ragi flour to prepare a Raba.
- Tender leaves of Konkodi with Green gram to prepare a curry.
- Tender leaves of Konkodi with Redgram to prepare a curry
- Tender leaves of Konkodi with White Rajma

2. A List of recipes with Koliyar Saag:

- Koliyar saag fry
- Koliyar Potlam (tender leaves of Kaliyar wrapped with adda leaves and burn it a charcoal fire)

3. A List of recipes with Dudikura

- Dudi kura fry with cowpea
- Dudi kura curry
- Dudi kura with regram (Sirikandi) curry
- Dudi kura with Rajma curry

To prepare the traditional Dudi kura and field bean potlam, a mixture of Dudi kura leaves and field beans is wrapped with two to three layers of Adda leaves (*Bauhinia*). This bundle is then burned in a charcoal fire, creating a potent herbal remedy. The combination of Dudi kura and field beans, wrapped in the medicinal Adda leaves, is transformed by the burning process into a charred potlam, ready to eat.

4. A List of recipes with Sarakura

- Sarakura leaves and petiole fry
- Leaves and petiole of Sarakura and Rajma curry
- Sarakura with Jack Fruit Seeds curry
- Sarakura with Jotta Pikkalu curry
- Sarakura Rasam
- Sarakura with Nethallu (dry fish) curry

5. A list of recipes with Mudrangi

- Mudrangi leaves fry
- Mudrangi with Rajma Curry
- Mudrangi with Jack fruit seeds curry



Recipes for the top five Cultivated greens of Kotiya tribal women:

In a unanimous decision, tribal women and ICDS staff collectively identified the top five leafy vegetables that are commonly consumed in their community. The ranking revealed Gummadi Chiguru as the leading choice, followed by Thotakura, Gongura, Mullangi (where the entire plant is utilized), and Palakura, showcasing a shared understanding of the most valued and nutritious leafy greens in their traditional cuisine.

1. A list of recipes with Gummadi Chiguru:

- Gummadi Chiguru and tender fruit of Gummadi curry
- Gummadi Chiguru with Rajma (both white and red) curry
- Gummadi Chiguru with Ragi flour Raba
- Gummadi Chiguru with Rice flour curry
- Gummadi Chiguru with Kandikayala kura
- Gummadi Chiguru with Jotta Pikkala kura
- Gummadi Chiguru with Bastar Pikkala curry
- Gummadi Chiguru with Cow pea curry
- Gummadi Chiguru along with Gummadi flower curry
- Gummadi Chiguru with Senagapidi Pakodi
- Gummadi puvvu with Bamboo shoots curry.

2. A List of recipes with Thotakura:

- Thotakura fry
- Thotakura pappu
- Thotakura Rajma Curry
- Thotakura Panasa pikkala Kura
- Thotakura Batani fry/ curry
- Thotakura Sirikandula Pulusu
- Thotakura Bastori pikkala Rabba
- Thotakura Rabba
- Thotakura Thimire kandula kura
- Thotakura Veduru kommula kura
- Thotakura pappu sambaru
- Thotakura Kommu senagaly fry

3. A List of recipes with Gongura

- Gongura with redgram
- Gongura Talakaya (Goat) curry
- Gongura Pachadi
- Gongura + Royyala kura
- Gongura + Panasa Pikkala Kura
- Gongura + Rajma kura
- Gongura Mutton Curry
- Gongura Rajma Curry
- Gongura Siri Kandi Kura
- Gongura with Ragi flour for Raba.
- Gongura Chicken
- Gongura fry
- Gongura ginger Curry

4. A List of recipes with Mullangi

- Mullangi Pappu
- Mullangi Batani
- Mullangi Baster Pikkala kura
- Mullangi leaves fry
- Mullangi Sambaru along with other vegetables
- Mullangi and its leaves for Raba
- Mullangi+ Tella rajma fry
- Mullangi roots and leaves with Rajama raba
- Mullangi with beans curry
- Mullangi leaves and Prawns fry
- Mullangi leaves and dry fish fry
- Mullangi with Green gram curry

5. A list of recipes with Palakura

- Palakura Pappu
- Palakura Batani

- Palakura Jotta pikkala kura
- Palakura Rajma pikkala kura
- Palakura with potato

Representatives from each smaller group presented their compiled list of recipes to the larger gathering, sharing the collective knowledge from their respective groups. As the presentations unfolded, other group members contributed additional recipes, which were then incorporated into the master list, creating a comprehensive and diverse chart that showcased the community's rich culinary heritage.

The ICDS women who showcased their products also shared a variety of ready-to-cook and ready-to-eat items. These included eggs, multigrain flour, ragi flour, jaggery, Balamrutham (a nutritious supplement), and fortified rice, as well as convenient ready-eat products like milk, chikkis (energy bars), and kharjur (dates), offering a range of healthy and easy-to-prepare options.

WASSAN team: Mr Narasing Rao, Mr Prasad, Mr Narisimha Reddy, Ms Vesavila were joined as co-facilitators and Mr Vimal attended this meeting for a traditional knowledge exploration.



Conclusion

The women actively participated in sharing their knowledge of uncultivated greens recipes, revealing a treasure trove of culinary delights. Notably, more recipes were shared for uncultivated greens than cultivated ones, with many options for the top five uncultivated greens. In contrast, *Palakura* (Spinach) recipes were less familiar, despite ICDS staff efforts to promote them. However, there's still much to explore, especially since urban users have already standardized many recipes. The women and ICDS teachers

expressed keen interest in hosting another event, specifically a recipe contest for both uncultivated and cultivated greens. The facilitator concluded the workshop by announcing a follow-up event in October, sparking excitement for further culinary exploration and knowledge sharing. Additionally, the facilitator highlighted the need to scientifically identify the uncultivated greens and review existing literature to uncover their nutritional benefits.

List of Greens showcased in the workshop:

Sno	Name of the Green	Scientific name	Edible Part
1	Allam	<i>Zingiber officinalis</i>	Root
2	Gunugu koora	<i>Celosia argentea</i>	Leaves
3	Chukka koora	<i>Rumex vesicarius</i>	Leaves
4	Gummadi	<i>Cucurbita maxima</i>	Leaves, Fruit
5	Cherry Tomato	<i>Lycopersicon esculentum</i>	Fruits
6	Bilthai Kudi (Kashaku)	<i>Solanum nigrum</i>	Leaves
7	Nela Usiri	<i>Phyllanthus niruri</i>	Whole plant
8	Mudranga(Ponaganti koora)	<i>Alternanthera sessilis</i>	Leaves
9	Thota koora	<i>Amaranthus sp</i>	Leaves
10	Chikkudu	<i>Dolichos lablab</i>	Fruits
11	Draksha	<i>Vitis venifera</i>	Fruits
12	Donda	<i>Occinia grandis</i>	Fruits
13	Koisan phool	<i>Bauhinia variegata</i>	Flower
14	Bachali	<i>Basella alba</i>	Leaves
15	Dumba baingan (Adavi Vankaya)	<i>Solanum sp.</i>	Fruit
16	Neredu	<i>Syzygium cumini</i>	Fruit
17	Verusenaga	<i>Arachis hypogea</i>	Seeds
18	Ganti	<i>Pennisetum glaucum</i>	Grain
19	Karavindha	<i>Cassia occidentalis</i>	Leaves
20	Arati	<i>Musa paradisiaca</i>	Fruits, flower
21	Dhudi koora		Leaves
22	Karra pendulam	<i>Manihot esculenta</i>	Tubers
23	Korri moga		Leaves
24	Panasa	<i>Artocarpus heterophyllus</i>	Fruits, seeds
25	Kothimeera	<i>Coriandrum sativum</i>	Leaves
26	Mullangi	<i>Raphanus sativus</i>	Roots, leaves
27	Parima pandu	<i>Ziziphus oenopolia</i>	Fruits
28	Gongura	<i>Hibiscus cannabinus</i>	Leaves
29	Pineappla	<i>Ananas comosus</i>	Fruits

Sno	Name of the Green	Scientific name	Edible Part
30	Teepi dumpa(Sweet Potato)	<i>Ipomoea batatus</i>	Tubers
31	Mamidi allam	<i>Zingiber sp.</i>	Roots
32	Boppayi	<i>Carica papaya</i>	Fruits
33	Avisha	<i>Sesbania grandiflora</i>	Leaves, flower
34	Pudina	<i>Mentha viridis</i>	Leaves
35	Jaama	<i>Psidium guava</i>	Fruits
36	Jotta pikkalu	<i>Vigna sp</i>	Fruits
37	Gondri Aaku		Leaves
38	Lachhoni		Leaves
39	Nagali Dumpa	<i>Dioscorea sp</i>	Tuber
40	Kenne koora		Leaves
41	Veduru Kommalu	<i>Bambusa sp</i>	Stem shoots
42	Konda usiri	<i>Emblica officinalis</i>	Fruits
43	Idi saru (Chama dumpa)	<i>Colacasia esculentum</i>	Leaves
44	Nalla pasupu	<i>Curcuma sp</i>	Medicine
45	Durcheri	<i>Achiranthus aspera</i>	Leaves
47	Cabbage	<i>Brassica oleracea</i>	Leaves
48	Koyilaari aaku	<i>Bauhinia variegata</i>	Leaves
49	Karivepaaku	<i>Murraya koenigii</i>	Leaves
50	Taragayi Dumpa	<i>Dioscorea sp.</i>	Tuber
51	Pindi dumpa	<i>Dioscorea sp</i>	Tubers
52	Chedu dumpa	<i>Dioscorea sp</i>	Tubers
53	Adda pikkalu	<i>Bauhinia vahlii</i>	Seeds
54	Eetha chettu	<i>Phoenix sylvestris</i>	Fruits
55	Konkodi saagu	<i>Diplanzium esculentum</i>	Leaves
56	Munaga	<i>Moringa oleifera</i>	Leaves, flower

