

WASSAN Publication | October 2024



Compendium of Uncultivated Greens

A COMPANION PUBLICATION FOR
UNCULTIVATED GREENS FOR
BETTER NUTRITION





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UNCULTIVATED GREENS FOR
BETTER NUTRITION

Designed by

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About this Uncultivated Greens Book

This publication focuses on ongoing nutrition concerns in India, with particular attention to rural, tribal, and urban areas. It highlights the efforts of organizations like WASSAN and RRA Network, which have emphasized food and nutrition security through an integrated landscape approach that includes watersheds, drylands, and wetlands. These organizations have worked closely with resource-poor communities to identify sustainable, locally-driven solutions to nutrition challenges.

A key finding of this work is the identification and documentation of various weeds with multiple uses, including as food, medicine, fodder, firewood, and composting materials. Once overlooked, these weeds are valuable resources that were traditionally recognized by rural women, who categorized them into edible, medicinal, and fodder types. The study emphasizes how many of these tender herbs were collected by women, who would carry them home for their next meal.





We gratefully acknowledge the research contributions of organizations such as FAO, IDRC, IIED, DDS, FRLHT, and WASSAN. This guide serves as a practical reference for field workers, encouraging communities to incorporate these plants into their diets, promoting health and well-being without additional cost or effort.

We also acknowledge the invaluable contributions of farmers—both men and women—who shared their knowledge and time with us. As documenters, we aim to capture and share this wisdom.

The photos, nutritional information, and other uses of these plants included in this publication will help communities identify and add these humble herbs to their food baskets. By doing so, they can overcome hidden hunger, as these herbs are powerhouses of micronutrients and protein. Their inclusion in diets will build immunity and contribute to healthier, more resilient communities.

~ Salome Yesudas



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Budda Kashaku

Physalis minima

Place of Availability:

Common plant found in fields.

Parts used:

Leaf

Season:

- Available during the rainy season.
- First wash thoroughly with salt water and rinse in fresh water.



Nutrient	Value / 100g
Protein	6 g
Fat	0.8 g
Minerals	3.8 g
Fibre	1.5 g
Carbohydrate	8.5 g
Energy	65 Kcal
Calcium	424 mg
Phosphorous	96 mg
Iron	24.5 mg
Beta Carotene	6340 µg
Vitamin-C	135.48 mg

Koyilaari saagu

Bauhinia variegata



Place of Availability:

Common plant found in fields and road side

Parts used:

Tender shoots (Apical Buds)

Season:

- Available during the rainy season.



Gongora

Hibiscus cannabinus

Place of Availability:

Fields and Market

Parts used:

Leaves

Season: Year Around

- First wash thoroughly with salt water and rinse in fresh water

Nutrient	Value / 100g	
Protein	1.7	g
Fat	1.1	g
Minerals	0.9	g
Fibre	-	-
Carbohydrate	9.9	g
Energy	56	Kcal
Calcium	172	mg
Phosphorous	40	mg
Iron	2.3	mg
Beta carotene	6,970	µg
Thiamine	0.07	Mg
Riboflavin	0.39	Mg
Niacin	1.1	NE
Vitamin-C	20	Mg

Avisa

Sesbania grandiflora

Place of Availability: Found in fields

Parts used: Tender leaves

Season: Year Round

- First wash thoroughly with salt water and rinse in fresh water.
- The bark decoction helps treat high fever.
- Helps dissolve gallbladder stones

Nutrient	Value / 100g	
Protein	8.4	g
Fat	1.4	g
Minerals	3.1	g
Fibre	2.2	g
Carbohydrate	11.8	g
Energy	93	Kcal
Calcium	1130	mg
Phosphorous	80	mg
Iron	3.9	mg
Beta Carotene	15,440	µg
Thiamine	0.21	mg
Riboflavin	0.09	mg
Niacin	1.2	mg
Vitamin-C	169	mg



Avisa Poolu

Sesbania grandiflora

Place of Availability:

Found in fields

Parts used:

Flowers

Season: Rabi Season

- First wash thoroughly with salt water and rinse in fresh water.
- Consumption of the flower recipe helps to prevent night blindness
- The seeds cure dry cough, upon chewing.



Nutrient	Value / 100g	
Protein	1	g
Fat	0.5	g
Minerals	0.4	g
Fibre	0.8	g
Carbohydrate	4.4	g
Energy	26	Kcal
Calcium	9	mg
Phosphorous	5	mg

Thota Koora

Amaranthus gangeticus

Nutrient	Value / 100g	
Protein	0.9	g
Fat	0.1	g
Minerals	1.8	g
Fibre	1.2	g
Carbohydrate	3.5	g
Energy	19	Kcal
Calcium	260	mg
Phosphorous	30	mg
Iron	1.8	mg
Carotene	255	µg
Thiamine	0.01	mg
Riboflavin	0.18	mg
Vitamin-C	10	mg

Place of Availability:

Fields and market

Parts used:

Stem and leaves

Season: Year Around

- First wash thoroughly with salt water and rinse in freshwater.





Kodi Juttu Aaku

Amaranthus paniculatus

Place of Availability:

Fields and Market

Parts used: Stem and Leaves

Season: Year Around

- First wash thoroughly with salt water and rinse in fresh water

Nutrient	Value / 100g	
Protein	2.8	g
Fat	0.4	g
Minerals	2.4	g
Carbohydrate	7.4	g
Energy	44	Kcal
Calcium	364	mg
Phosphorous	52	mg
Iron	38.5	mg



Chukka koora

Rumex vesicarius

Place of Availability:

Found in fields

Parts used:

Tender stem and leaves

Season: Year Round

- First wash thoroughly with salt water and rinse in fresh water.
- Increases blood and is good for eyesight

Nutrient	Value / 100g	
Protein	1.6	g
Fat	0.3	g
Minerals	0.9	g
Fibre	0.6	g
Carbohydrate	1.4	g
Energy	15	Kcal
Calcium	63	mg
Phosphorous	17	mg
Iron	0.8	mg
Beta Carotene	2,800	µg
Thiamine	0.03	mg
Riboflavin	0.06	mg
Niacin	0.2	mg
Vitamin-C	12	mg
Folate	125	mg

Tamalapaaku

Piper betle

Place of Availability: Markets and Fields

Parts used: Leaf

Season: Year Around

- Commonly consumed as 'Paan'
- Consumption in small quantities helps in digestion
- On application of fresh leaf juice, reduces joint pains.



Nutrient	Value / 100g	
Protein	3.1	g
Fat	0.8	g
Minerals	2.3	g
Fibre	2.3	g
Carbohydrate	6.1	g
Energy	44	Kcal
Calcium	230	mg
Phosphorous	40	mg
Iron	10.6	mg
Carotene	5760	µg
Thiamine	0.07	mg
Riboflavin	0.03	mg
Niacin	0.7	mg
Vitamin-C	5	mg

Cabbage

Brassica oleracea var. capitata

Nutrient	Value / 100g	
Protein	1.8	g
Fat	0.1	g
Minerals	0.6	g
Fibre	1	g
Carbohydrate	4.6	g
Energy	27	Kcal
Calcium	39	mg
Phosphorous	44	mg
Iron	0.8	mg
Carotene	120	µg
Thiamine	0.06	mg
Riboflavin	0.09	mg
Niacin	0.4	mg
Vitamin-C	124	mg

Place of Availability: Fields & market (Commercial crop)

Parts used: Head

Season: Kharif and Rabi

- Wash thoroughly with fresh water





Chama akulu

Colocasia antiquorum

Place of Availability: Nearby house

Parts used: Leaves and Tubers

Season: Year Around

- First wash thoroughly with salt water and rinse in fresh water

Nutrient	Value / 100g	
Protein	3.9	g
Fat	1.5	g
Minerals	2.2	g
Fibre	2.9	g
Carbohydrate	6.8	g
Energy	56	Kcal
Calcium	227	mg
Phosphorous	82	mg
Iron	10	mg
Beta carotene	5,920	µg
Thiamine	0.22	mg
Riboflavin	0.26	mg
Niacin	1.1	mg
Vitamin-C	12	mg



Kothimiri

Coriandrum sativum

Place of Availability: Fields and Markets

Parts used: Stems and Leaves

Season: Year Round

- First wash thoroughly with salt water and rinse in fresh water.
- Help in easy digestion, urination and cools the body.
- Clears of lungs and makes breathing free

Nutrient	Value / 100g	
Protein	3.3	g
Fat	0.6	g
Minerals	2.3	g
Fibre	1.2	g
Carbohydrate	6.3	g
Energy	44	Kcal
Calcium	184	mg
Phosphorous	71	mg
Iron	1.42	mg
Beta carotene	4,800	µg
Thiamine	0.05	mg
Riboflavin	0.06	mg
Niacin	0.8	mg
Vitamin-C	135	mg

Karivepaku

Murraya koenigii

Place of Availability:

Household backyards and markets

Parts used: Leaves

Season: Year Around

- First wash thoroughly with salt water and rinse in fresh water
- Raw leaf is ground to paste and consumed on an empty stomach to control vathem.



Nutrient	Value / 100g	
Protein	6.1	g
Fat	1	g
Minerals	4	g
Fibre	6.4	g
Carbohydrate	18.7	g
Energy	108	Kcal
Calcium	830	mg
Phosphorous	57	mg
Iron	0.9	mg
Beta carotene	7,110	µg
Thiamine	0.08	mg
Riboflavin	0.21	mg
Niacin	2.3	mg
Vitamin-C	4	mg
Folate	93.9	ug

Munaga aakulu

Moringa oleifera

Nutrient	Value / 100g	
Protein	6.7	g
Fat	1.7	g
Minerals	2.3	g
Fibre	0.9	g
Carbohydrate	12.5	g
Energy	92	Kcal
Calcium	440	mg
Phosphorous	70	mg
Iron	0.85	mg
Beta carotene	19,690	µg
Thiamine	0.06	mg
Riboflavin	0.05	mg
Niacin	0.8	mg
Vitamin-C	220	mg

Place of Availability: Fields & Markets

Parts used: Leaves and Fruits

Season: Year Around

- First wash thoroughly with salt water and rinse in fresh water.
- Dried seeds, when left in water, overnight purify the water
- Builds disease resistance





Munaga Poolu

Moringa oleifera

Place of Availability: Fields and Backyards

Parts used: Leaves and Fruits

Season: Year Around

- First wash thoroughly with salt water and rinse in fresh water

Nutrient	Value / 100g	
Protein	3.6	g
Fat	0.8	g
Minerals	1.3	g
Fibre	1.3	g
Carbohydrate	7.1	g
Energy	50	Kcal
Calcium	51	mg
Phosphorous	90	mg



Menthi Koora

Trigonella foenum - graecum

Place of Availability: Fields and Markets

Parts used: Tender stems and Leaves

Season: Winter Season

- First wash thoroughly with salt water and rinse in fresh water
- Cures blood motions
- Increases digestion
- Cools the body.

Nutrient	Value / 100g	
Protein	4.4	g
Fat	0.9	g
Minerals	1.5	g
Fibre	1.1	g
Carbohydrate	6	g
Energy	49	Kcal
Calcium	395	mg
Phosphorous	51	mg
Iron	1.93	mg
Beta carotene	9,100	µg
Thiamine	0.04	mg
Riboflavin	0.31	mg
Niacin	0.8	mg
Vitamin-C	52	mg

Bachali

Basella alba

Place of Availability: Fields and Backyards

Parts used: Leaves and Tender Stems

Season: Year Around

- First wash thoroughly with salt water and rinse in fresh water
- Available in green and red varieties



Nutrient	Value / 100g	
Protein	2.8	g
Fat	0.4	g
Minerals	1.8	g
Carbohydrate	4.2	g
Energy	32	Kcal
Calcium	200	mg
Phosphorous	35	mg
Iron	10	mg
Beta carotene	2,840	µg
Thiamin	0.03	mg
Riboflavin	0.16	mg
Niacin	0.5	mg
Vitamin-C	87	mg

Pudina

Mentha spicata

Nutrient	Value / 100g	
Protein	4.8	g
Fat	0.6	g
Minerals	1.9	g
Fibre	2	g
Carbohydrate	5.8	g
Energy	48	Kcal
Calcium	200	mg
Phosphorous	62	mg
Iron	16	mg
Beta carotene	5,480	µg
Thiamine	0.05	mg
Riboflavin	0.26	mg
Niacin	1	mg
Vitamin-C	27	mg
Folate	114	mg

Place of Availability: Fields & Markets

Parts used: Leaves and Tender Stems

Season: Year Around

- First wash thoroughly with salt water and rinse in fresh water.
- Helps in digestion.





Ponaganti Koora

Alternanthera sessilis

Place of Availability: Fields

Parts used: Leaf

Season: Year Around

- First wash thoroughly with salt water and rinse in fresh water

Nutrient	Value / 100g	
Protein	5	g
Fat	0.7	g
Minerals	2.5	g
Fibre	2.8	g
Carbohydrate	11.6	g
Energy	73	Kcal
Calcium	510	mg
Phosphorous	60	mg
Iron	2	mg
Beta carotene	5,440	µg
Thiamine	0	mg
Riboflavin	0.14	mg
Niacin	1.2	mg
Vitamin-C	17	mg



Kusuma

Carthamus tinctorius

Place of Availability: Fields

Parts used: Leaves

Season: Summer

Nutrient	Value / 100g	
Protein	2.5	g
Fat	0.6	g
Minerals	1.3	g
Carbohydrate	4.5	g
Energy	33	Kcal
Calcium	185	mg
Phosphorous	35	mg
Iron	5.7	mg
Carotene	3540	µg
Thiamin	0.04	mg
Riboflavin	0.1	mg
Niacin	0	mg
Vitamin-C	15	mg

Paala koorā

Spinacia oleracea

Place of Availability: Fields and Markets

Parts used: Leaves and Tender Stems

Season: Year Around

- First wash thoroughly with salt water and rinse in fresh water



Nutrient	Value / 100g	
Protein	2	g
Fat	0.7	g
Minerals	1.7	g
Fibre	0.6	g
Carbohydrate	2.9	g
Energy	26	Kcal
Calcium	73	mg
Phosphorous	21	mg
Iron	1.14	mg
Beta carotene	2,740	µg
Thiamin	0.03	mg
Riboflavin	0.26	mg
Niacin	0.5	mg
Vitamin-C	28	mg
Folate	123	mg

Chinta chiguru

Tamarindus indica

Nutrient	Value / 100g	
Protein	5.8	g
Fat	2.1	g
Minerals	1.5	g
Fibre	1.9	g
Carbohydrate	18.2	g
Energy	115	Kcal
Calcium	101	mg
Phosphorous	140	mg
Iron	0.3	mg
Carotene	250	µg
Thiamine	0.24	mg
Riboflavin	0.17	mg
Niacin	4.1	mg
Vitamin-C	3	mg

Place of Availability: Fields

Parts used: Young Shoots and Fruits

Season: Kharif

- First wash thoroughly with salt water and rinse in fresh water.





Sanna Payala Koora

Portulaca sp.

Place of Availability: Fields

Parts used: Leaves and Tender Stems

Season: Year Around

- First wash thoroughly with salt water and rinse in fresh water

Nutrient	Value / 100g	
Protein	1.4	g
Fat	0.4	g
Minerals	1.4	g
Fibre	1.1	g
Carbohydrate	3.6	g
Energy	24	Kcal
Calcium	124	mg
Phosphorous	25	mg
Iron	25.3	mg
Beta Carotene	2470	µg
Vitamin-C	60.16	mg



Tangedu Puvvu

Cassia auriculata

Place of Availability:

Bushy fields and Forest lands

Parts used: Flowers and Tender Leaves

Season: August - March

- First wash thoroughly with salt water and rinse in fresh water
- Flower and Leaf cool body

Nutrient	Value / 100g	
Protein	2.5	g
Fat	2.2	g
Minerals	1.3	g
Fibre	3.7	g
Carbohydrate	13.6	g
Energy	84	Kcal
Calcium	167	mg
Phosphorous	42	mg
Iron	12.7	mg
Beta Carotene	1940	µg
Vitamin-C	968.6	mg

Pippinti Aaku

Acalypha indica

Place of Availability: Fields

Parts used: Entire plants

Season: Year Around

- First wash thoroughly with salt water and rinse in fresh water
- The leaf curry helps digestion and prevents Constipation
- Leaf juice is applied on areas affected by scabies and other skin diseases.
- The application of fresh leaf juice reduces pain from scorpion bite.



Nutrient	Value / 100g	
Protein	5.4	g
Fat	1	g
Minerals	4.4	g
Fibre	3	g
Carbohydrate	16.5	g
Energy	97	Kcal
Calcium	1342	mg
Phosphorous	152	mg
Iron	40.7	mg
Beta Carotene	4904	µg
Vitamin-C	296	mg

Bankanti kura

Corchorus olitorius

Nutrient	Value / 100g	
Protein	5	g
Fat	0.8	g
Minerals	3.7	g
Fibre	2.8	g
Carbohydrate	15.2	g
Energy	88	Kcal
Calcium	366	mg
Phosphorous	77	mg
Iron	15.4	mg
Beta Carotene	7019	µg
Vitamin-C	151.2	mg

Place of Availability: Fields

Parts used: Entire plants

Season: Rainy season

- First wash thoroughly with salt water and rinse in fresh water.



Yennadri

Commelina benghalensis

Place of Availability: Fields

Parts used: Leaf and flowers

Season: Year Around

- First wash thoroughly with salt water and rinse in fresh water



Nutrient	Value / 100g	
Protein	2.3	g
Fat	0.4	g
Minerals	2.4	g
Fibre	1.9	g
Carbohydrate	5.6	g
Energy	35	Kcal
Calcium	243	mg
Phosphorous	44	mg
Iron	17	mg
Beta Carotene	4165	µg
Vitamin-C	123.6	mg

Uthareni

Achyranthes aspera

Place of Availability: Fields

Parts used: Leaf

Season: Year Around

- First wash thoroughly with salt water and rinse in freshwater
- Highly medicinal and considered auspicious.
- Brushing with roots heals gum diseases and gives shine to teeth.



Nutrient	Value / 100g	
Protein	3.3	g
Fat	0.3	g
Minerals	3.5	g
Fibre	3.3	g
Carbohydrate	8.3	g
Energy	49	Kcal
Calcium	417	mg
Phosphorous	68	mg
Iron	12.5	mg
Beta Carotene	5311	µg
Vitamin-C	94.56	mg

Gunugu

Celosia argentia

Place of Availability: Fields

Parts used: Leaf

Season: Winter Season

- First wash thoroughly with salt water and rinse in fresh water
- Very delicious in combination with ragi sangati



Nutrient	Value / 100g	
Protein	e	g
Fat	0.3	g
Minerals	3	g
Fibre	2.1	g
Carbohydrate	7.6	g
Energy	49	Kcal
Calcium	398	mg
Phosphorous	78	mg
Iron	20.9	mg
Beta Carotene	3967	µg
Vitamin-C	125.45	mg

Nela Tangedu

Cassia tora

Nutrient	Value / 100g	
Protein	6.8	g
Fat	0.7	g
Minerals	3.7	g
Fibre	2.7	g
Carbohydrate	13.4	g
Energy	87	Kcal
Calcium	869	mg
Phosphorous	108	mg
Iron	9.7	mg
Beta Carotene	10418	µg
Vitamin-C	225.01	mg

Place of Availability: Fields

Parts used: Tender Leaf

Season: Year Around

- First wash thoroughly with salt water and rinse in fresh water.





Angi Bingi

Bascila sp

Nutrient	Value / 100g	
Protein	6.2	g
Fat	1.1	g
Minerals	4.7	g
Fibre	2.1	g
Carbohydrate	10	g
Energy	75	Kcal
Calcium	554	mg
Phosphorous	112	mg
Iron	16.7	mg
Beta Carotene	9344	µg
Vitamin-C	239.87	mg

Place of Availability: Fields

Parts used: Tender Leaf

Season: Year Around

- First wash thoroughly with salt water and rinse in fresh water.
- Cooked in combination with utthareni

Nutrient	Value / 100g	
Protein	3	g
Fat	2.6	g
Minerals	5.2	g
Fibre	4.2	g
Carbohydrate	24.1	g
Energy	132	Kcal
Calcium	767	mg
Phosphorous	91	mg
Iron	59.4	mg
Beta Carotene	9404	µg
Vitamin-C	1045.5	mg

Nela Usiri

Phyllanthus niruri

Place of Availability: Fields

Parts used: Leaf

Season: Year Around

- First wash thoroughly with salt water and rinse in freshwater
- Valuable cure for jaundice.
- Consumption of fresh leaf with jaggery prevents constipation.
- If consumed regularly cures urinary problems.



Thummi chettu

Leucas aspera



Place of Availability: Fields

Parts used: Leaf

Season: Rainy Season

- First wash thoroughly with salt water and rinse in fresh water
- Juice of the leaf helps quick healing of wounds.
- Application of fresh leaf juice reduces itching.

Nutrient	Value / 100g	
Protein	3.7	g
Fat	1.2	g
Minerals	4.3	g
Fibre	4.5	g
Carbohydrate	21.2	g
Energy	110	Kcal
Calcium	719	mg
Phosphorous	46	mg
Iron	81.6	mg
Beta Carotene	7020	µg
Vitamin-C	174.96	mg

Nalla Kasha

Solanum nigrum

Nutrient	Value / 100g	
Protein	4.6	g
Fat	1.7	g
Minerals	2.8	g
Fibre	2.4	g
Carbohydrate	7.1	g
Energy	62	Kcal
Calcium	367	mg
Phosphorous	79	mg
Iron	71	mg
Beta Carotene	13919	µg
Vitamin-C	257.7	mg

Place of Availability: Fields

Parts used: Leaf and Fruits

Season: Year Around

- First wash thoroughly with salt water and rinse in fresh water.
- Prevent night blindness.





Doosari

Cocculus hirsutus

Place of Availability: Fields

Parts used: Tender Leaf

Season: Year Around

- First wash thoroughly with salt water and rinse in fresh water.
- During hot summer, the juice of leaf is extracted and allowed to set for a while. The resultant (It set like curd) Jelly is mixed with sugar and consumed in little quantities for cooling the body. Effect is felt immediately

Nutrient	Value / 100g	
Protein	9.1	g
Fat	1.9	g
Minerals	3.2	g
Fibre	7.6	g
Carbohydrate	33.8	g
Energy	189	Kcal
Calcium	1152	mg
Phosphorous	107	mg
Iron	10.7	mg
Beta carotene	4305	µg
Vitamin-C	232.17	mg

Nutrient	Value / 100g	
Protein	4.4	g
Fat	1.4	g
Minerals	1.6	g
Fibre	3.3	g
Carbohydrate	16.3	g
Energy	95	Kcal
Calcium	184.6	mg
Phosphorous	94.1	mg
Iron	10.6	mg

Rela puvvu

Cassia fistula

Place of Availability:

Fields and Forests

Parts used: Flowers

Season: Summer

- First wash thoroughly with salt water and rinse in freshwater



Adavi pulla koora

Oxalis corniculata



Place of Availability: Fields

Parts used: Leaf

Season: Year Around

- First wash thoroughly with salt water and rinse in fresh water

Nutrient	Value / 100g	
Protein	6	g
Fat	2.5	g
Minerals	4	g
Fibre	4.1	g
Carbohydrate	10.8	g
Energy	90	Kcal
Calcium	331	mg
Phosphorous	98	mg
Iron	139	mg
Beta Carotene	11380	µg
Vitamin-C	249.59	mg

Gabbetaaku

Cleome gynandra

Nutrient	Value / 100g	
Protein	14.2	g
Fat	2.7	g
Minerals	9.1	g
Fibre	3.5	g
Carbohydrate	19.9	g
Energy	161	Kcal
Calcium	2245	mg
Phosphorous	235	mg
Iron	212.9	mg
Beta Carotene	111.83	µg
Vitamin-C	106.23	mg

Place of Availability: Fields

Parts used: Leaf

Season: Rainy Season

- First wash thoroughly with salt water and rinse in freshwater
- White flowered plant is especially healing.
- The leaf juice is applied to paralyzed body parts to get back sensation
- Munching on small quantities of fresh leaf reduces ear pain.
- Fresh leaf juice relieves joint pains.





Tella garjara

Tella garjara

Place of Availability: Fields

Parts used: Leaf

Season: Year Around

- First wash thoroughly with salt water and rinse in freshwater
- Helps to treat Jaundice treatment
- Increases appetite
- Helps in smooth urination
- Decoction of roots helps the body system
- Consumption of this curry keeps in good health.

Nutrient	Value / 100g	
Protein	2.9	g
Fat	0.4	g
Minerals	3.8	g
Fibre	1.9	g
Carbohydrate	5.8	g
Energy	38	Kcal
Calcium	219	mg
Phosphorous	45	mg
Iron	20.7	mg
Beta Carotene	6112	µg
Vitamin-C	88.58	mg

Nutrient	Value / 100g	
Protein	3	g
Fat	0.3	g
Minerals	3.6	g
Fibre	1.1	g
Carbohydrate	7	g
Energy	43	Kcal
Calcium	800	mg
Phosphorous	50	mg
Iron	22.9	mg
Carotene	3560	µg
Vitamin-C	33	mg

Mulla Doggali

Amarantus spinosus

Place of Availability: Fields

Parts used: Leaf

Season: Year Around

- First wash thoroughly with salt water and rinse in freshwater



Payala Koora

Portulaca oleracea



Place of Availability: Fields

Parts used: Leaf

Season: Year Around

- First wash thoroughly with salt water and rinse in fresh water
- Cools the body
- Helps in smooth urination.

Nutrient	Value / 100g	
Protein	2.4	g
Fat	0.6	g
Minerals	2.3	g
Fibre	1.3	g
Carbohydrate	2.9	g
Energy	27	Kcal
Calcium	111	mg
Phosphorous	45	mg
Iron	14.8	mg
Carotene	2,292	µg
Thiamine	0.1	mg
Riboflavin	0.22	mg
Niacin	0.7	mg
Vitamin-C	29	mg

Ulli Poraka

Allium cepa

Nutrient	Value / 100g	
Protein	0.9	g
Fat	0.2	g
Minerals	0.8	g
Fibre	1.6	g
Carbohydrate	8.9	g
Energy	41	Kcal
Calcium	50	mg
Phosphorous	50	mg
Iron	7.43	mg
Carotene	595	µg
Riboflavin	0.03	mg
Niacin	0.3	mg
Vitamin-C	17	mg

Place of Availability: Fields

Parts used: Leaf

Season: Kharif

- First wash thoroughly with salt water and rinse in freshwater





Mullangi

Raphanus sativus

Place of Availability: Fields

Parts used: Leaf and Tubers

Season: Year Around

- First wash thoroughly with salt water and rinse in freshwater

Nutrient	Value / 100g	
Protein	3.8	g
Fat	0.4	g
Minerals	1.6	g
Fibre	1	g
Carbohydrate	2.4	g
Energy	28	Kcal
Calcium	265	mg
Phosphorous	59	mg
Iron	0.09	mg
Beta Carotene	2,200	µg
Riboflavin	0.18	mg
Niacin	0.8	mg
Vitamin-C	81	mg

Nutrient	Value / 100g	
Protein	2.4	g
Fat	0.4	g
Fibre	6.1	g
Carbohydrates	10.7	g
Energy	73.4	Kcal
Calcium	104	mg
Phosphorous	70	mg
Iron	4.6	mg
Beta Carotene	390	µg
Vitamin-C	4	g

Usthi Kayalu

Solanum torvum

Place of Availability: Fields

Parts used: Fruits

Season: Winter and Rainy

- First wash thoroughly with salt water and rinse in freshwater



Nalleru

Cissus quadrangularis

Place of Availability: Fields

Parts used: Tender Stems

Season: Year Around

- First wash thoroughly with salt water and rinse in fresh water.



Nutrient	Value / 100g	
Protein	7.5	g
Fat	3.33	g
Fibre	5.97	g
Carbohydrates	68.89	g
Energy	275.56	Kcal
Calcium	39.5	mg
Pottasium	67.5	mg
Iron	7.5	mg
Beta Carotene	390	µg
Vitamin-C	4	g
Zinc	3	mg
Sodium	22.5	mg

Konda pindaaku

Aerva lanata

Nutrient	Value / 100g	
Protein	22.6	g
Fat	3.33	g
Fibre	2.65	g
Carbohydrates	26.6	g
Energy	106.4	Kcal
Calcium	51.7	mg
Phosphorous	187	mg
Iron	11	mg
Beta Carotene	34.14	µg
Zinc	44.7	mg
Sodium	39.4	mg

Place of Availability: Fields

Parts used: Leaf

Season: Year Around

- First wash thoroughly with salt water and rinse in freshwater.



Gorru Konkadi

Diplazium esculentum



Nutrient	Value / 100g	
Protein	25.39	g
Fat	0.2	g
Fibre	38.32	g
Carbohydrates	59.62	g
Energy	324.13	Kcal
Iron	10.71	mg
Phosphorous	98.4	mg
Vitamin-C	46	mg

Place of Availability: Forests

Parts used: Leaf

Season: Rainy Season

- First wash thoroughly with salt water and rinse in freshwater

Nutrient	Value / 100g	
Protein	2.12	g
Fibre	3.71	g
Carbohydrates	2.81	g
Energy	214.6	Kcal
Calcium	108	mg
Beta Carotene	77.9	µg
Vitamin-C	45.1	mg

Yerra Badhaku

Plantago arenaria

Place of Availability: Fields

Parts used: Fruits

Season: Year Around

- First wash thoroughly with salt water and rinse in freshwater



Thota Koora Kada

Amaranthus gangeticus

- A common plant found in fields and sold in local markets
- Tender stem and leaf is edible and available year round.
- First wash thoroughly with salt water and rinse in fresh water



Nutrient	Value / 100g	
Energy	45	Kcal
Protein	4	g
Fat	0.5	g
Crude fibre	1	g
Calcium	397	mg
Phosphorous	83	mg
Iron	3.5	mg
Vitamin C	99	mg
B carotene	8340	µg
Carbohydrates	6.1	g
Folate	149	mg
Minerals	1.8	g

Chirraaku

Amaranthus tristis

Nutrient	Value / 100g	
Energy	44	Kcal
Protein	2.8	g
Fat	0.4	g
Calcium	364	mg
Phosphorous	52	mg
Iron	38.5	mg
Carbohydrates	7.4	g
Minerals	2.4	g

- A common plant found in fields and in our markets
- Tender leaf is edible and available year around.
- First wash thoroughly with salt water and rinse in fresh water.





Doggali kura

Amaranthus viridis

- A common plant found in fields and in our markets
- Tender leaf is edible and available year around.
- First wash thoroughly with salt water and rinse in fresh water.

Nutrient	Value / 100g	
Energy	38	Kcal
Protein	5.2	g
Fat	0.3	g
Crude fibre	6.1	g
Calcium	330	mg
Phosporous	52	mg
Iron	18.7	mg
Vitamin C	179	mg
B carotene	7160	µg
Carbohydrates	3.8	g
Minerals	2.8	g

Nutrient	Value / 100g	
Energy	97	Kcal
Protein	7	g
Fat	1.4	g
Crude fibre	2	g
Calcium	340	mg
Phosphorous	120	mg
Iron	23.8	mg
Carbohydrates	14.1	g
Minerals	2.1	g

Senagaaku

Cicer arietinum

- Chick pea is a common Rabi crop
- The tender leaf is collected while weeding the fields.
- Pruning helps fresh growth
- Wash thoroughly before cooking.
- The leaf can be shade-dried and preserved for use in off season.



Gorumadi

Encostemma hyssopifolium

- A common plant found in fields and near water bodies
- Tender leaf is edible and available year around.
- First wash thoroughly with salt water and rinse in fresh water.



Nutrient	Value / 100g	
Energy	140	Kcal
Protein	7	g
Fat	0.7	g
Crude fibre	4.2	g
Calcium	1641	mg
Phosphorous	81	mg
Iron	49.9	mg
Copper	0.6	mg
Magnesium	384	mg
Manganese	10.1	mg
Zinc	1.4	mg
Vitamin C	441.72	mg
B carotene	5739	µg
Carbohydrates	26.5	g
Minerals	8.4	g

Kasivinda

Cassia occidentalis

Nutrient	Value / 100g	
Energy	109	Kcal
Protein	8.5	g
Fat	1.3	g
Crude fibre	3.3	g
Calcium	882	mg
Phosphorous	125	mg
Iron	10.7	mg
Vitamin C	260.85	mg
B carotene	9029	µg
Carbohydrates	15.9	g
Minerals	3.6	g

- A common plant found in fields
- Leaf is edible and available year around.
- First wash thoroughly with salt water and rinse in fresh water.





Adavimentham kura

Trigonella sps

- A common plant found in fields .
- Leaf is edible.
- First wash thoroughly with salt water and rinse in fresh water.

Nutrient	Value / 100g	
Energy	92	Kcal
Protein	2.7	g
Fat	1.9	g
Crude fibre	3.4	g
Calcium	171	mg
Phosphorous	33	mg
Iron	34.9	mg
Copper	0.2	mg
Magnesium	84	mg
Manganese	1.7	mg
Zinc	0.8	mg
Vitamin C	260.12	mg
B carotene	2957	µg
Carbohydrates	16	g
Minerals	1.6	g

Nutrient	Value / 100g	
Energy	53	Kcal
Protein	4.6	g
Fat	0.7	g
Crude fibre	2.2	g
Calcium	535	mg
Phosphorous	41	mg
Iron	11.2	mg
Copper	0.2	mg
Magnesium	122	mg
Manganese	3.1	mg
Zinc	0.3	mg
Vitamin C	110.18	mg
B carotene	54.34	µg
Carbohydrates	7.1	g
Minerals	4.6	g

Adavi Punnaganti

Alternanthera lenella

- A common plant found in fields
- Tender leaf before flowering, is edible
- First wash thoroughly with salt water and rinse in fresh water.



Yeluka chavulaaku

Merremia emarginata

- A common plant found in fields.
- Leaf is edible and available in black soils and in garlic fields
- First wash thoroughly with salt water and rinse in fresh water.



Nutrient	Value / 100g	
Energy	202	Kcal
Protein	14.3	g
Fat	1.5	g
Crude fibre	5.4	g
Calcium	1350	mg
Phosphorous	166	mg
Iron	97	mg
Copper	0.9	mg
Magnesium	479	mg
Manganese	70	mg
Zinc	1.7	mg
Vitamin C	111.8	mg
B carotene	1288.2	µg
Carbohydrates	32.8	g
Minerals	6	g

Putta godugulu

Agaricus bisporus

Nutrient	Value / 100g	
Energy	115	Kcal
Protein	3.6	g
Fat	0.42	g
Crude fibre	0.35	g
Calcium	3	mg
Phosphorous	135	mg
Iron	0.4	mg
Magnesium	13	mg
Manganese	0.067	mg
Zinc	0.65	mg

- They can be found growing in the wild, or they can be cultivated in farms and greenhouses.
- Can be eaten raw, cooked, or used as an ingredient in soups, sauces, and other dishes.
- Entire Mushrooms were edible
- First wash thoroughly with salt water and rinse in fresh water.





Gummadi chiguru

Cucurbita maxima

- A common plant found in fields and near Houses
- Tender leaf is edible and available year around.
- First wash thoroughly with salt water and rinse in fresh water
- They are high in Vitamin- A, C, E, B2, and K that are a boon for healthy hair, teeth, bones, and skin.

Nutrient	Value / 100g	
Energy	185	Kcal
Protein	4.2	g
Fat	0.74	g
Crude fibre	0.69	g
Calcium	271	mg
Phosphorous	56.09	mg
Iron	0.5	mg
Copper	0.29	mg
Magnesium	26.98	mg
Manganese	0.25	mg
Zinc	0.14	mg
Vitamin C	0.71	mg
B carotene	1455	µg
Carbohydrates	2.41	g
Folate	17.75	mg

Nutrient	Value / 100g	
Energy	127	Kcal
Protein	3.5	g
Fat	0.51	g
Crude fibre	0.87	g
Calcium	191	mg
Phosphorous	71.60	mg
Iron	2.8	mg
Copper	0.24	mg
Magnesium	51.6	mg
Manganese	0.41	mg
Zinc	0.6	mg
Vitamin C	70	mg
B carotene	2619	µg
Folate	12	mq

Aavaaku

Brassica nigra

- A common plant found in fields.
- Leaf is edible and available in ground-nut fields during rabi season.
- First wash thoroughly with salt water and rinse in fresh water.



Chandrakantha gadda

Mirabilis jalapa

- Common ornamental plant
- Flowers blossom in the evening
- Leaf of plant with white flowers is edible
- The root is also edible it is tasty and contains high amounts of Vitamin – C.



Nutrient	Value / 100g	
Energy	191	Kcal
Protein	3.00	g
Fat	0.4	g
Crude fibre	3.5	g
Calcium	1838	mg
Phosphorous	110	mg
Iron	7.3	mg
Copper	0.3	mg
Magnesium	1.0	mg
Manganese	121.2	mg
Zinc	2.2	mg
Vitamin-C	391.16	mg
B carotene	14891	µg

Tadaka dobbu

Merremia tridentata var.hastata

Nutrient	Value / 100g	
Energy	196	Kcal
Protein	12.5	g
Fat	3.9	g
Crude fibre	5.3	g
Calcium	556	mg
Phosphorous	140	mg
Iron	49.1	mg
Copper	0.7	mg
Magnesium	250	mg
Manganese	42	mg
Zinc	1.6	mg
Vitamin C	123.5	mg
B carotene	7779	µg
Carbohydrates	27.8	g
Minerals	5.9	g

- A common creeper found in fields.
- Tender leaf is edible and available year around.
- First wash thoroughly with salt water and rinse in fresh water.





Chenchali / jonna chenchali

Digera muricata

- A common plant found in fields.
- Entire plant is edible and is available in rainy season.
- First wash thoroughly with salt water and rinse in fresh water.

Nutrient	Value / 100g	
Energy	183	Kcal
Protein	9.3	g
Fat	1.6	g
Crude fibre	8.8	g
Calcium	3237	mg
Phosphorous	154	mg
Iron	111.3	mg
Copper	0.7	mg
Magnesium	520	mg
Manganese	21.3	mg
Zinc	2.7	mg
B carotene	6.9	µg

Nutrient	Value / 100g	
Energy	68	Kcal
Protein	1.3	g
Fat	0.35	g
Crude fibre	0.49	g
Calcium	10	mg
Phosphorous	39.6	mg
Iron	0.3	mg
Copper	0.1	mg
Magnesium	8.2	mg
Manganese	0.4	mg
Zinc	0.37	mg
B carotene	11.6	µg

Koridi/Veduru kommulu

Bambusa vulgaris

- The use of bamboo as food in India is mainly restricted to Northeastern part of the country.
- Communities take fresh or fermented bamboo shoot as one of most preferred traditional food items.
- Bamboo shoots have good amount of thiamine, niacin, vitamin A, vitamin B6, and vitamin E





COMPENDIUM OF UNCULTIVATED GREENS



Shankupushpi

Clitoria ternatea



