

Mainstreaming Underexploited and Neglected Ethnic Food Crops of Darjeeling and Sikkim Himalaya- Need, Challenges and Way Forward

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ABSTRACT

Underexploited crops are considered important because of their ability to go into production year-round with smaller inputs that show some benefits than larger crops. However, in the manufacturing sector, its importance remains largely ignored due to the distribution of local restrictions, low retail sales, and inadequate policy interventions. These crops provide an excellent source of low-cost energy in combination with high biodiversity and the ability to perform better under changing climatic conditions. Therefore, in times of food shortages, people from urban and rural communities rely heavily on collecting these crops in their natural habitats. Therefore, the increased use and availability of neglected plants has the potential to enhance food security and food security, overcome the challenges of malnutrition, sustainable crop segregation without income and performance. Therefore, an effort has been made to provide an overview of the introduction of unused and neglected ethnic food crops to take advantage of this opportunity and to inform farmers / consumers living in remote and hilly areas of the region.

Keywords: Underexploited, Neglected, Crops, Ethnic, Ethnobotanical, Challenges.

INTRODUCTION

The Eastern Indian Himalayan has been identified as one of the 25 tropical regions of the world in diversity due to the presence of various natural habitats, viz., Sub-tropical, temperate, sub-alpine and alpine. The region exhibits more diversity in its plant species than any other region in the Indian subcontinent, and is considered the origin of a large number

of plants (Vavilov, 1950). There is an urgent need to test for underutilized food crops in the region to find a future product for food and nutrition. They have a wide range of ability to penetrate year-round production with a number of nutritious foods and great potential to tolerate biotic and abiotic stress (Massawe et al., 2015).

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By adapting well to areas that are often set aside, they form an integral part of the local diet of communities that provide essential nutrients, which are often lacking in basic crops (Jain et al., 2013). It can deal with severe shortages and malnutrition in poor rural communities and participate in risky circles of underdevelopment, damaging already vulnerable groups. The Food and Agriculture Organization has defined food security as reliable access to adequate and nutritious food that meets the nutritional needs and preferences of all, at all times a healthy lifestyle (FAO, 2001).

Many underutilized and neglected plants were once widely grown in their natural habitats or diversity centers by traditional farmers but today they are no longer used because they are somewhat competitive when most of the world races are at the level of modern high-yielding varieties. Dansi et al. (2012), however, argued that the potential for food crops in many countries was not fully utilized and, therefore, was not widely used. In line with this, traditional knowledge associated with the cultivation, identification, use and conservation of crops also emerges as a result of the changing social values and the participation of the new generation in the collection and processing of such ethnic crops. At present, plants become extinct 350 times more than the average during the study period, that is, 300 years. If we continue to ignore the value of underutilized plants and their integrity, this can lead to disastrous consequences, and relationships between plants, insects, and other species can be broken. The term for the purposes of this review is used to refer to both neglected and completely underutilized plant species. These crops include varieties that are not yet classified as large plants, which have little research and currently meet low consumption and consumption (Azam-Ali, 2010). This paper aims to list the unused and neglected food crops of Darjeeling and Sikkim Himalayas and its economic significance that requires an hour that requires special attention among people.

INTIMIDATION TO GENETIC DIVERSITY

Due to high demand and excessive harvesting, these unused crops can be endangered because they are collected in their natural wetlands instead of deliberately trying to cultivate them permanently as plants in their fields or in their home gardens (Joshi et al., 2007). Another factor is human pressure, excessive use of gasoline and gasoline, strong farming methods, the introduction of rare and highly productive varieties where ethnic food crops are treated as weeds. Tribal crops are very specific locally, so it is difficult to cultivate and trade (Weinberger & Msuya, 2004). As a result of the Green Revolution, many of those local and diversity of plant species have been replaced by high-yielding plant varieties developed by modern breeding systems. Traditional plants often do not meet modern standards of similarity with other factors as they are ignored by breeders of private and public organizations (Stamp et al., 2012). Instead of creating a strong and dynamic production system of the earth and wild cultivated species they are exploited by genes that provide increased biotic resistance, tolerance of abiotic pressure, yield and quality (Frison et al., 2011 & Jackson et al., 2007). The use of unused plants provides greater genetic diversity, and can improve food safety (Chivenge et al., 2015).

DOMESTICATION AND CONSERVATION

These underutilized crops make an important source of dam for future crop development in beneficial aspects such as nutrition and abiotic and biotic stress tolerance (Castaneda-Alvarez et al., 2016). Local communities that are familiar with indigenous food plants and their use should empower them economically so that they can participate in the conservation of these plants. Rural women and traditional communities capture and store information on site and season collections, preservation, processing, and cooking use of these plants can play a significant role in the preservation and marketing of indigenous vegetables (Joshi et al., 2007). At the same time adding these vegetables to a regular diet can be vegetables,

fruits or cucumbers / acids can be very helpful in improving health and nutrition, health, food security, and environmental sustainability because if they are not eaten it will be the first step towards extinction.

RESEARCH GAP ON UNDEREXPLOITED CROPS

Intensive research based on its climatic needs, farming strategies, nutrition and treatment, incidence and disease outbreaks, and consultation with farmers can be of great help in the conservation of rare and endangered

plant species. Preliminary research by Mabhaudhi et al. (2017) suggested that this barrier can be overcome by identifying a few underutilized plants with useful properties such as drought and heat tolerance and nutrient density. Although these crops have many beneficial properties, they tend to degrade, making them unpopular with farmers and development workers (Nelson et al., 2004). Increased yields on large crops are mainly focused on breeding programs and biotechnology.

Table 1: List of underexploited and neglected food crops of Darjeeling and Sikkim Himalaya

Sl. No	English Name	Local Name	Scientific name	Family	Morphology	Ethnobotanical importance
LEAFY VEGETABLES						
I. 1.	Water cress	Simrayo	<i>Nasturtium officinale</i>	Cruciferae	Herb	Leaves are cooked and preferred as a side dish. Its soups are traditionally famous for <i>momo</i> and <i>thukpa</i> . Leaves are found to contain several phenolic compounds that have anti-cancer and anti-tuberculosis properties and are also effective against high blood pressure.
II. 2.	Stinging nettle	Sisnoo	<i>Urtica dioica</i>	Urticaceae	Shrub	Cooked leaves are served during the festival, marriage, and have also entered into the food menu of restaurants in the hills. Root and seed decoction is taken to treat diarrhoea and cough.
III. 3.	Vegetable fern	Chipleo ningro	<i>Diplazium esculentum</i>	Athyraceae	Herb	Young fronds are used as vegetables (from the scrolled tip to about 18 cm towards the base).
IV.	Snail fern	Kali ningro	<i>Diplazium polypodioides</i>	Athyraceae	Herb	It is most expensive than any other fern, tastes like meat when cooked. Dry root ground with guava barks is a folk medicine to treat diarrhoea (<i>masi</i>).
V.	Wood fern	Dante ningro	<i>Dryopteris cochleata</i>	Dryopteridaceae	Herb	Used as vegetables and pickle.
VI. 4.	Pig weed	Lattee saag	<i>Amaranthus viridis</i>	Amaranthaceae	Herb	Leaf and shoot are cooked and eaten as a side dish. It also ameliorates the symptoms of diarrhoea and dysentery.
VII. 5.	Lamb's quarters	Bethu Saag	<i>Chenopodium album</i>	Chenopodiaceae	Herb	Cooked and eaten as a side dish either with potato or meat. It is used to cure piles intestinal ulcers and burns.
VIII.	Chameleon plant	Hilay jhar	<i>Hottuyia cordata</i>	Saururaceae	Herb	Either cooked as a vegetable or used for garnishing dishes. It has an aromatic smell that has long been used to treat pneumonia, hypertension, and reduction of heat and diuretic action.
IX.	Buck wheat	Mithe Phapar	<i>Fagopyrum esculentum</i>	Polygonaceae	Herb	The leaves are cooked and consumed as a vegetable. It improves heart health and promote weight loss.
X.	Garlic chives	Dung dung saag	<i>Allium tuberosum</i>	Liliaceae	Herb	The plant is eaten as vegetable and is believed to aid in indigestion, diarrhoea and in cleaning the digestive tract.
XI.	Leaf mustard/Mustard greens	Rayo ssag	<i>Brassica juncea</i>	Brassicaceae	Herb	It is one of the most consumed green vegetables among hill communities. As the mustard plants mature, it starts to form flowering shoots which are locally known as <i>diku</i> which is also consumed as a vegetable.
XII.	Macroponax	Chindey	<i>Macroponax undulatus</i>	Araliaceae	Shrub	Young twigs are pan dried and eaten as vegetable. It is believed to cure kidney stones.
XIII.	Knot weed	Thotney	<i>Polygonum molle</i>	Polygonaceae	Herb	Young shoots consumed as vegetable and is also prescribed in diarrhoeas. This species is highly important for soil stabilization.
XIV.	Indrayan	Indreni	<i>Trichosanthes tricuspidata</i>	Cucurbitaceae	Annual Vines	Tender shoots are cooked as vegetable and roasted seeds are consumed or used to make pickle.
XV.	Polycephalum weed	Gagleto/Saili sag	<i>Elatostema platyphyllum</i>	Urticaceae	Herb	Young shoots and leaves are valued as delicacy vegetable eaten as an appetizer, and specially eaten during religious ceremonies. <i>Limboo</i> community mainly preserves it.
XVI.	Kumarika	Kukurdaina	<i>Smilax zeylanica</i>	Smilacaceae	Climber	It helps to control blood sugar level, beneficial for diabetic and ulcer patients.
FLOWER VEGETABLES						
I. 6.	Mountain ebony	Koiralo	<i>Bauhinia variegata</i>	Fabaceae	Tree	Flowers are boiled and eaten as vegetable. It helps to control blood pressure.
II.	Indian trumpet flower	Totola	<i>Oroxylum indicum</i>	Bignoniaceae	Tree	The flower is boiled, oil fried, and eaten as a vegetable which is bitter in taste. Various parts of the plant are used in Ayurveda and folk medicine for the treatment of different ailments such as cancer,

						diarrhoea, fever, ulcer, and jaundice.
III.	Red Nongmangkha	Titay	<i>Phlogacanthus thrysiflorus</i>	Acanthaceae	Shrub	The red flowers are boiled, fried in oil and is consumed by the ethnic people of hills. Flowers are an antidote to pox, it has also been used in jaundice. For the control of RKN, <i>Meloidogyne incognita</i> (Mohilal and Dhanachand, 2003) found that <i>P. thrysiflorus</i> as a potential nematocide.
IV. 7.	Nakima	Nakima	<i>Tupistra nutans</i>	Liliaceae	Perennial herb	The inflorescence is eaten as a vegetable and pickle. Powdered root and flower decoction are taken to control diabetes.
V.	Banana	Ban kera	<i>Musa sikkimensis</i>	Musaceae	Herb	Ripe fruits are edible and flower buds are used as vegetables and also boiled and make <i>achaar</i> . Flower buds are a good source of minerals and iron, taken to control diarrhoea and also advised to take in anaemia.
TUBER CROPS						
I.	Tapioca	Simmal Tarul	<i>Manihot esculenta</i>	Euphorbiaceae	Shrub	People of the hills especially consume the boiled tuber during the <i>Makar Sankranti</i> festival. Tubers are fortified with iron and copper which is essential for blood health.
II. 7.	Greater Yam	Ghar Tarul	<i>Dioscorea alata</i>	Dioscoraceae	Perennial vine	Its tuber has good digestive fibre which keeps stomach and digestion problems away.
III. 8.	Wild Yam	Ban Tarul	<i>Dioscorea hamiltonii</i>	Dioscoraceae	Perennial vine	<i>Makar Sankranti</i> is a harvest festival where ethnic people of hills start their day by putting tika on in their forehead with the crushed paste of <i>D. bulbifera</i> .
IV.	Taro	Pindalu	<i>Colocasia esculenta</i>	Araceae	Herb	They are boiled and served with <i>achaar</i> . The corm is a good source of starch.
V.	Aerial Yam	Githaa	<i>Dioscorea bulbifera</i>	Araceae	Perennial vine	Matured tuber and fruits are boiled in water and consumed. Good source of carbohydrate and good for stomach troubles
VI.	Nepal Yam	Bhyakur	<i>Dioscorea deltoidea</i>	Araceae	Perennial vine	Should be overnight boiled in warm water and the next morning it is washed in running water and consumed. Good source of carbohydrates.
VII.	Voodoo lily	Gurbay	<i>Amorphophallus konjac</i>	Araceae	Perennial	Its leaf stalks and corms are edible.
FRUIT VEGETABLES						
I.	Indain Nightshade	Junglee Bee	<i>Solanum indicum</i>	Solanaceae	Shrub	The ripe fruit is used as <i>achaar</i> or oil-fried which is bitter. Its fruits are crushed and applied in the forehead to cure fever and headache.
II.	African eggplant	Bee	<i>Solanum macrocarpon</i>	Solanaceae	Shrub	The matured fruits are sliced, oil fried, and consumed as a side dish.
III.	Spine gourd	Ban karela	<i>Momordica dioica</i>	Cucurbitaceae	Perennial climber	Fruits are used as a vegetable. The aqueous extract of fruit possesses very good anti-diabetic activity.
IV.	Chow Chow/Chayote	Iskus	<i>Sechium edule</i>	Cucurbitaceae	Perennial climber	It is a very versatile vegetable of the hills. The fruit is the most common plant part sold and eaten in the hills but the tuber, young shoot (<i>munta</i>), seeds, flowers, and leaves are all edible. The infusions of the leaves are used to dissolve kidney stones.
V.	Achocha	Chuchey Karela	<i>Cyclanthera pedata</i>	Cucurbitaceae	Herb	Young fruits are mixed with potato and oil fried. It has anti-inflammatory, hypo cholesterol emic, and hypoglycaemic properties. Cycladolol is an extract from fruit available in the market.
VI.	Pumpkin	Farsi	<i>Cucurbita moschata</i>	Cucurbitaceae	Climber	Its flowers are more nutritive than fruit. Freshly harvested flowers are either oil fried or fritters are made out from it. Young shoots (<i>munta</i>) form the best combination with potato. Its seed is roasted, grinded with salt and chilli to form <i>achaar</i> . Seeds are a rich source of fatty acid (linoleic acid).
VII.	Barlotti bean	Gheu bori	<i>Phaseolus vulgaris</i>	Leguminosae	Climber	Beans work well in salads and casseroles. It needs to be soaked in cold water before cooking.
FRUITS/SEEDS/BUDS/LEAF USED AS CHUTNEY/ACHAAR						
I.	Niger seed/Ramtila	Philunge	<i>Guizotia abyssinica</i>	Asteraceae	Herb	Seeds are roasted to form chutney/ <i>achaar</i> . It is helpful in the treatment of rheumatism, sooth, burns and other associated microbial diseases.
II.	Perilla	Silam	<i>Perilla frutescens</i>	Lamiaceae	Herb	Roasted seeds grind with salt, chilly, and tomato to make chutney, powdered seeds added while making traditional chutney/achar from potato, cucumber, radish, etc. Mature seeds are chewed to control cough.
III.	Cow Parsnip	Chimphing	<i>Heracleum wallichii</i>	Apiaceae	Herb	The dried fruits are chewed to treat influenza and sinusitis. Its seed are grinded with tomato to form <i>achaar</i> .
IV.	Indonesian Lemon pepper	Siltimur	<i>Zanthoxylum acanthopodium</i>	Rutaceae	Tree	Matured fruits are edible and consumed in the form of pickle/ <i>achaar</i> . Fruit powder paste is applied to gums to treat dental disorders. Bark and seeds are used as tonics to treat fever and bowel problems. It prefers a warm climate.
V.	Winged Prickly Ash	Bokay timur	<i>Zanthoxylum alatum</i>	Rutaceae	Tree	Bark and seed powders are used to treat fever and bowel problems. Paste prepared from fruit powder is used to treat gum and dental disorder.
VI.	Java fig	Kabra	<i>Ficus lacor</i>	Moraceae	Tree	Young buds are boiled to make pickles/ <i>achaar</i> and are effective as an appetizer, beneficial in diabetes, and useful in stomach-related disorders.
VII.	Culantro	Bhotey Dhania	<i>Eryngium foetidum</i>	Apiaceae	Herb	Its leaves are crushed with tomato which makes a delicious <i>achaar</i> . It is also used for garnishing in non-veg and veg items.

VIII.	Red cherry pepper	Dalle	<i>Capsicum annuum</i>	Solanaceae	Shrub	In hills, most households always keep a stock of fresh hot chillies at hand and use them to flavor most curries and dry dishes. Some communities in the hills make entire dishes only by using spices and red cherry pepper with a local cheese called as <i>ema datsi</i> .
IX.	Tree tomato	Rukh Tamatar	<i>Cyphomandra betacea</i>	Solanaceae	Shrub	<i>Achaar</i> prepared from the combination of <i>C. betacea</i> , and <i>C. annuum (dalle)</i> are very well famous and loved by the hills.
X.	Wild cherry tomato	Sano golo rambra	<i>Solanum pimpinellifolium</i>	Solanaceae	Shrub	Its ripe fruits are used as <i>achaar</i> which is very sour in taste. The fruits and cut into pieces, sundried, and kept to consume during the off season.
XI.	Soyabean	Bhatmas	<i>Glycine max</i>	Fabaceae	Herb	Its seeds are roasted, grinded and mixed with chops of chilli and onion to serve with local alcohol for paddy thresher as a supplement of protein.
EDIBLE FRUIT PLANTS						
i.	Nutgall Tree	Bhakimlo	<i>Rhus semialata</i>	Anacardiaceae	Tree	The ripe and dry fruit extract is mixed in water and drunk to treat diarrhoea, and dysentery. Fruit decoction ' <i>Chuk</i> ' taken to cure diarrhoea, dysentery and stomach disorders.
ii.	Chebulic Myrobalan	Harra	<i>Terminalia chebula</i>	Combretaceae	Tree	Fruit is consumed to treat asthma, tonsillitis, and pharyngitis.
iii.	Beleric myrobalan	Barra	<i>Terminalia belerica</i>	Combretaceae	Tree	The powder of dried fruits is taken for indigestion, diarrhoea, leprosy and fever.
iv.		Bhadrase	<i>Elaeocarpus sikkimensis</i>	Elaeocarpaceae	Tree	High source of Vitamin-C and minerals and considered as an appetizer.
v.	Indian butter tree	Chiuri	<i>Diploknema butyracea</i>	Sapotaceae	Tree	Ripe fruit pulp tastes like butter. Beneficial in diabetes and stomach problems.
vi.	Castanopsis nut	Katus	<i>Castanopsis hystrix</i>	Fagaceae	Tree	Its fresh nuts are consumed as fruit.
vii.	Wild Avocado	Fampha	<i>Persea fructifera</i>	Lauraceae	Tree	Raw pulp is a rich source of fat.
viii.	Neapli Hog plum	Lapsi	<i>Choerospondias axillaries</i>	Anacardiaceae	Tree	Raw fruit pulps are eaten or processed into a pickle. Good source of natural antioxidants and is also effective against blood dysentery and a good appetizer.
ix.	Tamarind	Titiri	<i>Tamarindus indica</i>	Fabaceae	Tree	Its ripened fruits are used for pickle/jam which makes a good appetizer.
x.	Wild strawberry	Bhui aisenlu	<i>Fragaria nubicola</i>	Rosaceae	Herb	Good source of minerals and ripe fruits cures anaemia and diabetes.
xi.	Golden Himalayan raspberry	Aiselu	<i>Rubus ellipticus</i>	Rosaceae	Shrub	Fruits are used to treat indigestion. Roots are used to treat stomach pain and headaches.
xii.	Soh-sang	Muslendi	<i>Elaeagnus conferta</i>	Elaeagnaceae	Shrub	It is eaten as a fruit and sometimes processed into pickle/jam. Fruits are high source of Vit-C.
xiii.	Mini wild fig	Nebara	<i>Ficus hookeriana</i>	Moraceae	Tree	It is eaten as fresh fruit and also has the potential to relieve constipation.
xiv.	Burmese grape	Kusum	<i>Baccaurea ramiflora</i>	Phyllanthaceae	Tree	Helpful in constipation and a high source of Vit-C and a good source of natural antioxidants.
xv.	Mulberry	Kimbu	<i>Morus alba</i>	Moraceae	Tree	Fruits have a protective effect against liver and kidney disorders. The plant is used for rearing silkworms.
xvi.	Fishbone fern	Pani amala	<i>Nephrolepis cordifolia</i>	Nephrolepidaceae	Shrub	Juice extract from tubers taken orally to treat indigestion, fever and cough and body pain.
xvii.	Indian gooseberry	Amala	<i>Phyllanthus emblica</i>	Phyllanthaceae	Tree	Fresh or dried fruits taken against piles, constipation, gastritis, common cold, enhance liver function.
xviii.	Rose apple	Jamuna	<i>Syzygium jambos</i>	Myrtaceae	Tree	Usually used for diabetes problems
xix.	Tetradium	Khanakpa	<i>Tetradium fraxinifolium</i>	Rutaceae	Tree	Appetizer, dried fruit powder taken with water to treat dysentery, gastritis, food poisoning, cough and cold.
xx.	Viagra Palm	Bet gera	<i>Calamus erectus</i>	Araceae	Shrub	Fruits are used as a substitute to Arecanut.
xxi.	Walnut	Okhar	<i>Juglans regia</i>	Juglandaceae	Tree	The cheapest source of fat and protein. Nuts are crushed by Nepalese community during the festival (<i>Bhai tika</i>) as a protective sign of killing demons.
xxii.	Asian Pear	Naspati	<i>Pyrus pyrifolia</i>	Rosaceae	Tree	It is a great source of dietary fiber, which helps the digestive system maintain a healthy level of good bacteria and can regulate cholesterol.
xxiii.	Peach	Aaroo	<i>Prunus persica</i>	Rosaceae	Tree	It is a good source of antioxidants and Vit-C.
xxiv.	Plum	Aroocha	<i>Prunus domestica</i>	-	-	It is believed that- A plum a day keep anxiety away.
ALCOHOLIC BEVERAGE PRODUCTS						
i.	Rhododendron alcohol	Guras ko raksi	<i>Rhododendron arboreum</i>	Ericaceae	Shrub	Petals are used to make traditional wine. Fresh or dried flower petals are a cure to dysentery, diarrhoea, throat trouble, etc.
ii.	Finger Millet alcohol	Kodo ko jaar	<i>Eleusine corocana</i>	Poaceae	Herb	A fermented acidic, alcoholic beverage prepared from finger millet which is locally known as <i>Jaar/Tongba</i> . Also, a strong drink, clear like vodka or gin is prepared by steam distillation process called <i>Raksi</i> .
iii.	Maize alcohol	Makai ko jaar	<i>Zea mays</i>	Poaceae	Herb	Traditional fermented maize dough is prepared in Himalayas which is locally called <i>Nigar/Jaar/Raksi</i> .
iv.	Rice beer	Bhatti	<i>Oryza sativa</i>	Poaceae	Herb	A clear wine made from fermented rice which has a strong and unique taste is prepared from parboiled rice which is locally known as <i>bhati jaar</i> .
EDIBLE MUSHROOM						
i.	Himalayan wild cherry	Jhari chayu	<i>Termitomyces mammiformis</i>	Lyophyllaceae	Fungus	Whitish grey to silvery shining, size 4.5-7.5 cm in diameter is an edible mushroom found near the roots of bamboo stumps. It is cooked as a vegetable which

						has body healing ability and is associated with longevity.
ii.		Kalungay chyou	<i>Termitomyces clypeatus</i>	Lyophyllaceae	Fungus	It is characterised by long stalk, its caps is usually like an umbrella. Its syrup is used for the remedy of jaundice and diarrhoeas.
iii.		Ekley cheu	<i>Termitomyces spp</i>	Lyophyllaceae	Fungus	It is found singly, very large in size. Its taste resembles bamboo shoot.
FERMENTED FOOD PRODUCTS						
i.	Fermented mustard green	Gundruk	<i>Brassica juncea</i>	Brassicaceae	Leaf	Matured leaves are wilted, shredded, crushed mildly, soaked in hot water and pressed into an earthen jar or container, made airtight and fermented naturally for about 7-10 days. It is consumed as a soup during glut season.
ii.	Fermented radish root	Sinki	<i>Raphanus sativus</i>	Brassicaceae	Root	Prepared from radish root by fermentation in pit plastered with mud and warmed by burning. <i>Sinki</i> has an acidic flavor, mostly used as soup and pickle.
iii.	Fermented soyabean	Kinema	<i>Glycine max</i>	Fabaceae	Seed	It is ammonia flavoured, alkaline-based fermented food product rich in protein. Mainly <i>Limboo</i> tribe from the hills produces, consumes, and sells it.
iv.	Bamboo shoot	Mesu	<i>Dendrocalamus hamiltonii</i>	Poaceae	Herb	Shoots are boiled to make a fermented dish called <i>mesu</i> by the people of hills which is commonly used as pickle.
v.	Soft churpi	Kamulo churpi	Cow milk			It is a fermented cow's milk product consumed as a condiment by mixing with the sliced radish or cucumber and is also mixed with meats and vegetables.

CONCLUSION

There are research spaces for resource identification, farming, and conservation where large plants have received more research attention than unused and neglected crops. Compulsory long-term research based on its adaptation to climate change and reproductive systems related to changes in morphological behavior and quality is an hour requirement. Similarly, the improved seed supply of these plants is needed to ensure that they remain competitive in the market. Research and reproduction of unused fruit and vegetable crops is less costly compared to the few main crops used.

FUTURE SCOPE

These underutilized crops have a variety of ability to enter year-round production with a number of nutritious foods and great potential to tolerate biotic and abiotic stress. They form an important source of gene pool for future plant development on beneficial factors such as healthy food value and tolerance for abiotic and biotic stress.

CONFLICT OF INTEREST

All authors declare no conflict of interest.

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