

## VALUABLE INDIGENOUS FRUIT CROPS OF NORTH EASTERN REGION OF INDIA

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### ABSTRACT

Several ethnic group such as Khasi, Garo, Monpas, Karbis, Jaintia, Naga, Kuki, Manipuri, Mizo, Chakma, Dufla, Adi, Mishng, Apatani and others are located in the various habits of North –eastern hill region of India habituated to practice “Jhumming” or shifting cultivation. Most of wild fruits are consumed in day to day diet for tribal people of the region and are often disposed off in the local markets and utilized as life sustaining diversified food base and for nutrient security for rural people round the year.

These lesser know fruits are rich in minerals like Ca, Fe, P, Mn, organic acid, vitamins and other nutrients like carbohydrates, proteins, and fats.

Tribal people used to take lesser known fruits either raw or in the form of beverages, pickles or cooked / boiled with some other diets. Some species have therapeutic values while other has commercial values such as production of tannin, timber, dye, phytochemicals, etc.

**KEYWORDS:** Production of Tannin, Timber, Dye, Phytochemicals