Title : **Nutritional Potential of Hibiscus cannabinus L. and Dioscorea bulbifera L. - Wild Edible Plants from Peth Region (District: Nashik)"**

Author(s) : K.N.Mahajan [a], S.G.Borse [b] and V.K.Mohan [c]

Institution : [a] S.N.D.T. University, Mumbai, [b] S.M.R.K.-B.K.-A.K. Mahila Mahavidyalaya, Nashik, [c] Board of Governors, I.I.F.M., Bhopal

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Introduction:

Increased population as well as urbanization is exerting pressure on land, natural resources and agriculture. Hybridization and genetic engineering in food grain and vegetable crops although benefited towards higher productivity but nutritional value might be drastically reduced. An urgent need is felt to find out the nutritional potential of selected locally available wild edible plants, which are already tested and certified and expected to meet nutritional requirements. Identification and cultivation of wild edible plants shall also help in conservation of local plant diversity along with gainful employment. Biodiversity of India includes many wild edible, nutritionally important and medicinal plants which have remained ignored for long time and hence there is urgent need to re-explore nutritionally rich edible wilds. Wild edible plants available in Peth region of Nashik District were utilized for present studies.

Methodology:

Wild plants being utilized by tribal's for food purposes were collected and documented for their uses. Field surveys were undertaken with help of tribal's and forest officials. Plants under study were authenticated by submitting samples to Botanical survey of India, Pune. Present study deals with Hibiscus cannabinus L. and Dioscorea bulbifera L. Several therapeutic properties of H. cannabinus and D. bulbifera are reported by several researchers. Plant parts were analyzed for nutritional contents like carbohydrates, Vitamins, C and E . Nutritionally important minerals like Calcium, Potassium and irons were extracted by Triple acid digestion and estimated using atomic absorption spectrophotometer. Plant parts like leaves were utilized also for acceptable recipe preparation.

Results and Conclusion:

Results revealed that the leaves of H. cannabinus are rich in Vitamin C, E and Carbohydrate as well as it is a good source of Calcium, Potassium and Iron, indicating higher nutrient density of these wild plants for nurturing human health.

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