

TRADITIONAL KNOWLEDGE AND USE OF INDIGENOUS TROPICAL FRUITS BY RURAL HOUSEHOLDS IN THE UTTARA KANNADA DISTRICT OF KARNATAKA, INDIA

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Abstract: The Uttara Kannada forests are rich in biological diversity both with respect to flora and fauna. The rural households in this district possess traditional knowledge about the use of indigenous fruits which are season specific. To gather traditional knowledge on fruit and their use, a study was conducted on consumption of these fruits by the farm households of different geographic zones across the Uttara Kannada district. An attempt was also made for documentation of recipes prepared indigenously by farm women of different regions. The results revealed that different fruit parts used in the reported recipes were unripe fruits and ripe fruit pulp, seed and fruit rind though the list is not exhaustive. Upghat region represented highest recipes (33) and coastal region was on par with the upghat region (31). Eastern plains recorded lowest number of recipes (5). Famous jackfruit dosa was reported from coastal region. The recipe for mango appe huli was not reported in eastern plains, it was however recorded from coastal and upghat region. The study concludes that coastal and upghat zones have more number of recipes compared to eastern plains, therefore these zones may be called centers of traditional knowledge on indigenous fruit trees. We also suggest that further studies are required for socio-economic and cultural linkage analysis in this region.

Keywords: Uttara Kannada, Fruit trees, Recipes, Indigenous knowledge

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