



Result and Discussion



Ferns (Nakey, Pangkey)

- *Microlepsia* species; *Pteridium revolutum* (BL.) Nakai & *Diplazium* species
- Edible part: Young fronds used as common vegetables
- How to eat: Remove hairs, slice it & cook with any meat or stir-fry with chili. Cleaned, sliced and chopped pieces are also cooked with chili & cheese – Gravy type. Straining before cooking is optional





Result and Discussion



Houttuynia cordata Thunb. (Gaycho)



- Edible parts: Tender leaves & roots
- How to eat: Increases appetite, cut into pieces and make it into chutneys with chili, onion, garlic, ginger & salt. It is also eaten as salad with chili sauce





Result and Discussion



Nasturium officinale (Sim Rayo, Water cress)

- Edible parts:
Leaves and stem
as vegetable and
salad
- How to eat: Fry as
any other leafy
vegetables





Pogostemon amaranthoides (Namna)



- Edible parts: Leaves and young stem
- How to eat: It makes dishes hot, it goes very well with potatoes, cut into pieces and cook with little chili, onion, cheese and oil/butter.– Soup type





Phytolacca acinosa Roxb. (Tashi gangha/Jaringo)



- Edible parts: Tender leaves and shoot tips
- How to eat: Cut into pieces and cook with meat (optional), chili & cheese. It can be stir-fried as well.



Thlaspi arvense L. (Gekha)

- Edible parts: Leaves and stem
- How to eat: Cut into pieces, boil, strain (optional) and cook with meat (optional), chili & cheese. It can be stir-fried as well.





Result and Discussion



Girardianan palmate (Zocha)

- Edible parts: Inflorescence & tender shoots
- How to eat: Cook with garlic, ginger, chili, zanthoxylum and salt to make it into thick soup.



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Horticulture Division



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Conclusion



- A wide range of EWPs can be found in Bhutan.
- EWPs play a very important role to the farmers of Bhutan traditionally and economically.
- They are collected for self-consumption as well as for sale.
- EWPs directly contributes to household food & nutrition security by providing direct access to diversity of nutritionally-rich & pesticide free foods, that can be collected, prepared & fed to family members on a daily basis.
- Also used as fall-back food provision during seasonal lean periods.
- Farmers have good knowledge of the functional values & effects on human health.
- Most positive effects on human health are associated with EWPs that have never been scientifically evaluated.



Conclusion



- Functional components may have great health significance-preventing disease, disability & premature mortality.
- Considering the importance, need to evaluate their food value & value-chain, quantify their contribution to food & nutrition security.
- Nation-wide survey & documentation followed by species led R&D.
- Expand nutritional database, including possible anti-nutritional factors & epidemiological studies.
- Explore the option through sustainable wild collection to secure the nutritional well-being of the people.
- Need for comprehensive package for sustainable utilization
 - assessment of existing situations, designing appropriate M&E requirement & continuously building the capacity at all levels.



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**Thank you for your kind
attention**