

Best Practice-1

Title of the Practice: Wild vegetable festival

2. Objectives of the Practice: Wild vegetable festival is organized with objectives of -

1. To understand the uses of wild plants found in the vicinity as a source of vegetables.
2. To collect traditional recipes for wild vegetables
3. To collect wild plants from nature and demonstrate the use as a vegetables
4. To open the platform for the society to understand the nutritional values of the wild plants.
5. To popularize the neglected source of the nutrition.
6. To focus on the conservation status of the neglected wild vegetables.

3. The Context: Plants are the rich source of nutrition. From nature only selected plants are domesticated and cultivated in agriculture field. The same plants are popularized as an only source and scientist developed high yielding varieties of the same. Day by day nutritional values are decreasing and yield is increased that leads to the nutritional deficiency in the patient. Nutritional deficiency may invite conditions like malnutrition, low immunity, low hemoglobin level, starvation etc. To fulfill the hunger and growing demand of population yield is considered and new varieties are developed. Plants other than domesticated are also a rich source of number of nutritional values, still millions of the people depend on the wild plants as a main source of food. Traditional recipes of wild vegetable are the real source of knowledge. Considering the same researchers are working in ethno botany and collecting ethnic knowledge regarding the values of the plants and comparing with the plants are in use. The Wild vegetable Festival aims is to bring back these traditions, which are being lost and spreading awareness that many edible wild plants are very nutritious. Our institute is established in the lap of mountains and hills; we have access of the rural as well as tribal students. Traditional knowledge regarding the wild vegetable is easily available. In late monsoon will plants are easily available for the students and hence the sustainable activity is organized since last three years.

Practice- The people of India have a very good and sufficient knowledge about the use of plants from the ancient time. Tribes and local communities have a very accurate knowledge of wild food resources due to their long association with nature, but our many civilians does not have the proper scientific knowledge and benefits of wild vegetables and their nutritional ingredients. To know the benefits of wild vegetables to civilians, Department of Botany, SNJB'S Arts Commerce and Science College organized **Wild Vegetables Festival** on 05/10/2019. The

Triambakeshwar residents Mr. and Mrs. Naik who made the one hector rain fed farm converted into natural farm visited the event and they also visited all the stalls as the experts. The 'Inner Wheel Club' (a women's group of Chandwad) visited the festival. Students of the other institutes in the campus and local people were the beneficiaries of the festival.

Total 52 stalls of recipes were arranged and 80 students actively participated in the event. The students and teachers met tribal peoples living in villages in Harsul, Triambakeshwar, Kalvan, Surgana, Abhona, Peth tehsils of Nasik district and collected the information about the wild vegetables. On this day students made different recipes of various wild plants. Recipes were made from *Momordicadioica*, *Caralluma*, *Riveahypocrateriformis*, *Sesbaniagrandiflora*, *Achyranthesaspera*, *Cassia tora*, *Ficusracemosa*, *Dioscorieabulbifera*, *Cardiospermumhalicacabum*, *Trichosanthescucumerina*, *Impatiens balsamina*, *OpuntiaFicus-indica* and *Canna indica roselle*. Student explained all the important medicinal as well as nutritional properties of the plants to each and every visitor.

5. Evidence of Success

1. The visitors were informed about medicinal as well as nutritional properties of the plants found in the vicinity.
2. The festival made the students and the visitors aware of the significance of organic farming and traditional knowledge of plants.