

## Less known Recipes of Bamboo shoots from Western Odisha

During a course of ethnobotanical survey in Angul and Balangir districts of Odisha, we have observed that a noodle-like white substance, known as 'Kardi', is being sold in some of the weekly markets at the rate of ₹ 20 – 40 per kg. On enquiry, we came to know that these are prepared from tender bamboo shoots. The local people also informed us that 5 – 7 days old and 1 – 3 feet long fresh shoots of *Dendrocalamus strictus* (Roxb.) Nees, locally known as 'Salia Banse' are at first collected from the wild, and the whitish brown, hairy culms and the hard green parts are removed with a knife. These are then grated into juliennes. It is said to be an

energetic and tasty vegetable consumed during the rainy season from July to September by the tribal as well as rural people of the area. Generally these juliennes are boiled in water for 5 – 7 minutes and the water is decanted. These are then fried in oil with spices and salt and consumed as a curry, which tastes like mutton. Sometimes it is mixed with tender leaves, flowers and ripe fruits of *Cucurbita maxima* Duchesne and wild mushrooms ('Chhattu') for a difference in taste and also to increase the quantity of the preparation. The unused juliennes become brownish within 2 – 3 days and then they are dried in sunlight and powdered which is known as

'Handuwa'. This powder is preserved for use in winter. It is sold in the market at the rate of ₹ 60 – 80 per kg during November to December, for the preparation of chutney. For this, the powder is mixed with small pieces of tomatoes and onions and fried with oil, spices and salt and this sour chutney so prepared is eaten with rice and chapatti.

### Reference

<http://www.vahrehvah.com/indianfood/bamboo-shoots>

**Harish Singh\*, Gopal Krishna, P.K. Baske & R. Saravanan**

Central Botanical Laboratory  
Botanical Survey of India, Howrah

\*E-mail: harish\_bsi@yahoo.co.in



A. *Dendrocalamus strictus* growing in the forest; B. Young shoots sprouting adjacent to old shoots; C. Single young shoot; D. A Kandha tribal man with young shoots; E. A Gond tribal man with young shoots; F. Discarded culm sheaths of young bamboo; G. Removed green hard parts of shoots; H. 'Kardi', being sold in market; I. Juliennes; J. Juliennes of 2 – 3-day old; K. 'Handuwa', being sold in market

## *Monodora myristica* (Annonaceae), the 'African Orchid Nutmeg' at AJC Bose Indian Botanic Garden, Howrah

*Monodora* Dunal is a tropical African genus, comprising c. 14 species (Mabberley, 2008). *Monodora myristica* (Gaertn.) Dunal is a tree species with eye-catching heart-shaped, colourful and fragrant flowers. The flowers look very similar to an orchid and the nearly spherical drupes resemble a nutmeg

and so it is commonly known as 'African Orchid Nutmeg'. The scented, waxy flowers are suspended on long stalks. The large woody fruits are with numerous oblongoid, c. 1.5 cm long, pale brown seeds embedded in aromatic pulp.

Seeds are the most economically important part of this tree. They are

widely used in West Africa as a substitute for nutmeg in soups, stews and cakes. In traditional medicine, the seeds are used as a stimulant and stomachic. They are also used as rosary beads and are considered by some to have magical properties. Seed oil shows antimicrobial activity against *Bacillus subtilis*, *Candida*