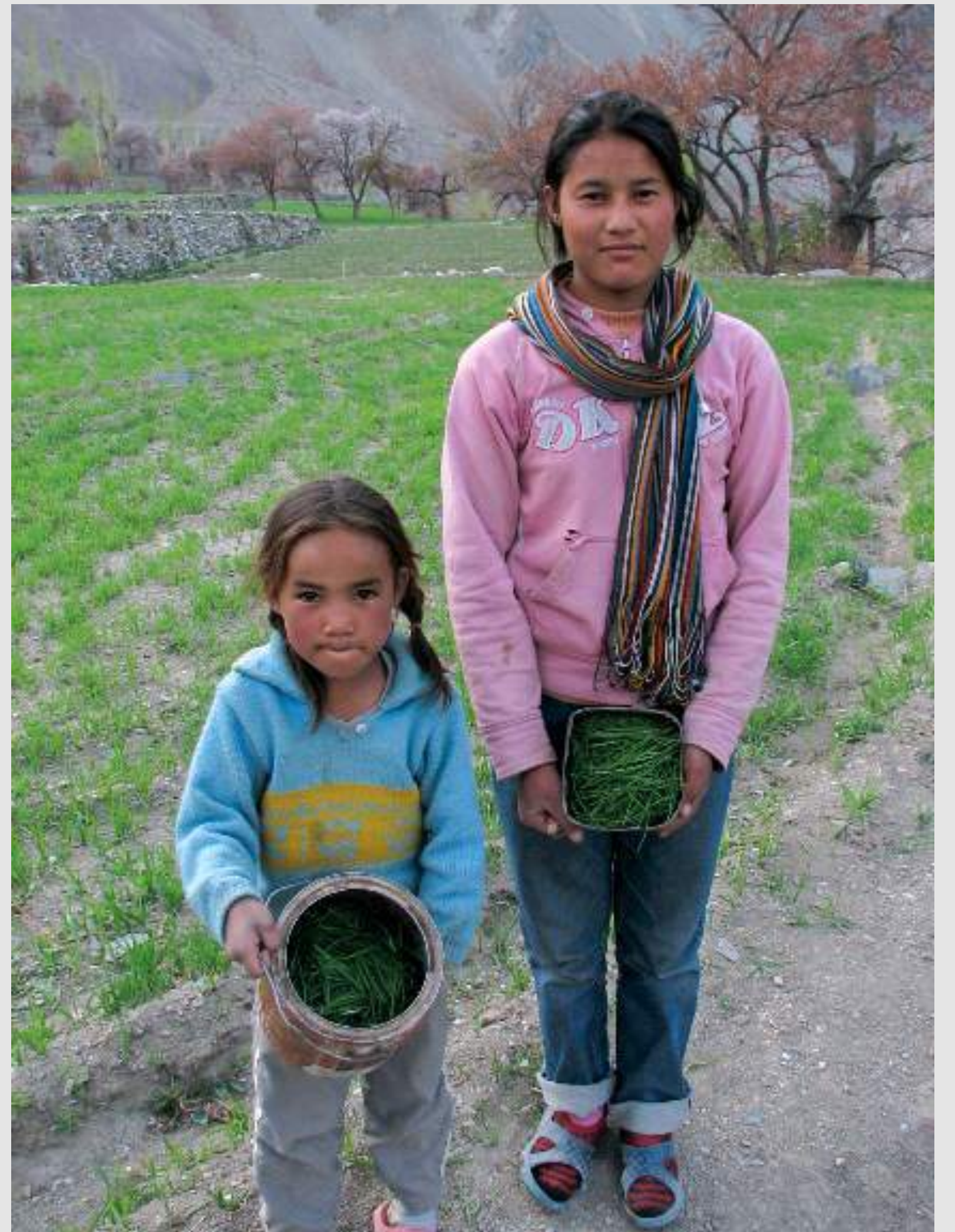




Above: A slow food festival was part of the 2015 Indigenous Terra Madre in Meghalaya, where different communities from the North East and other parts of the world had set up over 40 stalls showcasing indigenous cuisines, as a celebration of the rich diversity and knowledge of indigenous cultures. Seen above is the stall set up by the villagers of Dombah from the West Khasi hills.



Above: Children carrying 'Kyu', harvested from the wild in Ladakh.



Above: Snails, an important wild food, exhibited in the 2015 Indigenous Terra Madre in Meghalaya.

Wild or uncultivated foods include a stunning variety of plants and plant parts including twigs, leaves, fruits, flowers, vegetables, roots & tubers, and fungi; and all kinds of animals including even insects! They are full of taste and nutrition, of great cultural importance, and often crucial survival foods in places that face droughts or harsh winters.

Traditional holistic healers also use wild foods as potent medicines for many diseases.



Above: Uncultivated foods on display as part of a PRA exercise conducted with Dalit women in Telangana by the Deccan Development Society.



Left: Wild mushrooms for sale at the Muniguda railway station; brought by women of the Dongria Kondh tribe that call the region of Niyamgiri in Odisha home.

Right: Leaves and fruits of 'Tsüdenyi' (*Clerodendrum colebrookianum*), known to be beneficial in blood pressure control; brought by the Chizami tribe of Nagaland for display at the 2014 Forest Foods & Ecology Festival, Delhi.



Local name: Tsüdenyi
Common name:
Scientific name: *Clerodendrum colebrookianum*
Information: curry