
CHAPTER 3

Wild Edible Plants of North Western Indian Himalaya: Exploring the Culinary Heritage and Nutritional Potential

DHARAM CHAND ATTRI,^{1,*} VIJAY LAXMI TRIVEDI,² PALLAVI SATI,² and M.C. NAUTIYAL²

¹*Department of Environment, Sustainability and Climate Change, Islamic University of Science and Technology (IUST), Kashmir, Jammu & Kashmir, India*

²*High Altitude Plant Physiology Research Centre (HAPPRC), HNB Garhwal University, Srinagar, Uttarakhand, India*

*Corresponding author

ABSTRACT

The North Western Indian Himalayan region is renowned for its biodiversity, rich in culinary heritage, and nutritional potential of wild edible plants. The region claims a diverse range of wild edible plants, reflecting the region's unique ecological and geographical features. The cultural importance of these plants in the culinary traditions of indigenous communities, showcasing their role in preserving local heritage and food practices. The nutritional value of these wild edibles is explored, emphasizing their potential as a source of vitamins, minerals, and other essential nutrients in the diet of local inhabitants. The study also touches upon the sustainable harvesting and management of these wild edible plants, addressing the need for conservation efforts to ensure their continued availability. Overall, this chapter contributes to our understanding of the multifaceted significance of wild edible plants in the North Western Indian Himalaya, emphasizing their role in both cultural heritage and dietary nutrition.

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