

PHOTOFEATURE

Weeds can Enrich our Dishes

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The weeds have become a great threat to the crops which are being cultivated in our country. They are well adapted to different soil and climatic conditions. Their presence can be seen in crop as well as fallow lands, ponds and rivers, irrigation channels, roadsides, ails and bunds. They compete with the crop plants for space, light and food and ultimately reduce the crop growth and yield drastically. But a few of them are edible and nutritious which have been used as food since a long time.

Creeping Wood Sorrel (*Oxalis corniculata*)

Also known as Amrul, Netho and Changeri. It is a low-growing herbaceous plant having trifoliate leaves and small yellow flowers. It grows in moist fallow land. The whole plant is used as a vegetable.



Water Spinach (*Ipomoea aquatic*)

Also known as Swamp cabbage and Kalmi. The plant grows abundantly near waterways. The leaves and tender shoots are widely used as vegetables.

Water Clover (*Marsilea quadrifolia*)

It is a four-leaved herbaceous weed found to grow in marshy lands. This plant is also called Susni and Four Leaved Clover. The whole plant body is packed with nutrients.



Wild Spinach (*Chenopodium album*)

Also known as Goosefoot and Bathua. It is a fast-growing winter season weed found to grow abundantly in the crop field and also in fallow land. Tender shoots and leaves are used as food.