

PLANTS USED IN TRADITIONAL GARHWALI FOOD: AN ETHNOBOTANICAL STUDY IN A PART OF DISTRICT PAURI GARHWAL

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ABSTRACT

Pauri Garhwal is one of the most fascinating segments of the Himalaya. It is enriched with a great range of phytodiversity with a strong bearing on its unique cultural heritage. The present study was undertaken to learn the relationship of humans with plants resources in this part of Garhwal Himalaya with the objectives to identify and make an inventory of economic plants and to learn the traditional knowledge about uses of these plants.

Key words: Field survey, traditional foods, special diet

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