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Supplementary Table

Table 2. Botanical name, Family, Vernacular name, Life form, Local edible usage and Fidelity level of wild edible plants in Rural Communities of Shimla district

Botanical name/Family	Vernacular name	Life form	Collection period	Mode of preparation and Method of uses	FL
<i>Aesculus indica</i> (Colebr. ex Camb) Hook Hippocastanaceae	Khanor, Bunkhor	Tree	October- March	Fruits edible	90.3
				Fruits burnt in flame and then eaten	82.3
				Seeds soaked then dried and made into flour which is used for making "Halwa"	70.5
<i>Allium carolinianum</i> DC. Liliaceae	Laevot	Herb	April-July	Chopped leaves and bulbs fried in mustard oil then mixed with spices and eaten as vegetables	42.7
				Young leaves and bulbs used as chutney and also as spice and condiments	50.0
<i>Allium humile</i> Kunth. Liliaceae	Jangli lassan, Doono	Herb	April-July	Chopped leaves and bulbs fried in mustard oil then mixed with spices and eaten as vegetables	66.7
				Young leaves and bulbs are used as chutney and also as spice and condiments	58.3
<i>Allium wallichii</i> Kunth. Liliaceae	Jangli payaz, Doono	Herb	April-July	Chopped leaves and bulbs fried in mustard oil then mixed with spices and eaten as vegetables	45.4
				Young leaves and bulbs used as chutney and also as spice and condiments	13.9
<i>Allium stracheyi</i> Baker Liliaceae	Farna	Herb	April-July	Chopped leaves and bulbs fried in mustard oil then mixed with spices and eaten as vegetables	62.8
				Young leaves and bulbs are used as chutney and also as spice and condiments	58.3
<i>Amaranthus caudatus</i> Linn. Amaranthaceae	Kedarchua, Dankhar	Herb	May-August	Tender shoots and leaves used as vegetable	90.3
				Seeds are roasted on hot pan and then eaten	72.1
<i>Amaranthus tricolor</i> Linn. Amaranthaceae	Chua	Herb	May-August	Young leaves used as vegetable	100
				Flour used to make "Chappaties"	80.7
<i>Anglecia glauca</i> Edgew. Apiaceae	Chora	Herb	August-October	Dry seed and roots used as spice and condiments	62.8
<i>Arisaema jacquemontii</i> Blume Araceae	Sapralu, Zamashang	Herb	July-September	Tubers first dried for few days then boiled before eating	84.6
				Tubers used to make local beverage	58.3
<i>Arisaema tortuosum</i> (Wall.) Schott. Araceae	Sapralu, Sapa-re-balrey	Herb	July-September	Tubers first dried for few days then boiled before eating	82.3
				Tubers used to make local beverage	25.7

				Peeled off stem used as spinach	47.6
<i>Asparagus racemosus</i> Willd. Asparagaceae	Sansarpali	Herb	July-September	Tender shoots used as vegetables	100
<i>Astraeus hygrometricus</i> (Pers.) Morgan Diplocystaceae	Bhuthu	Fungi	March-May	The mushroom firstly washed then mixed with potatoes and used as vegetables	87.6
<i>Benthamidia capitata</i> (Wallich ex Rox.) Hara Cornaceae	Bhamora	Tree	June- August	Ripe fruits edible	82.3
<i>Berberis aristata</i> DC. Berberidaceae	Karmoshul, Simlu	Herb	May-July	Ripe fruits edible	84.6
<i>Berberis chitria</i> Edward Berberidaceae	Chochor	Herb	May-August	Ripe fruits edible	72.1
<i>Berberis lycium</i> Royle. Berberidaceae	Simlu, Karmashul	Herb	May-August	Ripe fruits edible	100
<i>Bergenia ciliata</i> (Haworth) Sternberg Saxifragaceae	Dakredhu, Patthartod,	Herb	August-September	Dried leaves and rhizomes used in preparation of local tea	7.3
				Fresh leaves used to make “Pakodas”	13.3
<i>Bergenia strachheyi</i> (Hook. F.&Thom.) Engl Saxifragaceae	Dakredhu, Patthartod,	Herb	August-September	Dried leaves and rhizomes used in preparation of local tea	1.8
				Young inflorescence used to make “chatney”	52.6
<i>Betula utilis</i> D. Don. Betulaceae	Raekhal, Sangeha	Tree	August- October	Dried Bark used in preparation of local salted tea	27.9
<i>Bistorta vivipara</i> (Linn.) S.F. Gray Polygonaceae	Banmadua	Tree	June –August	Leaves and seeds eaten raw or cooked	16.9
				Rootstock cooked as vegetables	21.8
<i>Bunium persicum</i> (Boiss.) B. Fedtsch Apiaceae	Kalazira	Herb	May-September	Seeds uses as spice and condiments	100
				Tuberous roots are eaten as vegetables	48.1
<i>Capsella bursa pastoris</i> Medik. Brassicaceae	Chamso	Herb	December-March	Young leaves and shoots used as vegetable	87.6
<i>Cannabis sativa</i> Linn. Cannabinaceae	Bhang, Kus	Shrub	May- August	Leaves and tender shoots used for making “Pakodas”	84.6
				Roasted seeds edible	100
<i>Carum carvi</i> Linn. Apiaceae	Shia, Makozir	Herb	August-September	Seeds used as spice and condiments	89.2
				Young leaves used as salad	66.7
<i>Castanea sativa</i> Mill. Fagaceae	Mithokhan or, Kapo	Tree	July-September	Fruits edible	84.6
				Roasted seeds edible	82.3
<i>Celtis australis</i> Linn. Ulmaceae	Khirk, Kru	Tree	July-August	Fruits edible	100
<i>Chaerophyllum reflexum</i> var. <i>acuminatum</i> (Lindl.) Hedge & Lamond Apiaceae	Bull	Herb	April-July	Fresh and Boiled roots edible	48.1
<i>Chenopodium album</i> Linn. Chenopodiaceae	Bathu, Neukhar	Herb	April-June	Tender shoots eaten as vegetables	66.7
				Seeds edible and cooked with rice	45.4
<i>Chenopodium botrys</i> Linn. Chenopodiaceae	Sokana	Herb	April-June	Leaves used as pot vegetables(Saag)	58.3
				Fruits edible	52.6

<i>Chenopodium giganteum</i> D. Don. Chenopodiaceae	Chrathu	Herb	April-June	Young leaves eaten as vegetables	70.5
<i>Cicer microphyllum</i> Benth. Fabaceae	Jangli matter, Ner	Herb	April-June	Raw and roasted seeds edible.	72.1
<i>Corylus Jacquemontii</i> Decne. Betulaceae	Shalodi, Gay-bijo	Tree	July-September	Nuts edible	87.6
<i>Coriaria nepalensis</i> Wallich Coriariaceae	Makroli, Reekhni	Shrub	July-August	Ripened fruits edible	100
<i>Cotoneaster rotundifolius</i> Wall. ex Lind. Rosaceae	Ruinsh	Shrub	June-August	Mature fruits edible	80.7
<i>Cotoneaster microphyllus</i> Wall. ex Lind. Rosaceae	Banii	Shrub	June-August	Mature fruits edible	82.3
<i>Dioscorea deltoidea</i> Wall. ex Griseb. Dioscoreaceae	Shingli- mingli.	Herb	June-August	Tuberous roots used for making vegetable	27.9
<i>Diplazium esculentum</i> (Retz.) Sw. Athyriaceae	Lingdo	Herb	March-May	Fronds used as vegetables	100
				Fronds used to make pickles	89.2
<i>Diplazium maximum</i> (D. Don) C. Chr. Athyriaceae	Lingdo	Herb	March May	Fronds used as vegetables	100
				Fronds used to make pickles	89.2
<i>Duchesnea indica</i> (Andrews) Focke. Rosaceae	Kaphal	Herb	June-August	Ripe fruits are edible	93.4
<i>Echinops cornigerus</i> DC. Asteraceae	Kandara	Herb	June-September	Roots used as “salad”	27.9
<i>Elaeagnus parvifolia</i> Wall. ex Royle. Elaegnaceae	Ghayain	Shrub	July-August	Ripe fruits edible	87.6
<i>Fagopyrum dibotrys</i> (D. Don) Hara. Polygonaceae	Phaphta, Phaphra	Herb	May-July	Young twigs and leaves cooked as vegetable “Saag”	90.3
<i>Ficus auriculata</i> Lour. Moraceae	Timlu, Triabmal	Tree	May-August	Young figs and tender leaves cooked as vegetables	84.6
				Ripe figs eaten	52.6
<i>Ficus palmata</i> Forsk. Moraceae	Phedu, Phagra	Tree	June-August	Unripe cooked fruits used for making vegetables	66.7
				Ripe figs eaten	48.1
<i>Fragaria nubicola</i> (Lindl. ex. Hook.f.) Lacaita Rosaceae	Bhumla, Bhumbra	Herb	June-August	Ripened fruits edible	100
<i>Galinsago parviflora</i> Cav. Asteraceae	Peeplo	Herb	December- March	Young leaves and shoots cooked as vegetables.	61.1
<i>Galium aparine</i> Linn. Rubiaceae	Khorti	Herb	March –April	Young leaves and young shoots cooked as vegetables	13.9
<i>Girardinia diversifolia</i> (Link) Friis. Urticaceae	Karul, Khorgya	Herb	June-September	Young leaves cooked as vegetables	21.8
<i>Gymnosporia royleana</i> Lawson Celastraceae	Patrau	Herb	July-August	Ripened fruits edible	64.1
<i>Hippophae salicifolia</i> D. Don. Elaeagnaceae	Choucha	Tree	June- Sept.	Ripened fruits edible	87.6
<i>Juglans regia</i> Linn. Juglandaceae	Akhor, Khod	Tree	August-October	Nuts edible	100

<i>Lamium album</i> Linn. Lamiaceae	Nealuhak	Herb	March –April	Leaves firstly boiled after that cooked like spinach.	16.9
<i>Medicago lupulina</i> Linn. Fabaceae	Khatti-booti	Herb	March –May	Young leaves and shoots cooked as vegetables	62.8
<i>Mentha arvensis</i> Linn. Lamiaceae	Kala-pudina	Herb	June-September	Leaves used as spice	70.5
				Young twigs and leaves used as condiments	58.3
<i>Mentha longifolia</i> (Linn.) Muds. Lamiaceae	Jangli pudina	Herb	June-September	Leaves used for making “chutney”	100
				Leaves used as spices and condiments	80.7
<i>Morchella deliciosa</i> Fr. Morchellaceae	Chaeu	Fungi	March-April	Morel used as vegetables	100
<i>Morchella esculenta</i> Fr. Morchellaceae	Chaeu	Fungi	March-April	Morel used as vegetables	100
<i>Morchella elata</i> Fr. Morchellaceae	Chaeu	Fungi	March-April	Morel used as vegetables	100
<i>Morus serrata</i> Roxb. Moraceae	Kemmu	Tree	May –June	Fruits edible	72.1
<i>Murraya koenigii</i> (Linn.) Sprengel Rutaceae	Karipatta	Shrub	May-September	Leaves used as flavoring agents	89.2
				Fruit edible	7.3
<i>Myrica esculenta</i> Buch.- Ham. ex D. Don Myricaceae	Kaphal	Tree	May-July	Fruits edible and used for making refreshing drink	100
<i>Nasturtium officinale</i> R. Br Brassicaceae	Choula	Herb	February-May	Young leaves cooked as vegetable	100
<i>Origanum vulgare</i> Linn. Lamiaceae	Sathra, Bantulsi	Herb	March-June	Leaves used in making local tea	75.8
				Young leaves cooked as vegetable	56.5
<i>Oxalis corniculata</i> Linn. Oxalidaceae	Bhilmori, Mlori	Herb	March-June	Young twigs and leaves used as vegetable	61.1
				Leaves used as “chutney”	89.2
<i>Oxalis latifolia</i> kunth. Oxalidaceae	Mlori	Herb	March-June	Young twigs and leaves used as vegetable	64.1
				Leaves used as “chutney”	87.6
<i>Oxyria digyna</i> Hill. Simthan. Polygonaceae	Kalashi	Herb	May-August	Leaves first boiled to remove bitterness and then cooked as vegetable	42.7
				Leaves used for making “chutney”	70.5
<i>Phytolacca acinosa</i> Roxb. Phytolacaceae	Jharka	Shrub	April –June	Leaves eaten as vegetable	21.8
<i>Pinus gerardiana</i> Wall. ex D. Don. Pinaceae	Shangti	Tree	August-October	Seeds are edible	100
<i>Plantago asiatica</i> Linn. Plantaginaceae	Luhuriya	Herb	March-June	Young leaves cooked as vegetable	58.3
<i>Podophyllum hexandrum</i> Royle. Podophyllaceae	Bankakre	Herb	August-October	Mature fruits edible	26.3
<i>Polygonum amplexicaule</i> D. Don. Polygonaceae	Amlohro	Herb	May-August	Woody root boiled in water then milk and sugar are added and used as a tea substitute by the local people	48.1
<i>Polygonum nepalense</i> Meissn. Polygonaceae	Trod	Herb	May-August	Leaves used to prepare “Saag”	66.7

<i>Potentilla fulgens</i> Wallich ex Hook. Rosaceae	Bajrdanti	Herb	June-August	Ripened fruits edible	82.3
<i>Prinsepia utilis</i> Royle. Rosaceae	Bhaikhal	Shrub	August-October	Edible oil extracted from seed used to fry vegetables and other dishes	100
<i>Prunus armeniaca</i> Linn. Rosaceae	Chulti, Shadi	Tree	May-September	Unripe fruits used for making "chutney"	100
				Ripe fruits edible and also fermented to make local wine	100
				Edible oil extracted from seed	100
<i>Prunus cornuta</i> (Wall. Ex Royle) Steud Rosaceae	Jamun, Krun	Tree	June-September	Ripe fruits edible	100
<i>Prunus mira</i> Koehne. Rosaceae	Behmi, Reck,	Tree	June-September	Ripe fruits edible	100
				Edible oil extracted from seed	93.4
				Dried fruits used for making local wine	72.1
<i>Prunus prostrata</i> Labill. Rosaceae	Phirlu	Shrub	June-September	Ripe fruits edible	100
<i>Punica granatum</i> Linn. Punicaceae	Daru	Shrub	July- September	Ripe fruits edible	89.2
				Dried seeds used as a source of "Anardana"	87.6
<i>Pyracantha crenulata</i> (D.Don) M. Rosaceae	Ghingaru, Choota-seb	Shrub	June- September	Ripe fruits edible	90.3
<i>Pyrus pashia</i> Buch.Ham. ex D.Don. Rosaceae	Shegal, Kainth	Tree	June- September	Ripe fruits edible	84.6
<i>Ramaria botrytis</i> (Pers.) Ricken. Gomphaceae	Jingra	Fungi	June- September	Funfi eaten as vegetables	93.4
<i>Rheum australe</i> D.Don. Polygonaceae	Chukri, Archi	Herb	July – September	Leaf petioles used for making chutneys and also for quenching thirst by shepherds	27.9
<i>Rhododendron anthopogon</i> D. Don. Ericaceae	Burans, Bras	Shrub	March-April	Dried flowers used in preparation of local Namkeen/ salted tea	84.6
<i>Rhododendron arboreum</i> Smith. Ericaceae	Burans, Bras	Shrub	March-April	Flowers used to prepare juice, sauce, chutney and refreshing drinks	100
				Young leaves used as vegetables when mixed with other local edible plants	16.9
<i>Rosa canina</i> Linn. Rosaceae	Kuin	Shrub	May-July	Fruits eaten specially by children	80.7
<i>Rosa macrophylla</i> Lindley. Rosaceae	Dand kuin, Kuija	Shrub	May-July	Fruits edible	82.3
<i>Rubus biflorus</i> Buch.-Ham. ex Sm. Rosaceae	Anchu, Aakhae	Shrub	June-August	Fruits edible	93.4
<i>Rubus ellipticus</i> Smith. Rosaceae	Hinsur, Akhre	Shrub	June-August	Fruits edible	100
<i>Rubus niveus</i> Thunb. Rosaceae	Kal-hinsur, Akhre	Shrub	June-August	Fruits edible specially by children	100
<i>Rumex hastatus</i> D.Don. Polygonaceae	Maloro, Khati-mithi	Herb	March-June	Young leaves cooked as vegetable	25.7
				Leaves used as salad, chutney and condiments	33.3
<i>Rumex nepalensis</i> Sprengel Polygonaceae	Maloro, Khoya	Herb	March-June	Young twigs and leaves cooked as vegetable	45.4
<i>Solena amplexicaulis</i> Lam.	Maukhari	Climber	June-August	Unripe fruits used as vegetables	36.8

Cucurbitaceae				Ripened fruits edible	66.7
<i>Sorbus lanata</i> (D.Don) S.Schauer Rosaceae	Bomphal, Banpatti	Tree	June-August	Ripened fruits edible	90.3
<i>Sparassis crispa</i> (Wulfen) Fr. Sparassidaceae	Jingro	Fungi	June- September	Funfi eaten as vegetables	84.6
<i>Thymus linearis</i> Benth. Lamiaceae	Laapte, Banajwain	Herb	May-August	Leaves used for making chutneys and as spice	56.5
<i>Urtica dioica</i> Linn. Urticaceae	Kimshi, Bichu-butti	Herb	May-August	Young twigs and leaves cooked as vegetables	80.7
<i>Urtica parvifolia</i> Buch.-Ham. ex Wall. Urticaceae	Kimshi, Bichu-butti	Herb	May-August	Young twigs and leaves cooked as vegetables	55.4
<i>Viburnum cotinifolium</i> D. Don. Caprifoliaceae	Zaphara, Guya	Shrub	June-August	Fruits edible	100
<i>Viburnum grandiflorum</i> Wallich ex DC. Caprifoliaceae	Ghenu, Thalene	Shrub	June-August	Fruits edible	100
<i>Viola odorata</i> Linn. Violaceae	Banaksha	Herb	March-May	Petals dried and used in various dishes and also for making syrups. Young leaves cooked as vegetables	100 58.3
<i>Vitis Jacquemontii</i> Parker. Vitaceae	Dhak	Climber	May-July	Ripe fruits edible	72.1
<i>Zanthoxylum armatum</i> DC. Rutaceae	Timar, Timru	Shrub	May-August	Ripened fruits edible Seeds and leaves used as spice especially in non-vegetarian dishes	36.8 100