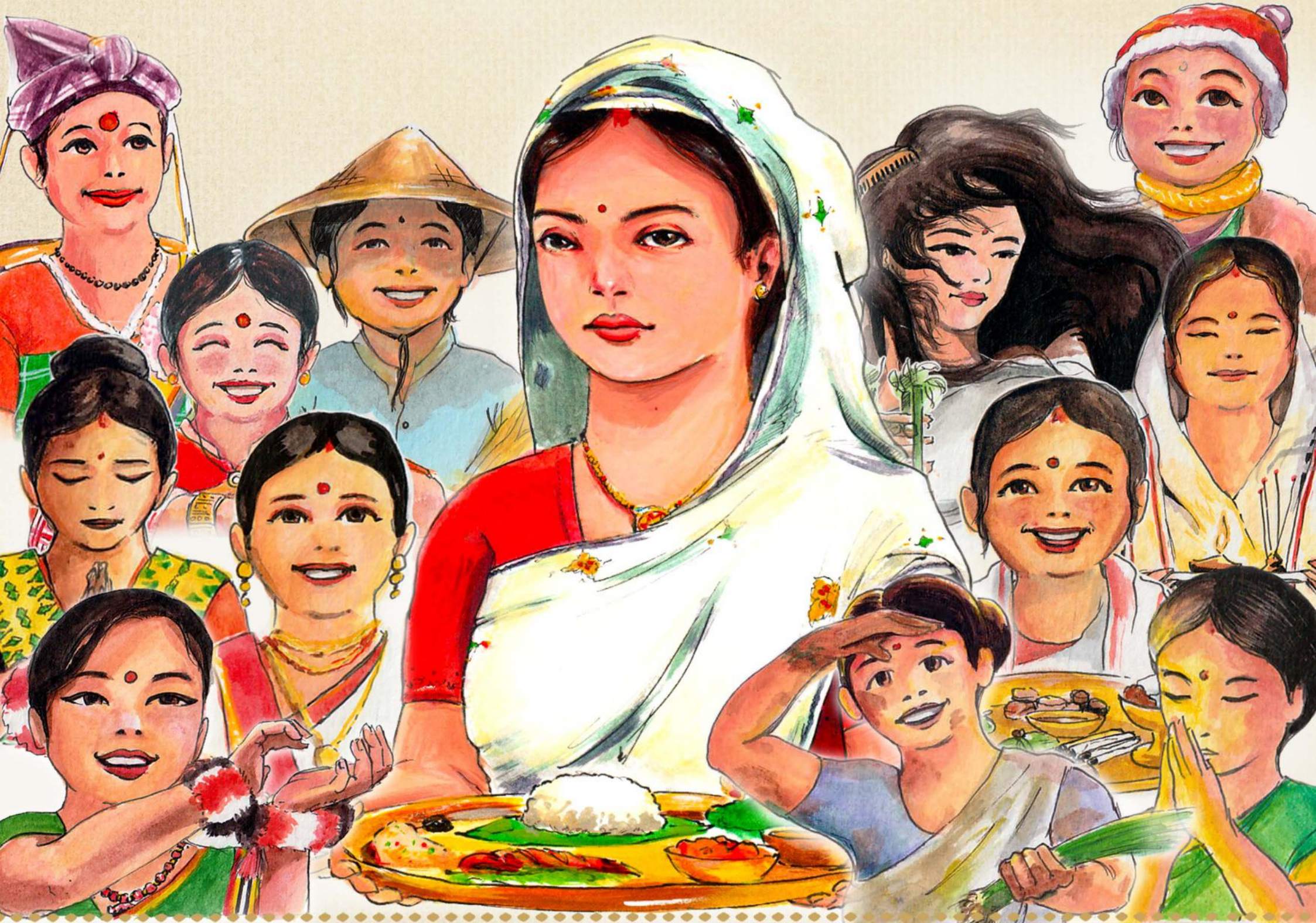


TRIPTI

CELEBRATING NATURE'S WISDOM

SEASONAL ASSAMESE RECIPE CALENDAR (2026-27)



ABOUT THE CALENDAR

In Assam, every season bursts with its own unique flavors. This Assamese Seasonal Recipe Calendar invites reflection on not just what we eat, but how and when - rooted in the land's rhythms, blending cherished recipes from uncultivated plants, nature's hidden nutritional gems our grandparents savored, parents treasure, and youth rediscover. Lovingly shared by baidews (Mid-Day Meal workers nourishing children daily), each recipe springs from lived kitchens and collective memory.

Seasonal Twist

Each month spotlights an uncultivated plant traditionally eaten that season - detailing where it grows, why it matters, health benefits, and simple recipes that weave it into season-specific traditions and knowledge. Familiar in form, fresh in spirit.

Creators' Passion

Crafted by youth from Jagannath Barooah University, Bahoma, and Joya Gogoi College, who collaborated closely with Mid-Day Meal workers to document, translate recipes and traditions into thoughtful ideas and visuals.

Meet the Team

Sunam Duwarah: Physics student at Jagannath Barooah University, trained fine artist; illustrator translating food traditions, baidews, and cultural memory into distinctive visuals.

Sulaiman Ali: B.A. student, agroecology youth leader bridging tradition and sustainability; photographer and data collector documenting living food practices.

Dimpy Moni Dutta: Social Work Studies student, UN Committee on World Food Security contributor; content editor shaping narratives of recipes, communities, and care.

Arundhati Boruah: B.Sc. Zoology student, youth leader in mindful sustainable food; content writer weaving stories of food, health, tradition, honoring Mid-Day Meal cooks' wisdom.



Sunam Duwarah



Sulaiman Ali



Dimpy Moni Dutta



Arundhati Boruah

GRISHMA / SUMMER

Curry Leaves

Assamese Name : Narasingha

Scientific Name :
Murraya Koenigii

Type : Herb



Recipe Section

Recipe Name : Curry Leaf Dal

Dish Category : Dal

Ingredients

Primary uncultivated plant : Curry leaf

Supporting ingredients : Turmeric, Ghee, Garlic, Moong Dal



Curry Leaf Dal Preparation

- Mix Moong Dal, water, turmeric, and salt. Cook until the dal is fully softened and easily mashed.
- Stir in the chopped Curry Leaves. Simmer the dal gently for 2 to 3 minutes to allow the flavors to infuse.
- In a separate small pan, heat the ghee. Add chopped garlic and sauté until it turns aromatic and golden brown.
- Pour the hot garlic tempering (tadka) directly over the prepared dal. Mix well and serve hot.
- **Serving Suggestions :** Serve the hot curry leaves dal with rice.



Bohag is Bihu - more than a month, it is a feeling



BOHAG

Mid-April to Mid-May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			15	16	17	18
			১	২	৩	৪
19	20	21	22	23	24	25
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26	27	28	29	30	01	02
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03	04	05	06	07	08	09
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Nutritional & Health Benefits

- **Nutritional Content of the Plant :** Curry leaves contain vitamins A, B, C, and D. They are known for their antioxidant properties and are commonly associated with supporting digestion.

Nutritional additions from the other Ingredients :

- **Ghee** → Healthy fats
- **Moong Dal** → Protein, Fibre, Carbohydrates
- **Turmeric** → Vitamin C, Antioxidant properties, Iron, Potassium



Jeth brings the Baikho festival - honouring nature, the soil, and the rain

JETH

Mid-May to Mid-June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						16
						১
17	18	19	20	21	22	23
২	৩	৪	৫	৬	৭	৮
24	25	26	27	28	29	30
৯	১০	১১	১২	১৩	১৪	১৫
31	01	02	03	04	05	06
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07	08	09	10	11	12	13
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14	15	16				
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Stink Vine

Assamese Name : Bhedailota

Scientific Name :
Paederia Foetida

Type : Creeper (leafy)



Recipe Section

Recipe Name : Stink Vine Pakora

Dish Category : Snack

Ingredients

Primary uncultivated plant: Stink vine

Supporting ingredients: Potato, Onion, Salt, Spices, Rice flour



Stink Vine Pakora Preparation

- Mash the boiled potato with the blended stink vine, sliced onions, rice flour, and salt. Mix thoroughly until the batter is thick enough to hold its shape.
- Heat mustard oil in a wok or deep-frying pan over medium heat until it is hot and ready for frying.
- Carefully drop spoonfuls of the mixture into the hot oil. Fry in small batches until they turn a dark, crisp, and firm texture.
- Remove the fritters and drain excess oil on a paper towel. Serve immediately while hot and crisp.



- **Serving Suggestions :** Usually paired with tea but also served with rice.

Nutritional & Health Benefits

- **Nutritional Contents from the plant:** The plant is rich in vitamins A, C, and K, along with minerals like calcium, iron, and potassium. It also provides dietary fibre and protein.
- **Traditional & Everyday Uses:** It is commonly enjoyed as part of regular diets for digestive comfort and overall balance. In many households, elders have traditionally used bhedailota in simple home practices, including applying it on the skin to soothe minor irritation and insect bites.
- **Nutritional Additions from the Other Ingredients:**
 - **Mustard** → Healthy fats
 - **Rice** → Has Carbohydrate
 - **Onion** → Rich in Fiber, vitamin C and B

BORXHA / MONSOON

Colocasia Leaf

Assamese Name : Kosu Paat

Scientific Name :
Colocasia Esculenta

Type : Leafy Vegetable



- Spread batter on the largest leaf (vein side up). Stack 4-6 leaves, applying batter between layers. Fold the sides inward and roll the stack tightly from base to tip. Steam the rolls for 20-25 minutes until firm.
- Remove the rolls and allow them to cool completely. Cut them into 1/2-inch thick slices (pinwheels). Shallow or deep fry the slices in hot oil until golden brown and crispy on both sides.

Recipe Section

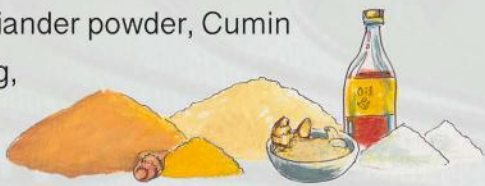
Recipe Name : Colocasia Leaf Pakora

Dish Category : Snack

Ingredients

Primary uncultivated plant : Colocasia Leaf

Supporting ingredients : Gram flour (Besan), Rice flour, Ginger-garlic paste, Turmeric powder, Coriander powder, Cumin powder, Hing, Salt, Oil



Colocasia Leaf Pakora Preparation

- Wash the leaves thoroughly and shave off the thick veins on the back of each leaf to make them pliable. Set aside.
- In a bowl, mix gram flour, rice flour, all dry spices (turmeric, coriander, etc.), and ginger-garlic paste. Gradually add water to form a smooth, thick, and spreadable paste.

- **Serving Suggestions :** Serve with rice or tea

Nutritional & Health Benefits

- **Nutritional Content of the Plant :** Colocasia leaves are packed with vitamins A, C, and B-complex, along with essential minerals like

potassium, calcium, iron, and magnesium. They also offer dietary fibre, protein, and natural antioxidants.

- **Health Benefits :** Supports digestive health, heart health, and vision.

- **Mustard oil** → healthy fats
- **Germ flour** → Carbohydrate, protein, fiber

Ahar arrives with greenery and rain where our crops strengthen



AHAR

Mid-June to Mid-July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			17	18	19	20
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Sawan is the month of nourishment - Dhekia Xaak keeps us strong, and healthy



XAAUN

Mid-July to Mid-August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						18
						১
19	20	21	22	23	24	25
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26	27	28	29	30	31	01
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02	03	04	05	06	07	08
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Fiddlehead Fern

Assamese : Dhekia

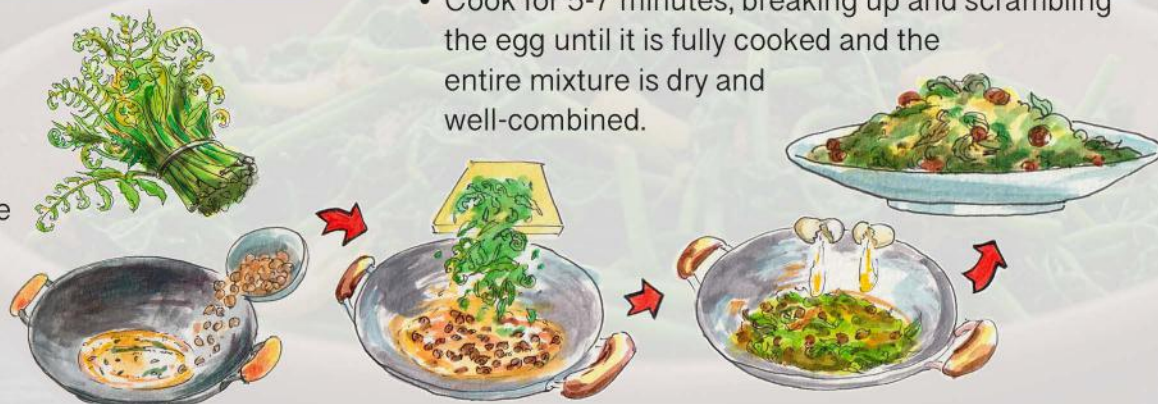
Scientific Name :
Diplazium Esculentum

Type : Fern & Leafy vegetable

Recipe Section

Recipe Name : Dhekia fry

Dish Category : Fry



Ingredients

Primary uncultivated plant: Fiddlehead Fern

Supporting ingredients: Black cumin, chickpea (kala chana), Turmeric, Salt, Green chili, Egg, Mustard oil, Turmeric, Salt, Green chili, Egg, Mustard oil



Dhekia Fry Preparation

- Soak and clean the split peas (boot) and dhekia xaak (fern), discarding thick stems and chopping the greens. Heat oil, add black cumin and chili. Add the boot and stir-fry for a few minutes.
- Add the chopped dhekia xaak, turmeric, and salt to the pan. Stir well, cover, and cook on low-medium heat until the ferns soften and most of the released water has evaporated.
- Whisk the eggs with a little salt and pour them into the pan over the cooked ferns and boot.
- Cook for 5-7 minutes, breaking up and scrambling the egg until it is fully cooked and the entire mixture is dry and well-combined.

- **Serving Suggestions :** Serve with rice

Nutritional & Health Benefits

- Low in calories (around 34 kcal), yet naturally rich in essential nutrients like vitamins A and C, iron, potassium, and magnesium. They also provide a good mix of protein and carbohydrates.
- Regular consumption can support immunity, promote heart and digestive health, help with healthy weight management, and contribute to stronger bones - making them a nourishing addition to everyday meals.
- **Nutritional Additions from Other Ingredients :**
 - **Mustard oil** → Healthy fats
 - **Egg** → High-quality protein, healthy fats, and essential vitamins and minerals
 - **Chickpea (Kala Chana)** → Calories, protein, carbohydrates, dietary fibre, and fat

XOROT / AUTUMN

Spiny Arum

Assamese Name : Sengmora

Scientific Name :
Lasia Spinosa

Type : Herb



- Cover the pot and let the mixture simmer on low-medium heat. The greens will wilt down and blend into the meat.
- Cook until the meat is tender and the greens are fully blended into a thick gravy.
- **Serving Suggestions :** Serve with rice

Recipe Section

Recipe Name : Sengmora Meat Curry

Dish Category : Curry

Ingredients

Primary uncultivated plant : Sengmora

Supporting ingredients : Chicken, Mustard oil, Onion, Ginger-garlic paste, Green chili (optional), turmeric powder, Salt, Coriander & cumin powder



Sengmora Meat Curry Preparation

- Heat oil in a pan and brown the meat (chicken or pork) until it releases its fat. Add chopped onions, crushed ginger/garlic, green chilies, and dry spices (coriander, cumin, turmeric, salt). Mix well.
- Add the chopped spiny arum leaves and stems to the pot. Add a small amount of water.



Bhado is a time of warmth and balance, as crops grow steadily toward harvest



BHADO

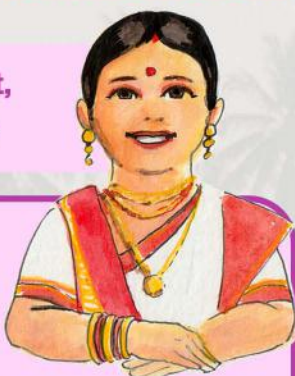
Mid-August to Mid-September

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Nutritional & Health Benefits

- **Nutritional Content of the Plant:** Fiber, vitamins, & minerals
- **Health Benefits :** Known for its natural protective qualities and traditional use in supporting recovery and overall balance.
- **Nutritional Additions from the other Ingredients:**
 - Mustard Oil → Healthy fats
 - Chicken → Protein, Vitamin B

Ahin ushers in Sharot, the queen of seasons



AHIN

Mid-September to Mid-October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Polygonum Microcephalum

Assamese Name : Modhuxuleng

Scientific Name :
Polygonum Microcephalum

Type : Creeper



Recipe Section

Recipe Name : Modhuxuleng Tengy Dal

Dish Category : Dal

Ingredients

Primary uncultivated plant: Madhuxuleng

Supporting ingredients: Moong Dal, Oil, Garlic, Panch Phoran, Coriander Leaf



Modhuxuleng Tengy Dal Preparation

- Rinse and soak the dal for at least 30 minutes. Pressure cook the dal with water and turmeric for 1-2 whistles until soft.
- Heat mustard oil in a separate pan. Add the panch phoran (five spices) and chopped garlic. Sauté briefly with a little salt and turmeric powder.
- Carefully pour the cooked dal into the tempered spices. Add the roughly chopped Madhuxuleng leaves. Add more hot water for desired consistency and stir well.



- Bring the mixture to a boil, allowing the Madhuxuleng leaves to release their flavor. Garnish with chopped coriander leaves and serve.

- **Serving Suggestions :** Serve with rice

Nutritional & Health Benefits

- **Nutritional Content of the Plant :** The plant is considered highly nutritious, containing a range of minerals.
- **Health Benefits :** An antibacterial and anti-inflammatory agent
- **Traditional Uses :** It has been traditionally valued for its protective qualities and is commonly included in everyday meals - as it supports overall gut health.
- **Nutritional additions from the Other Ingredients :**
 - Mustard oil → Healthy fats
 - Moong Dal → Protein

HEMANTO / PRE-WINTER

Pomelo

Assamese Name : Robabtenga

Scientific Name :

Citrus Maxima

Type : Fruit



Recipe Section

Recipe Name : Pomelo Salad

Dish Category : Salad

Ingredients

Primary uncultivated plant : Pomelo

Supporting ingredients : Green Chilli, Coriander Leaves, Mustard Oil, Salt, Sugar



Pomelo Salad Preparation

- Ensure the pomelo arils are free of pith and seeds. Place the separated arils in a mixing bowl.
- Add the chopped green chilies, salt, and a pinch of sugar. Pour the raw mustard oil over the mixture. Add lemon leaves (if using).
- Using a spoon or hands, gently toss or "mash" the ingredients together until everything is evenly combined and coated with the seasonings.
- Add the chopped coriander leaves. Serve the light and flavourful salad.

- **Serving Suggestions :** This salad is best enjoyed fresh and is traditionally served on a banana leaf. It pairs well with simple rice and dal, and during harvest season - farmers often enjoy it right in the paddy fields.

Nutritional & Health Benefits

- **Nutritional Content of the Plant :** Pomelo is low in calories and fat but high in Vitamin C, Fiber, and Potassium. One cup of pomelo sections provides about 72 calories, 1.4g of protein, 18.3g of carbohydrates, 1.9g of Fiber, 116mg of Vitamin C, and 410mg of potassium.
- **Health Benefits :** Supports the immune system, aids digestion, promotes heart health by supporting healthy blood flow and blood pressure.
- **Nutritional Additions from other Ingredients:**
 - **Mustard oil** → Healthy fats
 - **Coriander leaf** → Low in calories and fat, and packed with vitamins A, C, and K



In Kati, diyas glow in rice fields - filled with prayers for young crops



KATI

Mid-October to Mid-November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	19	20	21	22	23	24
	১	২	৩	৪	৫	৬
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08	09	10	11	12	13	14
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15	16	17				
২৮	২৯	৩০				

Aghun turns fields golden - the reward of patience, labour, and hope



AGHUN

Mid-November to Mid-December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			18	19	20	21
			১	২	৩	৪
22	23	24	25	26	27	28
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29	30	01	02	03	04	05
১২	১৩	১৪	১৫	১৬	১৭	১৮
06	07	08	09	10	11	12
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13	14	15	16			
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Star Fruit

Assamese Name : Kordoi

Scientific Name :

Averrhoa Carambola L

Type : Fruit



Recipe Section

Recipe Name : Star Fruit Jam

Dish Category : Jam

Ingredients

Primary uncultivated plant : Star Fruit

Supporting ingredients : Sugar, Salt, Lemon Juice, Cinnamon Stick

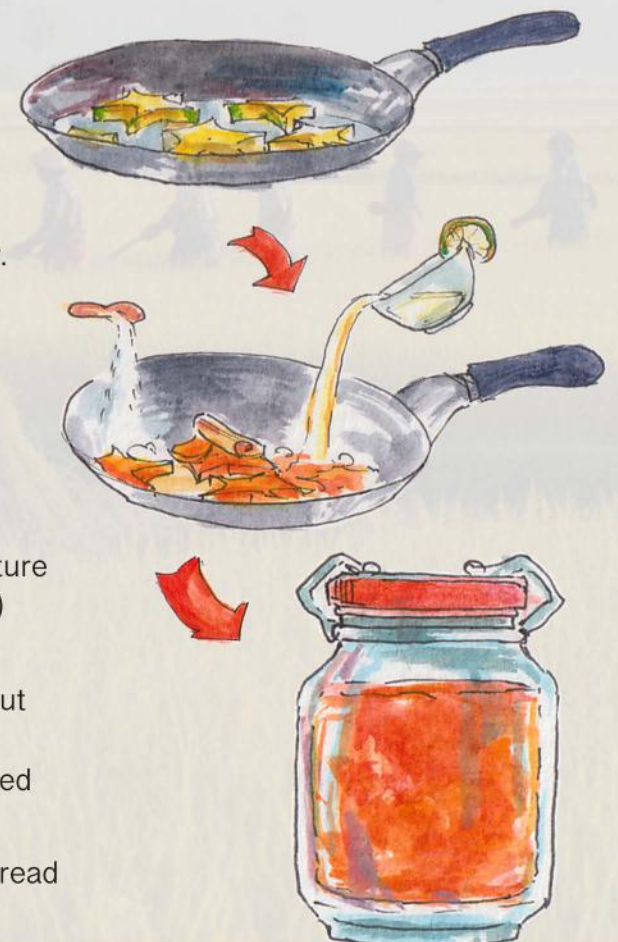


Star Fruit Jam Preparation

- Wash and trim the star fruit (removing edges and seeds). Cut into thin slices. Place in a heavy pan with 2 Tbsp of water. Cover and cook on low heat until the fruit has softened.
- Turn off the heat. Stir in the sugar, lemon juice, and cinnamon stick. Turn the heat back to low, bring the mixture to a boil, stirring occasionally.
- Continue stirring and boiling until the mixture starts becoming sticky (about 30 minutes) and reaches the desired jam consistency.
- Remove the pan from the heat and take out the cinnamon stick. Allow the jam to cool completely, then ladle it into clean, sterilized glass jar.
- **Serving Suggestions :** Serve with rice or bread

Nutritional & Health Benefits

- **Nutritional Content of the Plant :** A low-calorie, hydrating fruit rich in vitamins C and B5, dietary fiber, and antioxidants.
- **Health Benefits :** Commonly associated with supporting immune health, aiding digestion, and promoting heart health by helping maintain healthy blood pressure levels.



XIT / WINTER

Indian Pennywort

Assamese Name : Manimuni

Scientific Name :
Centella Asiatica

Type : Creeper



Recipe Section

Recipe Name : Manimuni Magic Chutney

Dish Category : Chutney

Ingredients

Primary uncultivated plant : Manimuni

Supporting ingredients : Garlic, Roasted Sesame Seed, Salt, Lemon, Green Chilli, Mustard Oil



Manimuni Magic Chutney Preparation

- Thoroughly wash the leaves. Grind them with garlic, sesame seeds, and salt using a stone grinder or blender to form a paste.
- Stir with the lemon juice and raw mustard oil until well combined.
- Taste the paste and adjust the salt, sourness (lemon juice) as needed.

- **Serving Suggestions :** Serve the fresh paste immediately as a flavorful side dish with hot rice, dosa, or roti.



Nutritional and Health Benefits

- **Nutritional Content of the Plant :** A low-calorie herb rich in essential vitamins, minerals, and antioxidants.
- **Health Benefits :** Manimuni has long been valued in traditional food - for its association with overall well-being. It is commonly linked to supporting mental clarity, general heart and digestive health, and the body's natural immune and inflammatory balance.

Puh brings winter chills and warm meals.



PUH

Mid-December to Mid-January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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20	21	22	23	24	25	26
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In many traditional practices, its fresh juice has been included in everyday diets to promote memory and maintain overall bodily balance.

- **Nutritional Additions from the other Ingredients :**
 - **Mustard Oil** → Healthy fats
 - **Sesame Seed** → Protein, Healthy Fats, Fiber, and a wide range of vitamins and minerals like Calcium, Iron, Magnesium, Zinc



Magh brings with it fires and fog, along with Magh Bihu - a time of shared warmth and picnics

MAGH

Mid-January to Mid-February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						16
						১
19	20	21	22	23	24	25
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26	27	28	29	30	31	01
৯	১০	১১	১২	১৩	১৪	১৫
02	03	04	05	06	07	08
১৬	১৭	১৮	১৯	২০	২১	২২
09	10	11	12	13	14	15
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Asiatic Yam

Assamese Name : Kath Aloo

Scientific Name :
Dioscorea Alata

Type : Rooty Plant



Recipe Section

Recipe Name : Yam Black Gram Dal

Dish Category : Dal

Ingredients

Primary uncultivated plant : Yam & Elephant apple

Supporting ingredients : Black Gram, Turmeric Powder, Mustard Oil, Panchphoran, Dried Red Chilli, Coriander Leaves, Ginger-Garlic Paste



Yam Black Gram Dal Preparation

- Soak black gram dal. Combine the washed dal, cubed kath aloo, cubed elephant apple, salt, turmeric, and water in a pressure cooker. Cook for 3-4 whistles until soft.
- In a separate pan, heat mustard oil. Add the panch phoran mix, dried red chilies, and ginger-garlic paste. Sauté briefly.
- Pour the cooked dal and vegetable mixture directly into the pan with the tempering spices. Stir well.
- Bring the dal mixture to a boil and let it simmer for 10-15 minutes to allow the tangy flavor of the elephant apple to infuse. Garnish with chopped coriander leaves.

- **Serving Suggestions:** Usually paired with rice

Nutritional and Health Benefits

- **Nutritional Content of the Plant :** A good source of carbohydrates, potassium, and vitamin C. A medium-sized potato provides calories, carbohydrates, protein, and fiber.
- **Health Benefits :** Help reduce inflammation and protect against cardiovascular disease
- **Nutritional Additions from the Other Ingredients :**
 - **Mustard** → healthy fats
 - **Black gram** → Rich in Protein, dietary fiber, and several essential vitamins and minerals



BASANTA / SPRING

Fish Mint

Assamese Name : Masundari

Scientific Name :
Houttuynia Cordata

Type : Creeper



- Grind the ingredients into a paste (coarse or smooth, depending on preference).
- Taste and adjust the salt or chilies as needed. Serve fresh with meals.
- **Serving Suggestions** : Serve with rice-dal or Chapati

Recipe Section

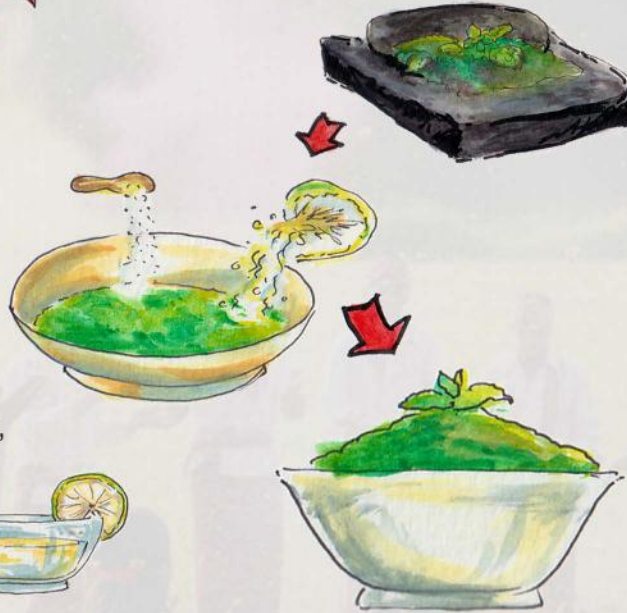
Recipe Name : Masundari Chutney

Dish Category : Chutney

Ingredients

Primary uncultivated plant : Masundari, Manimuni, Man dhonia

Supporting ingredients : Pudina, Green Chilli (optional), Garlic cloves, Ginger, Salt, Lemon juice



Masundari Chutney Preparation

- Thoroughly wash the masundari paat, manimuni, pudina (mint), and man dhonia (coriander).
- Combine all the washed leaves, green chilies, garlic, ginger, and lemon juice in a grinder. Add a pinch of salt and a splash of water if needed.

Nutritional & Health Benefits

- **Nutritional Content of the Plant** : Low-calorie, high-fiber herb rich in essential vitamins and minerals.
- **Health Benefits** : Commonly associated with supporting immunity and digestion, and helping maintain the body's natural balance. It has traditionally been included in everyday diets for digestive comfort.

Fagun celebrates Lighang - with Ribighaseng, colours, laughter, and unity.



PHAGUN

Mid-February to Mid-March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
14 ১৪	15 ১৫	16 ১৬	17 ১৭	18 ১৮	19 ১৯	20 ২০
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28 ২৮	01 ০১	02 ০২	03 ০৩	04 ০৪	05 ০৫	06 ০৬
07 ০৭	08 ০৮	09 ০৯	10 ১০	11 ১১	12 ১২	13 ১৩
14 ১৪	15 ১৫					



Sot brings Bordoisila - clearing heat and dust to welcome a new season

SOT

Mid-March to Mid-April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		16 ১৬	17 ১৭	18 ১৮	19 ১৯	20 ২০
21 ২১	22 ২২	23 ২৩	24 ২৪	25 ২৫	26 ২৬	27 ২৭
28 ২৮	29 ২৯	30 ৩০	31 ৩১	01 ০১	02 ০২	03 ০৩
04 ০৪	05 ০৫	06 ০৬	07 ০৭	08 ০৮	09 ০৯	10 ১০
11 ১১	12 ১২	13 ১৩	14 ১৪			

Goose weed

Assamese Name : Leheti

Scientific Name :
Sphenoclea Zeylanica

Type : Leafy vegetable



Recipe Section

Recipe Name : Leheti Xak fry

Dish Category : Stir-fry

Ingredients

Primary uncultivated plant : Leheti

Supporting ingredients : Small potato (optional), Kala Jeera, Garlic, Chilli (optional), Mustard Oil, Turmeric, Salt



Leheti Xak Fry Preparation

- Wash the potatoes and Leheti Xak properly. Cut the potato into two pieces and roughly chop the Leheti Xak.
- In a large pan or wok, heat mustard oil. Add the Kala Jeera (black cumin) and whole garlic cloves.
- Add the potato and leheti xak. Sprinkle in turmeric powder and salt. Mix thoroughly to coat them with the spices.
- Continue frying and stirring until the greens are cooked down and the potato pieces are tender
- **Serving Suggestions** : Serve with rice-dal or Chapati

Nutritional & Health Benefits

- **Nutritional Content of the Plant** : High mineral and vitamin content.
- **Health Benefits** : support immunity, digestion, and blood purification
- **Nutritional Additions from the Other Ingredients** :
 - Mustard oil → Healthy fats
 - Small potato → Carbohydrate, fibre, protein and vitamins



FROM BAIDEWS' WISDOM AND YOUTH'S VISION: WILD ROOTS TO RADIANT HEALTH

- ASSAM'S SEASONAL MAGIC!

