

## **Buckwheat Cultivation in India's North Eastern Region- A Potential 'Quick Buck' Not Getting Its Due Focus?**

Buckwheat (*Fagopyrum esculentum*) is another treasure in the unique bio-diversity of the North Eastern Region of India. This plant grows abundantly in the congenial agro-climatic condition and fertile lands across the upper and lower Brahmaputra valley zones in Assam, in the foothills of Manipur and also found growing in the wild in Tripura and few other North Eastern States. Locally called 'Dhemchi' in Assam, until recently, it's been growing in oblivion, its potential as a commercial crop for earning quick bucks for local farmers remaining much untapped. In recent times, farmers in many areas in Assam are growing it as a Rabi crop, sowing during October/November and the matured seeds harvested after about 120 days.



### Nutritional & Health Benefits of Buckwheat

Flour from its characteristic triangular shaped seeds is a rich source of protein, carbohydrates, calcium, iron. It is gluten free and more nutritious than rice or wheat. It is rich in the flavonoids rutin (strengthens the blood vessels) and quercetin (reduce inflammation). Buckwheat offers far more fibre, vitamins, and minerals than the rice products. The leaves are edible too and many local indigenous people in the region consume the cooked leaves as curry.



**Buckwheat Flour- Not Just a Substitute or a Healthy Food Additive but Has Immense Potential in Food Processing Industry!**

Owing to its commercial potential, many players in food industry, through their local intermediaries are undertaking contract farming of buckwheat in many places across Assam. Potential still largely remains untapped though!

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