

The Daily Telegrams

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Farmers' Corner- A Knowledge Hub

Spice it up with Mango ginger!

*Mango ginger is a common terminology used to describe two botanical species namely *Curcuma amada* (used extensively in mainland India) and *Curcuma mangga* (found in the islands). As the name suggests, rhizomes of these species resemble to that of ginger; but when cut, they emit aroma akin to raw mango. Both the species have excellent flavouring properties and could be utilized for preparation of various cuisines. Studies conducted at ICAR-CIARI with local mango ginger of islands suggested that all parts of rhizomes contain Curcumin, which is a bioactive molecule predominantly present in turmeric rhizomes. The appealing aroma in the rhizomes is due to the presence of volatile oil. Experiments suggested that oil content in rhizome was about 0.5% and Myrcene and cyclofenchene were identified as dominant compounds responsible for aroma. For cultivation, rhizome pieces of 15-25 g size could be planted during April in raised beds at 25-30 cm apart. The crop grows well with supplementation of organic inputs such as farmyard manure and could be grown as a rainfed crop. Two to three weedings and earthing up (covering of exposed rhizomes with soil) are the only management practices required for the crop. Rhizomes are ready for harvest when all the leaves dry up. Such rhizomes are carefully lifted and cleaned of soil. Each plant can give about 500 to 700 g of fresh produce. Rhizomes are suitable for preparation of various value added products such as dehydrated shreds, pickles etc. It could be a potential crop for both open conditions as well as intercropping in the plantation crops. Planting material is available at ICAR-CIARI for sale during the planting season.*



Benefit:

Cultivation of mango ginger will not only diversify the income avenues of island farmers but would also offer new flavours for the local hoteliers thereby promoting the tourism.

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