**Food Varieties of Kurichya Community**

Major Rice varieties consumed by Kurichya community

|  |  |  |
| --- | --- | --- |
| Sl. Nos | Name of the variety | Important  Features as dietary item |
| 1 | Veliyan | This is the most preferred rice among Kurichya as it provides high energy. Used for both lunch and dinner |
| 2 | Palveliyan | Tasty rice, rarely cultivated. Its porridge looks 3like milk of cow. |
| 3 | Thondi | Tasty rice. Used for both lunch and dinner and flattened rice |
| 4 | Palthondi | Tasty rice. Its porridge also looks like milk of cow. |
| 5 | Chennelthondi | Tasty rice. Used for both lunch and dinner in the absence of Thondi & Chennellu. |
| 6 | Thonnooranthondi | Mostly used to prepare snacks like flattened rice |
| 7 | Chennellu | Medicinal, high preference among Kurichya community |
| 8 | Kalladiyaryan | Mostly used to prepare snacks |
| 9 | Chomala | Tasty rice. Used for both lunch and dinner |
| 10 | Gandhakasala | Scented variety. Used to prepare Biriyani & payasam |
| 11 | Jeerakasala | Scented variety. Used to prepare Biriyani & payasam |
| 12 | Poothadikazhama | Scented variety. Used to prepare Biriyani & payasam |
| 13 | Chenthadi | High energy providing rice variety. Used for making dosha for break fast |
| 14 | Mundon | High energy providing rice variety. Used for making dosha for break fast |
| 15 | Mullanchanna/Mullankazhama | Scented rice. Used to prepare puffed rice |
| 16 | Navara | Medicinal rice. Mostly used in Karkidaka month and for born fracture etc. |
| 17 | Mullanpuncha | Used for making porridge |
| 18 | Urunikazhama | Scented variety. Used to prepare Biriyani & payasam |
| 19 | Adukkan | Used for both lunch & dinner purpose |

Dietary diversity of Kurichya community

**FRUITS**

|  |  |  |
| --- | --- | --- |
| SL No | Local Name | Source of vitamin |
| 1 | Palakaya | √ |
| 2 | Kodampuli | √ |
| 3 | Kotakaya(Pannikuru) | √ |
| 4 | Keerikaya | √ |
| 5 | Challorum kaya | √ |
| 6 | Ayanichakka | √ |
| 7 | Njaval | √ |
| 8 | Elanjikaya | √ |
| 9 | Edalakaya | √ |
| 10 | Puli | √ |
| 11 | Ambazham | √ |
| 12 | Panalpazham | √ |
| 13 | Koliinjaval | √ |
| 14 | Chadachikaya | √ |
| 15 | Anelakayi | √ |
| 16 | Cheri | √ |
| 17 | Angundikaya | √ |
| 18 | Nellika | √ |
| 19 | Thalumpazham | √ |
| 20 | Velikuru | √ |
| 21 | Sivanunnikaya | √ |
| 22 | Avalchunda | √ |
| 23 | Bamboo shoot (kallamula) | √ |
| 24 | Katumanga | √ |
| 25 | Katuchakka | √ |

**LEAFY GREENS**

|  |  |  |
| --- | --- | --- |
| SL No | Local Name | Source of protein & Minerals |
| 1 | Mathanila | √ |
| 2 | Payarela | √ |
| 3 | Mulluullacheera | √ |
| 4 | Katuthalu | √ |
| 5 | Thavi | √ |
| 6 | Thava | √ |
| 7 | Thakara | √ |
| 8 | Mudungachappu | √ |
| 9 | Pressure cheera | √ |
| 10 | Kochucheera | √ |
| 11 | Ponnamkanni | √ |
| 12 | Mulakila | √ |
| 13 | Murikila | √ |
| 14 | Valapayar | √ |
| 15 | Elavanila | √ |
|  | FISH |  |
| SL No | Local Name | Source of protein/vitamin/carbohydrate |
| 1 | Cherumeen | √ |
| 2 | Puluvala | √ |
| 3 | Potuvala | √ |
| 4 | Chakkamullan | √ |
| 5 | Thotumullan | √ |
| 6 | Venmeen | √ |
| 7 | Kaichule | √ |
| 8 | Maran | √ |
| 9 | Valanjil | √ |
| 10 | Aaral | √ |
| 11 | Vannalan | √ |
| 12 | Mavoolu | √ |
| 13 | Mushi | √ |
| 14 | Mechom | √ |
| 15 | Karimeche | √ |
| 16 | Vaala | √ |
| 17 | kata | √ |
| 18 | Kallelmuti | √ |
| 19 | Kanuman | √ |
| 20 | Konjan | √ |
| 21 | Kannanparal | √ |
| 22 | Valiyaparal | √ |
| 23 | Thodan | √ |
| 24 | Keeru | √ |
| 25 | Nunayanvaala | √ |

**NUTS**

|  |  |  |
| --- | --- | --- |
| SL No | Local Name | Source of protein & minerals |
| 1 | Chakkakuru | Vitamin& Minerals |
| 2 | Anjilikuru | Vitamin& Minerals |
| 3 | Thanikuru | Vitamin& Minerals |
| 4 | Katujathika | Vitamin& Minerals |
| 5 | Pulinkuru | Vitamin& Minerals |

**ROOTS & TUBERS**

|  |  |  |
| --- | --- | --- |
| SL No | Local Name | Source of carbohydrate & minerals |
| 1 | Chena | √ |
| 2 | Katuchena | √ |
| 3 | Vellakachil | √ |
| 4 | Kayamakachil | √ |
| 5 | Inchikachil | √ |
| 7 | Mullankachil | √ |
| 8 | Kuzhikachil | √ |
| 9 | Kaduvakayyan | √ |
| 10 | Cherukachil | √ |
| 11 | Neendi | √ |
| 12 | Noora | √ |
| 13 | Nara | √ |
| 14 | Kavala | √ |
| 15 | Venni | √ |
| 16 | Chakarachempu | √ |
| 17 | Kavala | √ |
| 18 | Vayalchempu | √ |
| 19 | Kandichempu | √ |
| 20 | Kuzhichempu | √ |
| 21 | Malaramanchempu | √ |
| 22 | Makalepoti | √ |
| 23 | Pindalan | √ |
| 24 | Eyanchempu | √ |

BIRD DIVERSITY CONSUMED BY KURICHYA COMMUNITY

|  |  |  |
| --- | --- | --- |
| SL No | Local Name | Source of protein & minerals |
| 1 | Kooman | √ |
| 2 | Moonga | √ |
| 3 | Pravu | √ |
| 4 | Mayil | √ |
| 5 | Pokana | √ |
| 6 | Kakapokana | √ |
| 7 | Kolakozhi | √ |
| 8 | Kannancheri | √ |
| 9 | Katimota | √ |
| 10 | Pannipullu | √ |
| 11 | Necharipullu | √ |
| 12 | Vatyanpullu | √ |
| 13 | Kudukkapullu | √ |
| 14 | Manjayan | √ |
| 15 | Koroolu | √ |

ANIMAL DIVERSITY

|  |  |  |
| --- | --- | --- |
| SL No | Local Name | Source of vitamin & minerals |
| 1 | Udumpu | √ |
| 2 | Kooranpanni | √ |
| 3 | Mullanpanni | √ |
| 4 | Katadu | √ |
| 5 | Maanu | √ |
| 6 | Pulliman | √ |
| 7 | Kalaman | √ |
| 8 | Meru | √ |
| 9 | Shavalanveru | √ |
| 10 | ChanthanVeru | √ |
| 11 | Poomeru | √ |
| 12 | Kakkalanmeru | √ |
| 13 | Anunga | √ |
| 14 | Paraveru | √ |
| 15 | Velloli | √ |
| 16 | Muyal | √ |
| 17 | Katukozhi | √ |
| 18 | Marapatti | √ |