

MICRO-NUTRIENT ACTIVITY OF SUNDARI (*Heritiera fomes*), THE MANGROVE PLANT

RIA HALDER¹, SUNITI GHOSH CHATTERJI² & PRANABES SANYAL³

^{1,2}Department of Home Science, Calcutta University, Kolkata, West Bengal, India.

³School of Oceanographic Studies, Jadavpur University, Kolkata, West Bengal, India.

ABSTRACT

The name *Sundarban* can be literally translated as "beautiful forest" in Bengali language (*Shundor*, "beautiful" and *bon*, "forest"). The name might have been derived from the Sundari trees (the mangrove species *Heritiera fomes*) that are found in Sundarban in large numbers. Sundarban the mangal vegetation comprises of 94 intertidal sp. but less than 10 sp. are utilized by the locals as food & fodder materials. The sp. like *Avicennia alba*, *A. marina*, *A. officinalis*, *Sonaratia apatala*, *S. casiolepis*, *Heritiera fomes*, *Nypa fruticans* are consumed either as vegetables or beverages. Fruits of *Heritiera fomes* are popular for making pickles & nuts and it became more popular during stress times in Sundarban. Micronutrient activity of *Heritiera fomes* has been under taken in order to determine the suitability for human use as food material.

KEYWORDS: Edible Mangrove Fruits, Indian Sundarban, Micronutrient Activity