

Roselle Crop

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Roselle Crop Latest News

In Odisha's Malkangiri district, the indigenous crop Roselle is helping tribal communities adapt to climate change.

About Roselle Crop

- Roselle's scientific name is **Hibiscus sabdariffa** belongs to the **Malvaceae family**.
- It is locally known as **Bhenda Dal** and has long been cultivated by tribal communities in **Odisha's Malkangiri district**.
- It thrives **on rainfed uplands** with minimal inputs and can grow on marginal land with **relatively little water**.
- It is being cultivated in warm countries particularly in the Philippines, **Malaysia**, **Indonesia**, **India**, Cuba, Central America, California, Florida, Egypt.
- It is valued as **both food and medicine**.
- **Nutritional Value:** The tender leaves are cooked as saag or combined with pulses and vegetables, lending a distinctive sour flavour to everyday meals.
- **Health Benefits:** It contains **vitamin C**, **anthocyanins**, **flavonoids**, polyphenols, iron, calcium and dietary fibre. The deep red colour of the flower cups comes from anthocyanins, powerful antioxidants that help

protect the body against **oxidative stress**.

Source: DTE

Source: <https://vajiramandravi.com/current-affairs/roselle-crop/>

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