

Water Chestnut

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About Water Chestnut:

- It is known as **goer in Kashmir**, is an aquatic vegetable that grows in the **Wular Lake in Kashmir**.
- It is popularly known as **Singhara ka atta** in India, it **grows underwater**.
- The plants have extremely sharp spines with barbs that can cause serious injuries if stepped upon.
- It is native to **Europe, Asia, and Africa** and is also known as water caltrops.
- It is dense with **potassium and fiber**. It barely contains any sodium or fat, but is **high in carbohydrates**.
- **How is it used?**
 - The **edible kernel**, concealed beneath a thick outer layer, is peeled off, dried, and **pounded into flour**.
 - People also use the sturdy dried outer shells as fuel in the traditional fire pots known as **kangri during winter**.
 - Water chestnut is eaten in **dishes during Navaratri**. It is also easily digestible and provides energy, which is crucial when fasting.

- When peeled, the chestnut reveals white flesh with a crunchy, juicy texture and a sweet taste.
 - Over the years, dry weather and **increasing marshy** land around the lake caused a decline in production of water chestnuts and have **adversely affected livelihoods**.
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Q1: What is Kangri?

The Kangri, also known as Kanger or Kangid, is earthenware filled with glowing embers and encased in pretty handmade wicker baskets. It is a portable and moving heater that Kashmiris keep in their pheran, a long woollen cloak reaching down to the knees worn by people during the frosty winters.

Source: [News in Frames: Wular's autumn nibbles](#)

Source: <https://vajiramandravi.com/current-affairs/water-chestnut/>

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