



VEGETABLES IN RURAL SRI LANKA

AVAILABILITY AND CONSUMER PREFERENCES ELICITED FROM GENDERED FOCUS GROUP DISCUSSIONS



**CGIAR INITIATIVE
FRUIT AND VEGETABLES FOR
SUSTAINABLE HEALTHY DIETS (FRESH)**

VEGETABLES IN RURAL SRI LANKA
AVAILABILITY AND CONSUMER PREFERENCES ELICITED FROM GENDERED
FOCUS GROUP DISCUSSIONS

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INTRODUCTION

Sri Lanka's vegetable production sector is a vital part of the nation's agricultural economy, contributing approximately 0.8% to the Gross Domestic Product (GDP) in 2022 (CBSL 2022).¹ The highly diverse agro-ecological regions of Sri Lanka are well suited for the cultivation of a wide variety of vegetable crops. Indigenous vegetables, including leafy vegetables, gourds, and legumes are particularly important being rich in vitamins, minerals and proteins. These crops could help in crop diversification as well, thereby increasing the incomes of farmers and making them available year-round.

There are two main groups of vegetables grown in Sri Lanka based on the agro-ecological adoptability - (a) upcountry (hilly areas) temperate vegetables (cabbage, carrot, beetroot, etc.) which are grown on a commercial scale with high input use and (b) low-country (plains) tropical vegetables (brinjal, bitter melon, etc.) which are cultivated less intensively under low input systems. Leafy vegetables are also grown across the country, mostly in home gardens and have an important part in the Sri Lankan diet (Gunasena 2006).²

Despite the sector's importance, vegetable production in Sri Lanka faces significant challenges. The average daily per capita consumption of vegetables in the country is around 112 grams per day, significantly lower than the World Health Organization's recommended 400 grams (Keller, I. and Tukuitonga, C. (2007).³ The unavailability of fertilizers and agro chemicals due to import ban by the Government in 2022 has exacerbated production difficulties. The major constraints observed in vegeta-

1 Central Bank of Sri Lanka Annual Report 2022 (https://www.cbsl.gov.lk/sites/default/files/cbslweb_documents/publications/annual_report/2022/en/6_Chapter_02.pdf)

2 Gunasena, HPM. 2006. "Indigenous Vegetables and Legumes in Sri Lanka." In , 111-14.

3 Keller, I. and Tukuitonga, C. (2007). THE WHO/FAO FRUIT AND VEGETABLE PROMOTION INITIATIVE. *Acta Hort.* 744, 27-37

ble production are destruction of crops by wild animals, high pest and disease attack, lack of irrigation facilities, lack of quality of seeds, lack of new technologies and access for information, lack of access to credits, high cost of production due to high input prices, high market price fluctuations, and difficulties in marketing. Furthermore, rural households disregard the nutritional aspects of the vegetables when they select them for consumption (Wijetunga, et al, 2023).⁴ Despite various projects and programs, no substantial improvements have been made in the production and marketing systems, and vegetable farming remains predominantly small-scale, labor-intensive, and technologically outdated.

On May 06, 2021, the Government of Sri Lanka imposed a ban on the importation of chemical fertilizers, pesticides, and herbicides under the Imports and Exports (Control) Regulation No 07 of 2021. This ban aimed to transition the country to 100% organic farming, positioning Sri Lanka as a global leader in organic agriculture and ensuring that consumers have access to safe and nutritious food. However, this sudden shift has led to significant reduction in yields (Ghose, Fraga, and Fernandes 2023).⁵

Another major challenge is the disappearance of indigenous vegetables. The widespread adoption of cash crops and increased Research & Development (R&D) focus on them have resulted in the near disappearance of indigenous crops from agrarian ecosystems, causing a decline in vegetable biodiversity. Indigenous varieties should be characterized and conserved for use in crop improvement programmes. In this report, we are documenting the availability and consumer preferences of 70 vegetable crops collected through fieldwork in Sri Lanka in 2023.

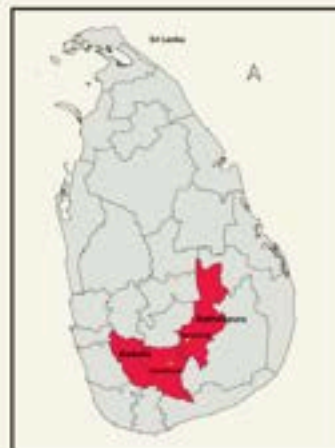
4 Wijetunga M.W.A.C.S. , Mahindaratne P, Lalith Amarathunga L, Banagala C, Amarakoon C, Perera D, Rathnayake G, Udage A.C. 2023. 'Constraints and Opportunities to Ensure Safe and Sustainable Production of Vegetables throughout the Year in Sri Lanka'. Technical Report (Unpublished), Fruit and Vegetables for Sustainable Healthy Diets (FRESH) Project, Submitted to International Maize and Wheat Improvement Center (CIMMYT), Mexico City.

5 Ghose, Devaki, Eduardo Fraga, and Ana Fernandes. 2023. "Fertilizer Import Bans, Agricultural Exports, and Welfare: Evidence from Sri Lanka." The World Bank.

STUDY AREA AND DATA

As part of the One CGIAR Initiative, “Fruits and Vegetables for Sustainable Health Diets” (FRESH; <https://www.cgiar.org/initiative/fruit-and-vegetables-for-sustainable-healthy-diets-fresh/>), the researchers of International Maize and Wheat Improvement Center (CIMMYT) and International Water Management Institute of Sri Lanka (IWMI) collaborated with the researchers of Uva Wellassa University of Sri Lanka to conduct focus group discussions (FGDs) in Badulla and Rathnapura Districts. The objective was to explore the constraints to ensure a safe and sustainable supply of vegetables throughout the year in Sri Lanka, from farmers’ perspective. A research team from the Uva Wellassa University was deployed for field data collection employing a pre-designed, structured questionnaire to identify the constraints involved in crop production, major vegetable crops cultivated and consumed in the region and the opportunities to diversify the existing production systems.

The survey was conducted in the Boralanda and Damahana Divisional Secretary (DS) Divisions of Badulla and Rathnapura Districts respectively. A total of 36 FGDs (18 female only FGDs and 18 male only FGDs) were conducted. Around 380 farmers participated from the 18 sample villages. The contacting and mobilization of respondent farmers were done with the help of the Agrarian Service Centres and the Provincial Department of Agriculture in Sri Lanka. Agricultural Research and Production Assistants (ARPA) were instrumental in organizing FGDs, ensuring (a) time limits, (b) gender segregation in the FGDs, and (c) ensuring the minimum and maximum number of participants per FGD.



An itinerary was designed based on the scheduled FGD dates to maximize time and resource usage.

The FGDs were conducted in the selected villages in farmers' houses, community centers, and village temples. The team of data enumerators arrived at each location as scheduled. At each site, male and female FGDs were conducted simultaneously. Participation was voluntary, and participants had the right to withdraw or not answer any questions without any consequences. Data and information were recorded manually in the questionnaire, and the discussions were audio-recorded and photographed with the participants' permission. Each FGD had a minimum of six participants, with an average attendance of 11 for female FGDs and 10 for male FGDs.

Almost all the FGDs were conducted successfully as planned, with no major difficulties or challenges encountered. Farmers in most locations appreciated the opportunity to discuss the problems they encountered in vegetable production. However, some farmers were initially reluctant to organize FGDs due to previous negative experiences with other project meetings. In a few villages, poor participation from both male and female farmers was observed due to their engagement in field activities or social events organized by village welfare societies, especially on holidays. The questionnaire was observed to be lengthy in some FGDs, making it difficult to maintain farmers' concentration and obtain accurate responses. The remote nature of some villages posed certain transportation challenges.

The data obtained from this project highlighted the need to improve the current vegetable production system in Sri Lanka. Enhancing safe and sustainable production, ensuring adequate and healthy food consumption, and improving living standards and well-being are essential. Exploring new ways to maintain a safe and sustainable supply of vegetables throughout the year is crucial. In this infographic booklet, we document the diversity of vegetables cultivated, collected, and bought from market and farmer consumption preferences.

ACKNOWLEDGEMENT

We sincerely acknowledge Dr. Lalith Amarathunga, Senior Lecturer from the Faculty of Animal Science and Export Agriculture at Uva Wellassa University. We appreciate the invaluable contributions of Ms. Chathurika Banagala, Ms. Chamali Amarakoon, Ms. Dilini Perera, and Ms. Gayathri Rathnayake, Lecturers at the Faculty of Animal Science and Export Agriculture at Uva Wellassa University, and Mr. Ashan Chathuranga Udage, Research Assistant at Uva Wellassa University.

We also appreciate the support and significant contributions from the Agrarian Development Centers (ADC) of Boralanda and Damahana divisions of the Department of Agrarian Development in Sri Lanka, the Agricultural Research and Production Assistants (ARPAs) in these areas, and the Key Informants in the 18 villages of Boralanda and Damahana.

BRINJAL

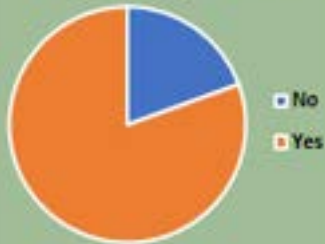
Solanum melongena

Common names: Elabatu/
Egg plant

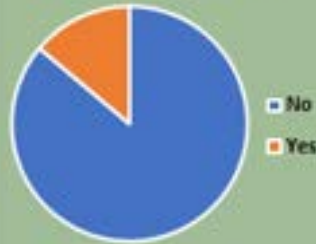


% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

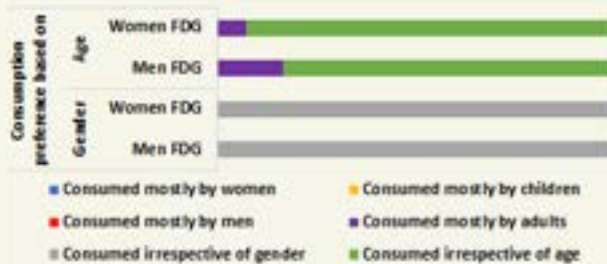


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



“Cold vegetable, so, rarely eaten at nights and when having cold” - FGD 33

PUMPKIN

Cucurbita pepo

Common names: Wattakka

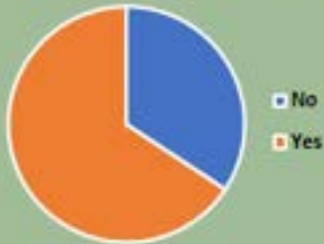


Source: IWM.



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

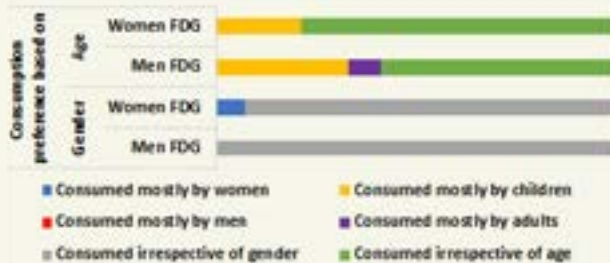


Bought from market

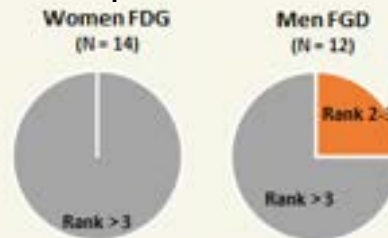


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



Reasons for preference according to farmers

- Medicinal properties
- Nutritional value.

“Good Taste and medicinal properties” - FGD 14

BITTER GOURD

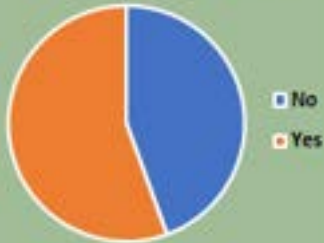
Momordica charantia

Common names: Karawila



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

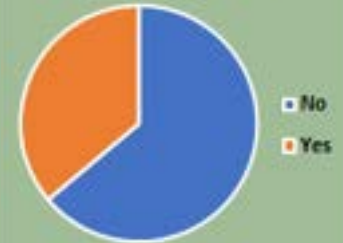
Cultivated in the village



Collected from wild

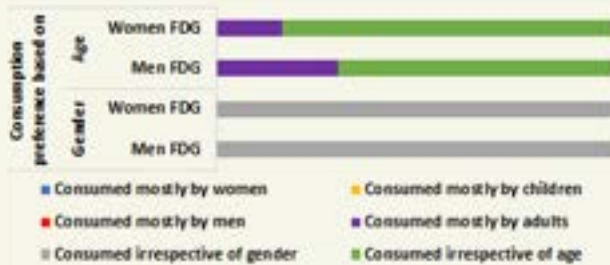


Bought from market

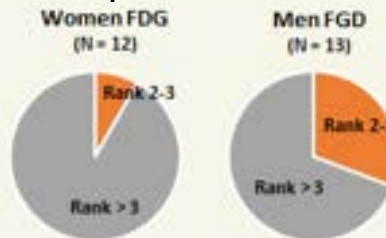


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



Reasons for preference according to farmers

- Good for reducing cholesterol
- Help to lower blood sugar levels.

RIDGE GOURD

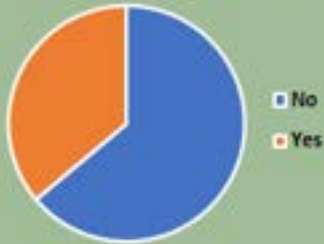
Luffa acutangula

Common names: Dara wetakolu



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

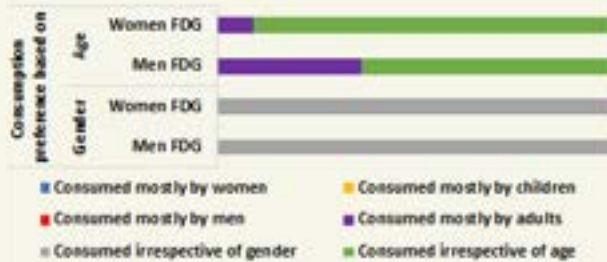


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption

Women FGD (N = 11)



Men FGD (N = 11)



CASSAVA

Manihot esculenta

Common names: Manchokka/
Manioc

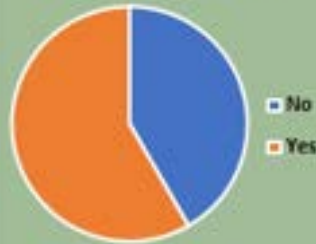


% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

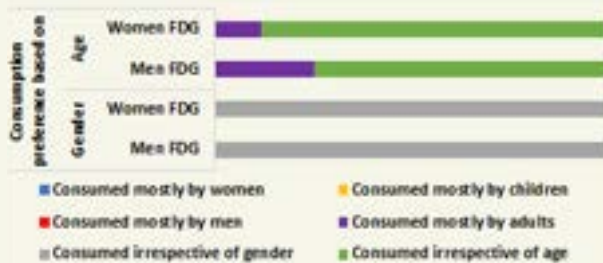


Bought from market

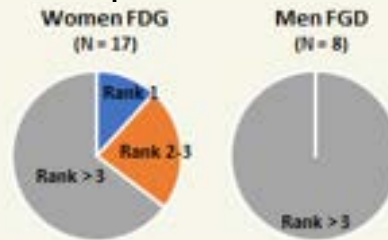


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



Reasons for preference according to farmers

- Nutritional value and taste
- Help cure and prevent cancer
- Improves eye vision.

“Good taste/ Cancer prevention effect” - FGD 12

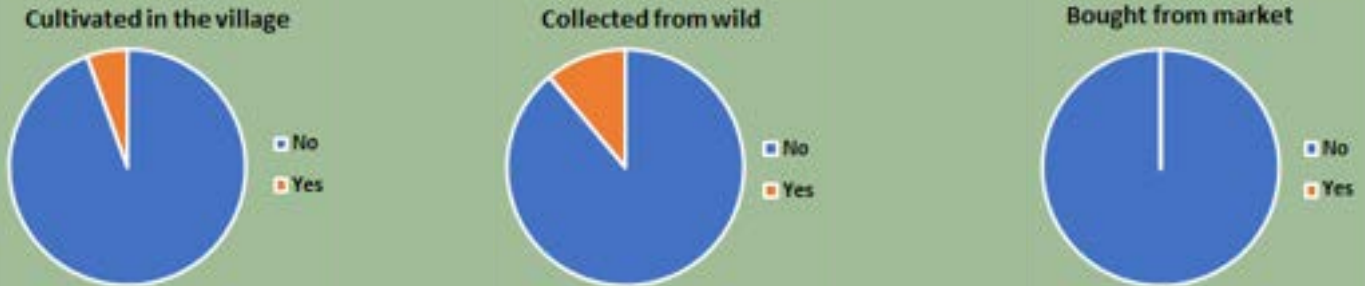
MINT

Mentha

Common names: Minchi

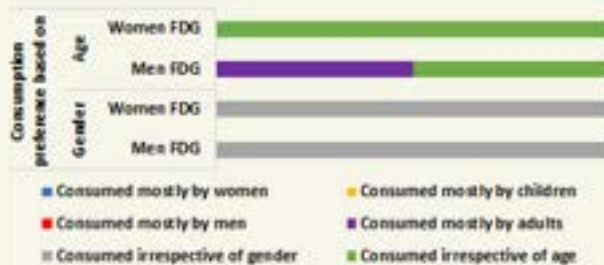


% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

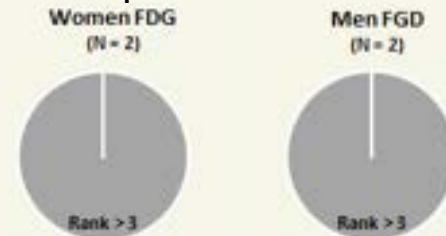


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



SESSILE JOYWEED

Alternanthera sessilis

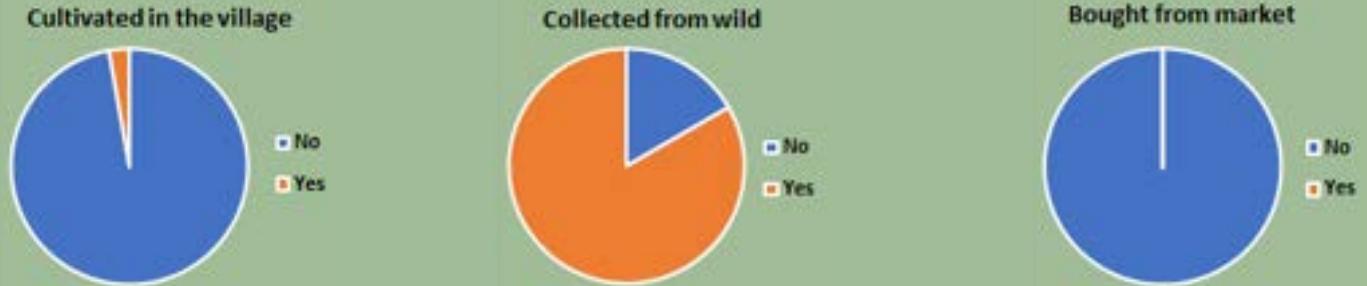
Common names: Mukunuwenna



Source: Honfoga, J.

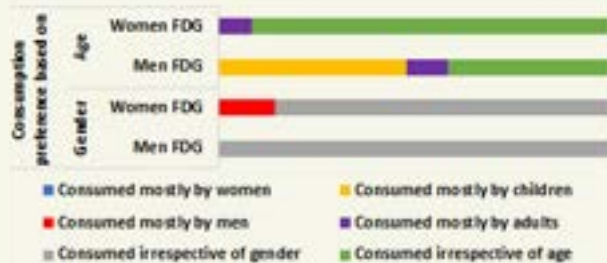


% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



CHAYOTE

Sechium edule

Common names: Chow Chow

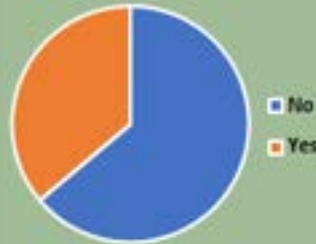


% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

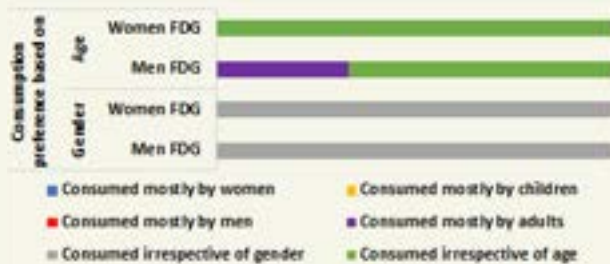


Bought from market

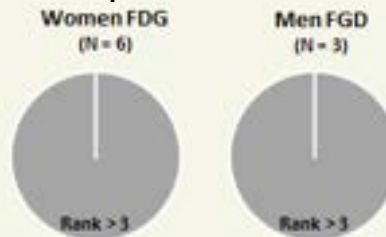


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



Reasons for preference according to farmers

- Good for high blood pressure.

SPINY LASIA

Lasia spinosa

Common names: Kohila



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

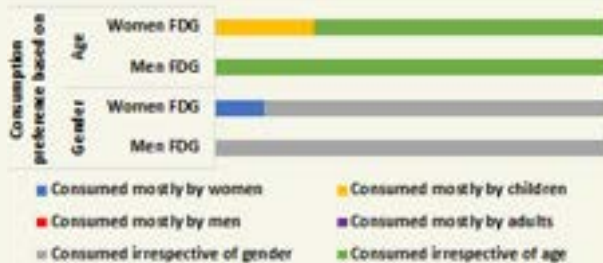


Bought from market

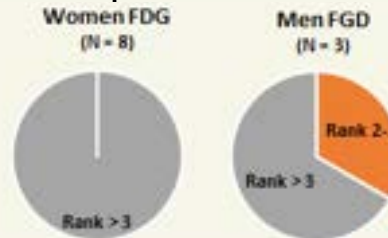


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



Reasons for preference according to farmers

- Contains high fibre.

WATER SPINACH

Ipomoea aquatica

Common names: Kankun/
Kang kung



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

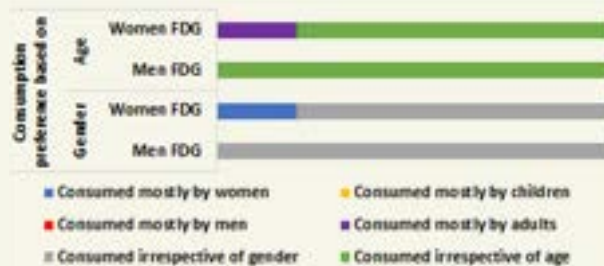


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption

Women FGD (N = 5)



Men FGD (N = 1)



SPINACH

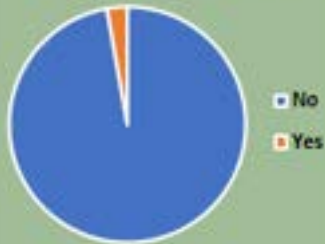
Spinacia oleracea

Common names: Niwithi



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

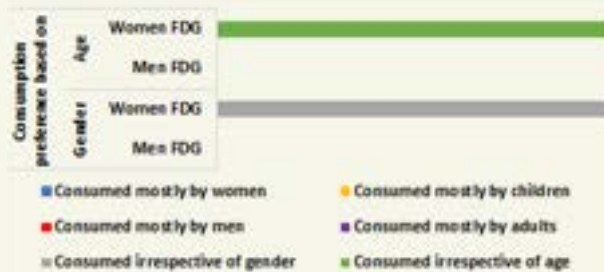


Bought from market

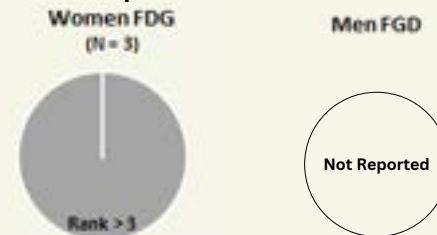


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



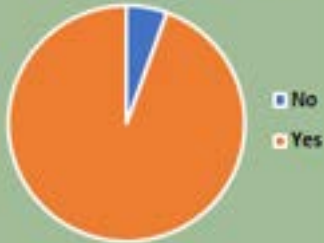
TOMATO

Solanum lycopersicum



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

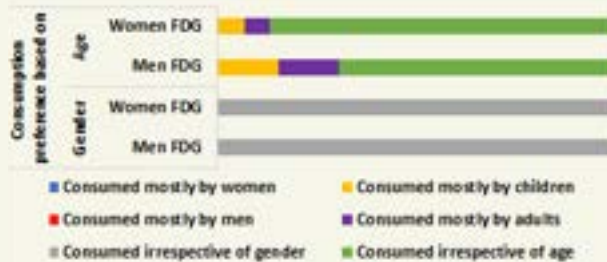


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption

Women FDG (N = 15)



Men FDG (N = 13)



CHILLI PEPPER

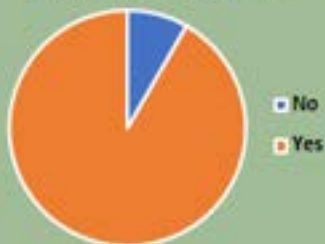
Capsicum annuum

Common names: Ho miris/ Chili



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

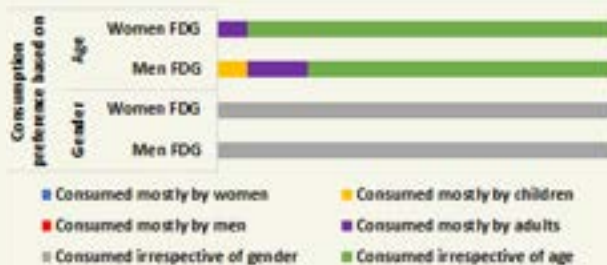


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption

Women FDG (N = 13)



Men FDG (N = 13)



RADISH

Raphanus sativus

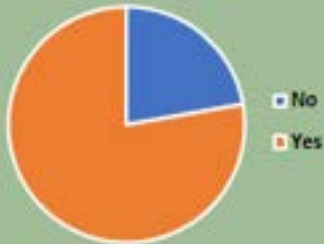


Source: IWMI.



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

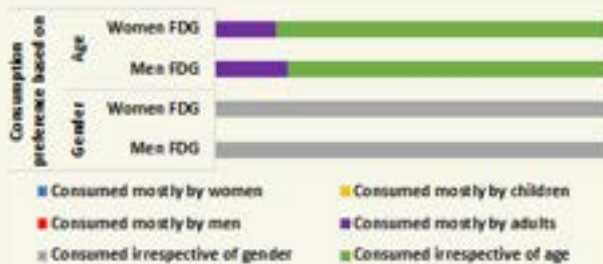


Bought from market

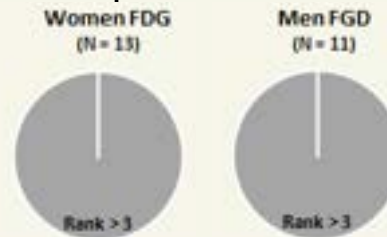


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



Reasons for preference according to farmers

- Nutritional value and taste.

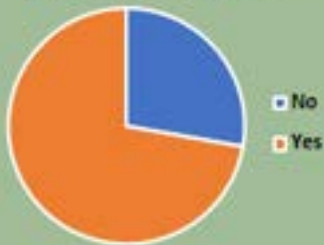
CABBAGE

Brassica oleracea var. capitata



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

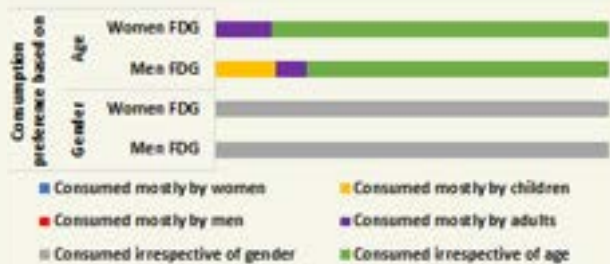


Bought from market

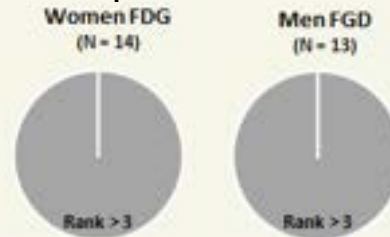


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



Reasons for preference according to farmers

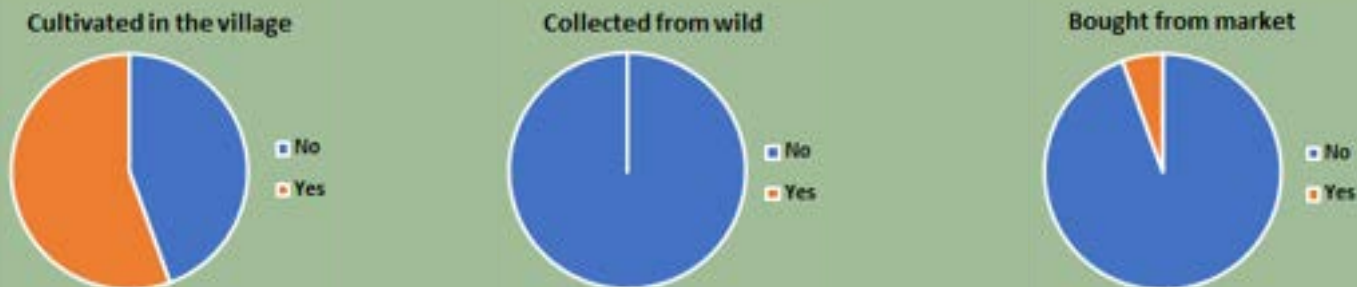
- Nutritional value and taste.

KNOL KHOL

Brassica oleracea var. gongylodes

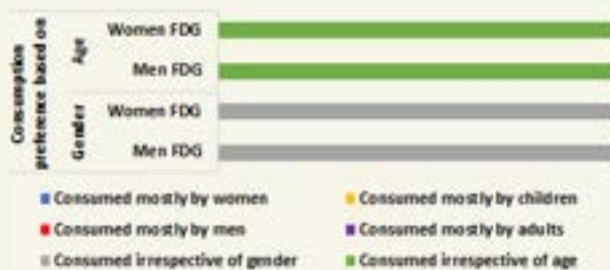


% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



CAPSICUM

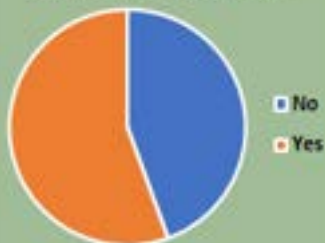
Capsicum frutescens

Common names: Kochchi



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

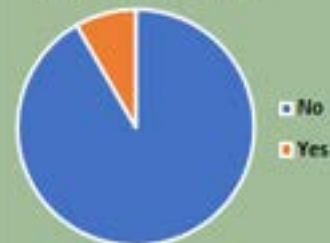
Cultivated in the village



Collected from wild

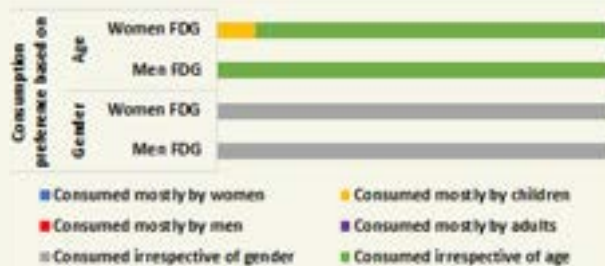


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption

Women FGD (N = 10)



Men FGD (N = 5)



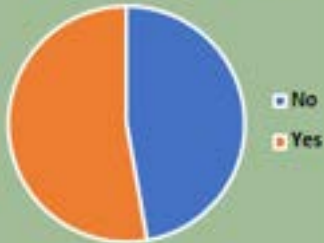
CARROT

Daucus carota



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

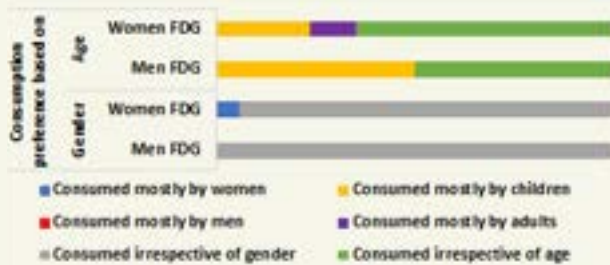


Bought from market

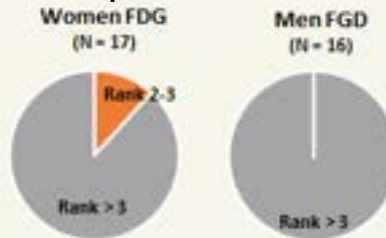


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



Reasons for preference according to farmers

- Nutritional value
- Rich in vitamins .

“Tasty, childrens fond of eating ” - FGD 24

CUCUMBER

Cucumis sativus

Common names: Pipinchcha

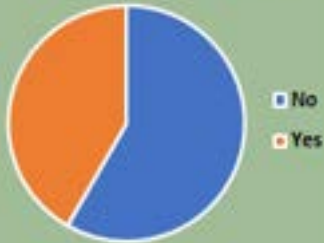


Source: IWM.



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

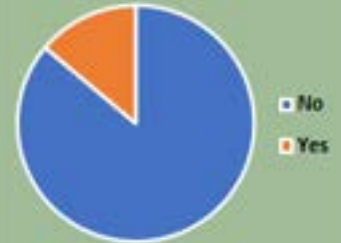
Cultivated in the village



Collected from wild

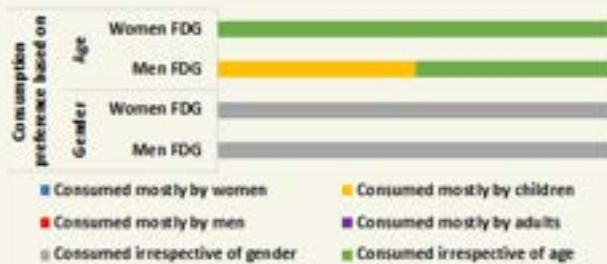


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption

Women FDG (N = 9)



Men FDG (N = 4)



BEETROOT

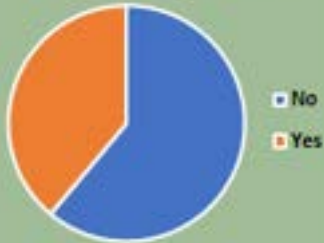
Beta vulgaris

Common names: Beet



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild



Bought from market

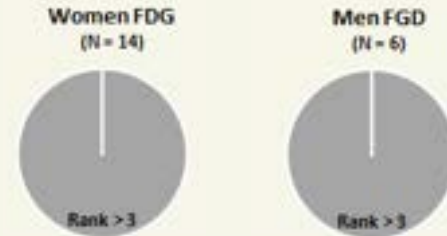


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



SNAKE GOURD

Trichosanthes cucumerina

Common names: Pathola



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

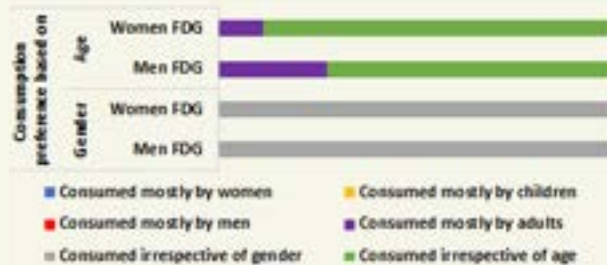


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



LONG BEANS

Vigna unguiculata

Common names: Makaral/
Mas Mae

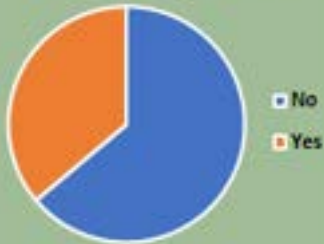


Source: Honfoga, J.



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

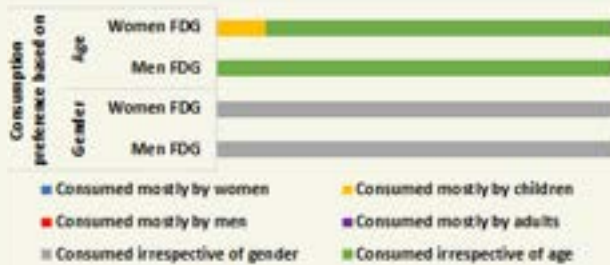


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



Reasons for preference according to farmers

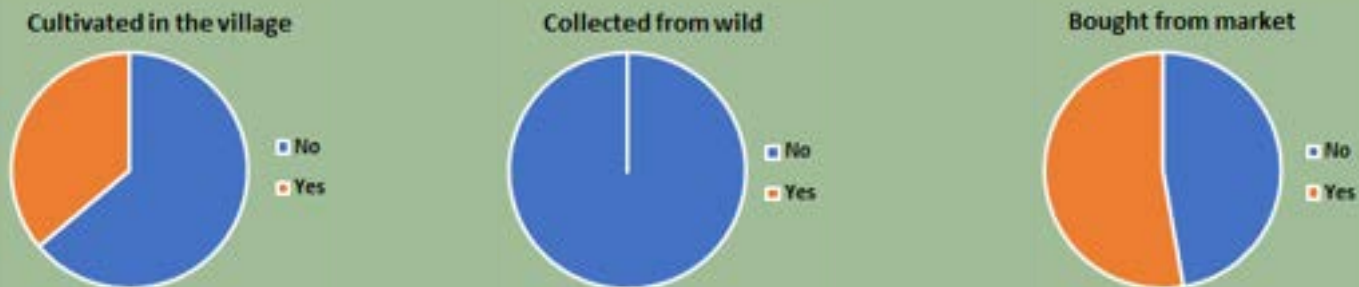
- Tasty and healthy
- Can be cooked in different manners.

LEEKs

Allium porrum

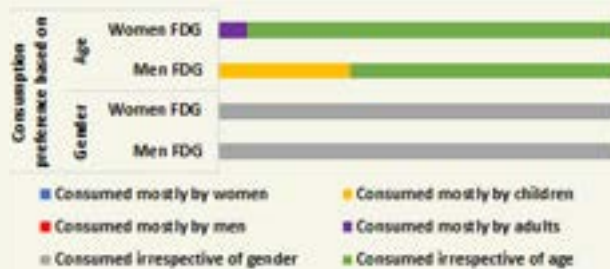


% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

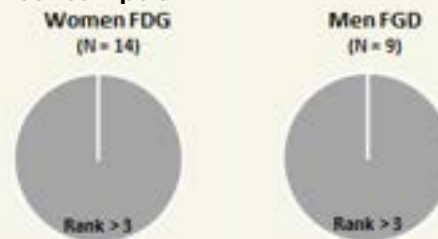


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



LETTUCE

Lactuca sativa

Common names: Salada



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild



Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption

Women FGD (N = 11)



Men FGD (N = 3)



WINGED BEANS

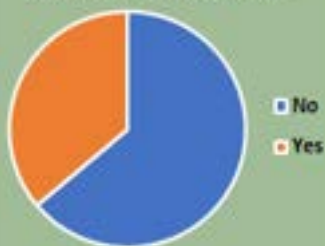
Psophocarpus tetragonolobus

Common names: Dambala



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

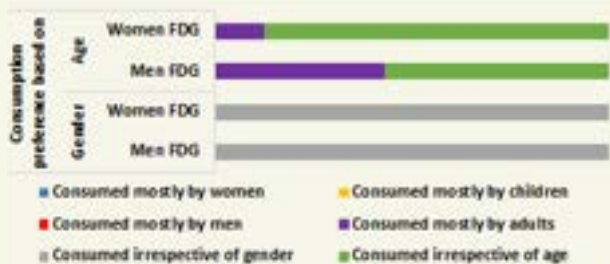


Bought from market

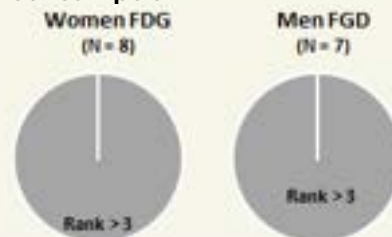


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



Reasons for preference according to farmers

- High nutritional value
- Good for shortness of breath.

“Tasty and healthy, can be cooked in different manners especially winged bean” - FGD 31

OKRA

Abelmoschus esculentus

Common names: Bandakka/
Ladies Fingers



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

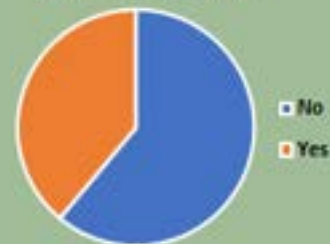
Cultivated in the village



Collected from wild



Bought from market

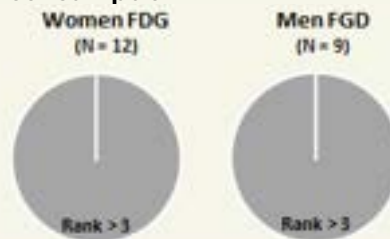


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



Reasons for preference according to farmers

- Contain high amount of fibre.

COOKING MELON

Cucumis melo

Common names: Kekiri/
Peni Puhul



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

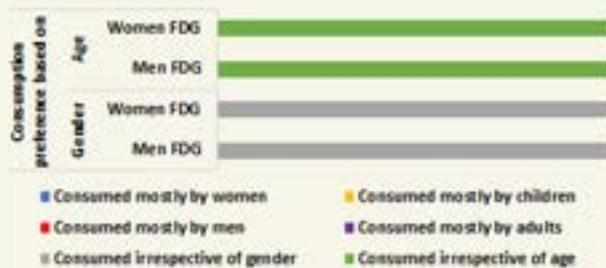


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



CAULIFLOWER

Brassica oleracea var. botrytis



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

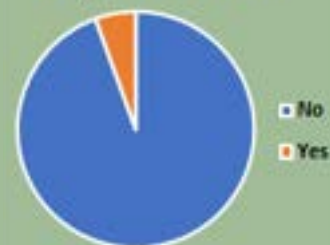
Cultivated in the village



Collected from wild

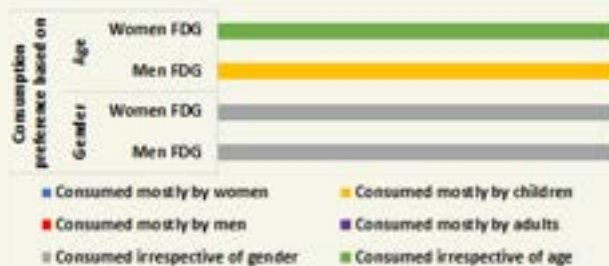


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption

Women FDG (N = 1)



Men FDG (N = 1)



SWORD BEANS

Canavalia gladiata

Common names: Awara



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

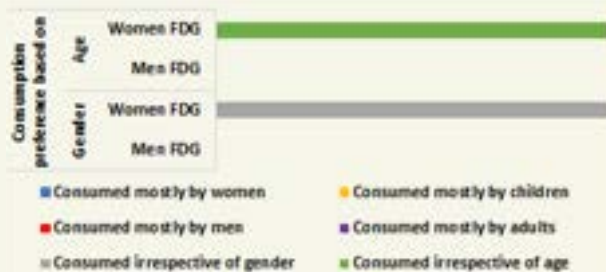


Bought from market

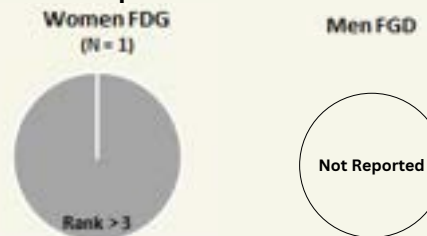


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption

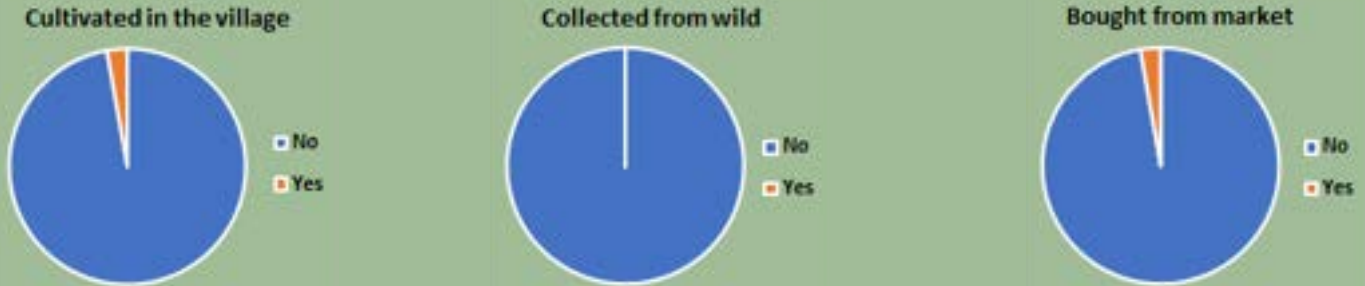


BIG ONION

Allium cepa

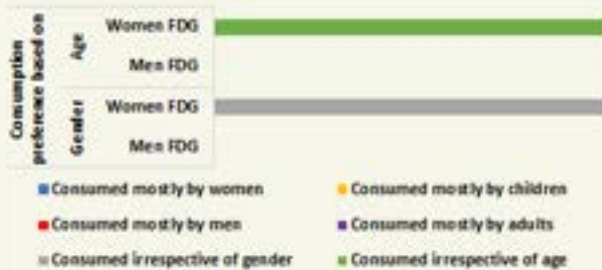


% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



JACKFRUIT

Artocarpus heterophyllus

Common names: Kos/ Polos

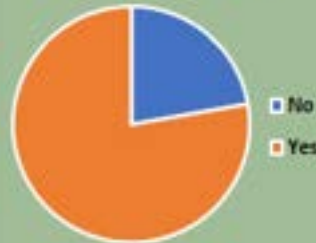


% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

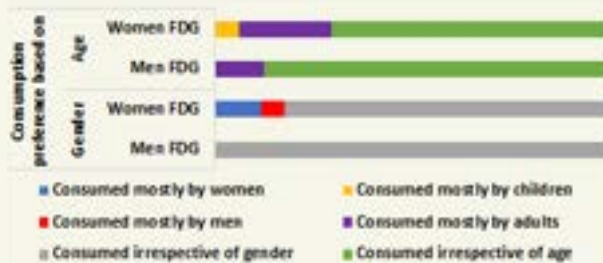


Bought from market

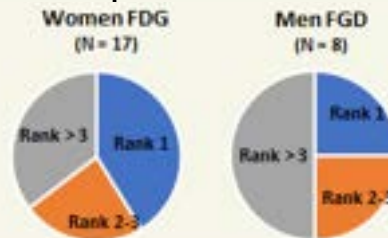


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



Reasons for preference according to farmers

- Nutritional value and taste
- Free of Agrochemicals
- Can be cooked in different ways.

“Free of Agrochemicals and naturally grown” - FGD 2

BREADFRUIT

Artocarpus altilis

Common names: Del



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

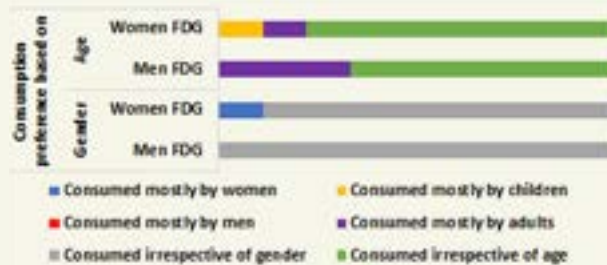


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



SWEET POTATO

Ipomoea batatas

Common names: Bathala



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

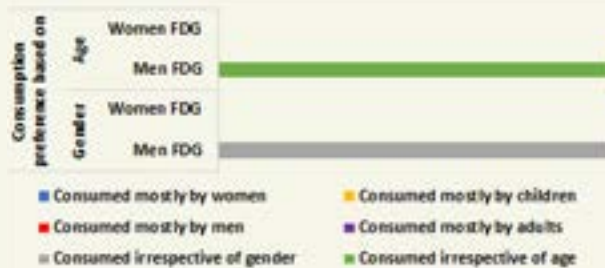


Bought from market

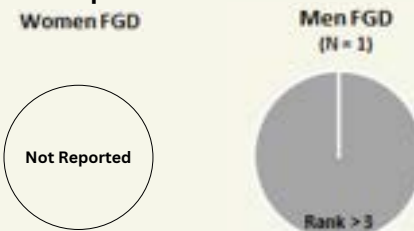


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



MORINGA

Moringa oleifera

Common names: Murunga/
Drum Strick



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

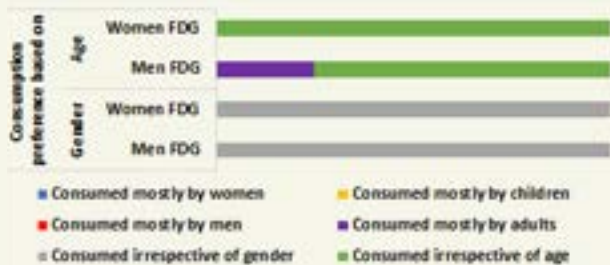


Bought from market

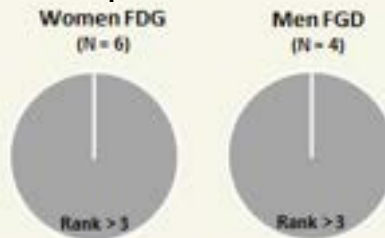


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



Reasons for preference according to farmers

- High in proteins and Calcium.

“Good to eat as they are traditional native crops” - FGD 1

SPINY GOURD

Momordica dioica

Common names: Ban Karela
Thumba Karawila
Bristly Balsam Pear



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

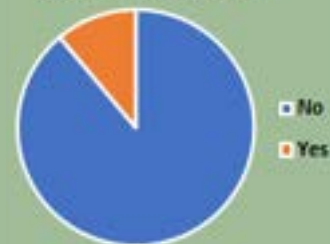
Cultivated in the village



Collected from wild

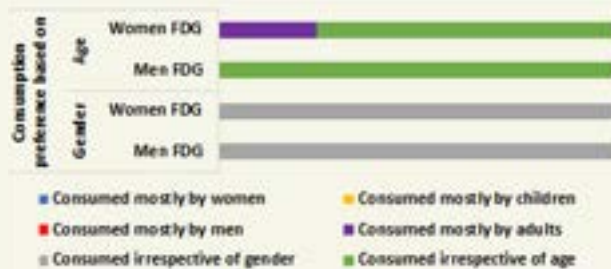


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption

Women FDG (N = 4)



Men FDG (N = 1)



VEGETABLE HUMMINGBIRD

Sesbania grandiflora

Common names: Kathurumurunga



Source: IWMI.

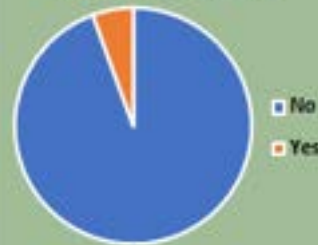


% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

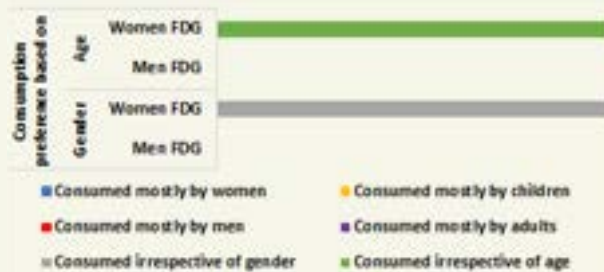


Bought from market

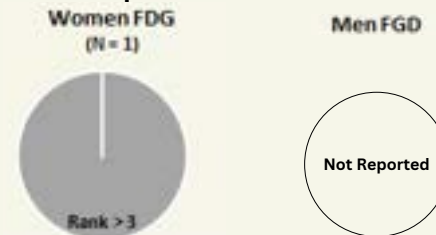


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



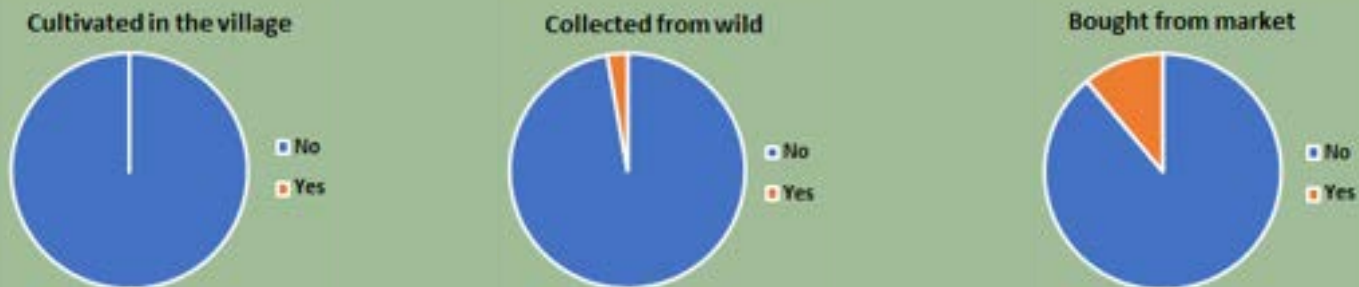
ASH PLANTAIN

Musa paradisiaca

Common names: Kesel muwa

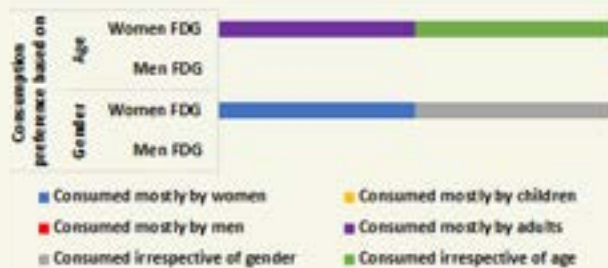


% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



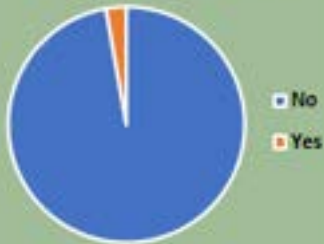
SHALLOT

Allium ascalonicum



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild



Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



PENNYWORT SPADELEAF

Centella asiatica

Common names: Gotukola

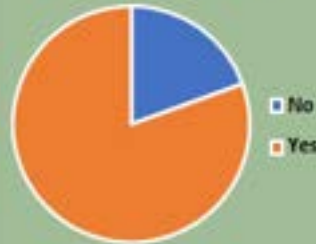


% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

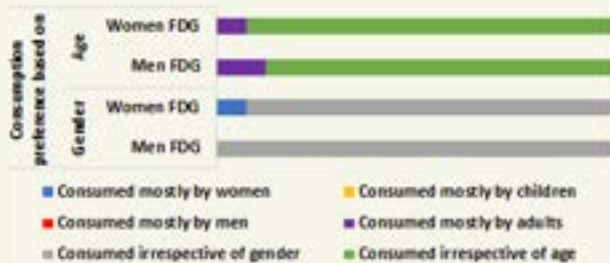


Bought from market

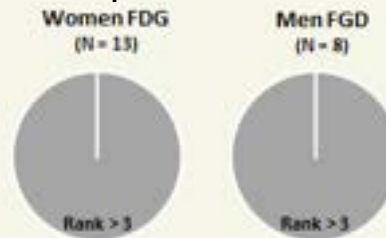


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



Reasons for preference according to farmers

- Good for improving the memory of children.

GREEN AMARANTH

Amaranthus viridis

Common names: Koora kola/
Koora thampala



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

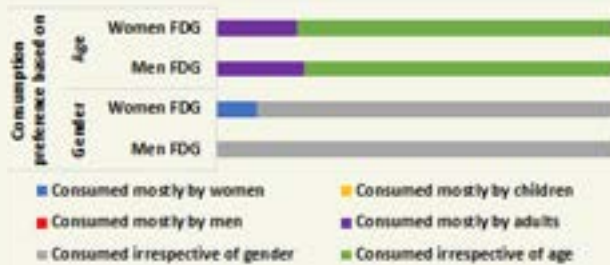


Bought from market

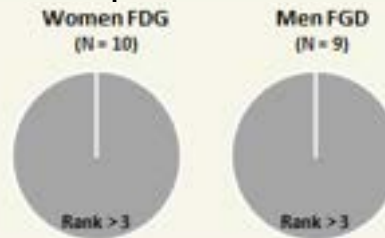


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



Reasons for preference according to farmers

- Good for eyesight.

TARO

Colocasia esculenta

Common names: Ala Kola/
Wel ala kola

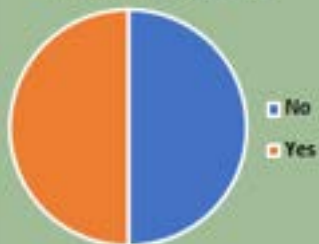


% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

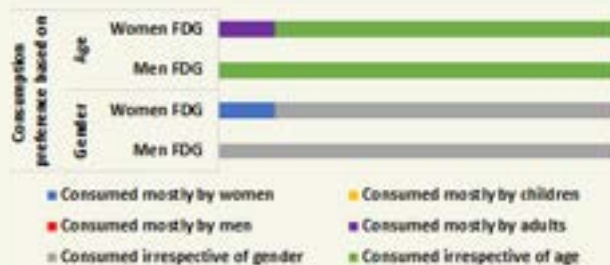


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption

Women FGD (N = 7)



Men FGD (N = 5)



BLACK NIGHTSHADES

Solanum nigrum

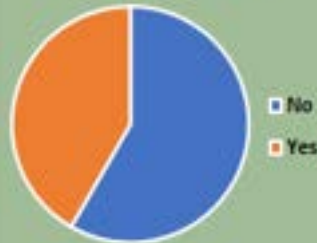


% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

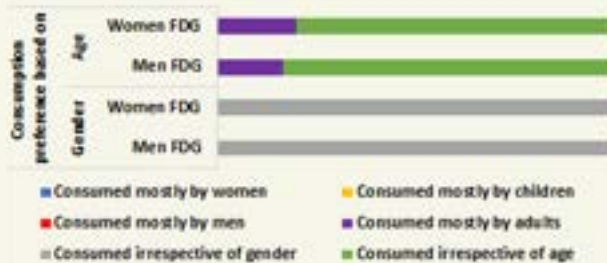


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption

Women FGD (N = 5)



Men FGD (N = 6)



“Consume specially by diabetic parents” - FGD 8

TURKEY BERRY

Solanum torvum

Common names: Thibbatu/
Pea Eggplant



Source: IWMI.



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

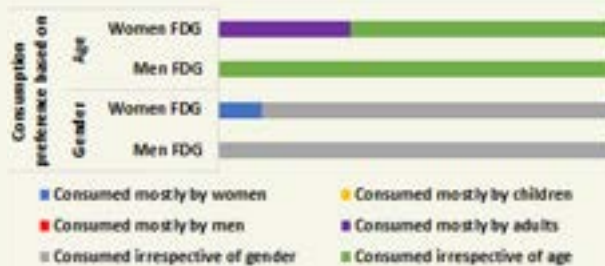


Bought from market

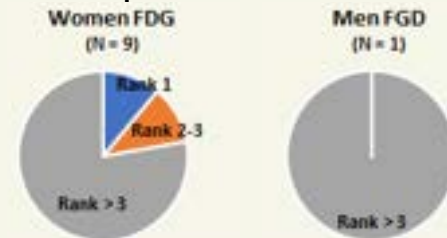


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



GLOSSY NIGHTSHADE

Solanum americanum

Common names: Thamberiya



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

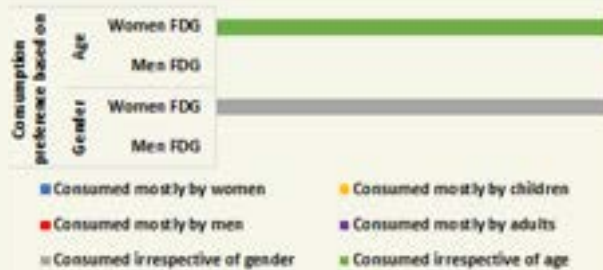


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



INDIAN NIGHTSHADE

Solanum violaceum

Common names: Thiththa batu



Source: IWMI.



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

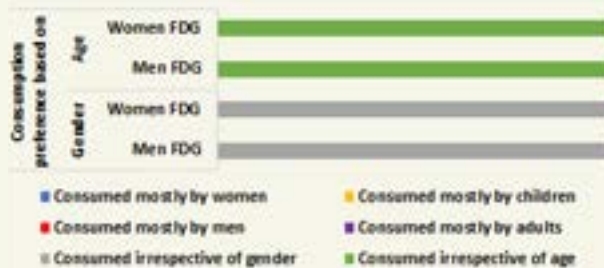


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption

Women FDG (N = 6)



Men FDG (N = 1)



WATER LEAF

Talinum fruticosum

Common names: Gas - Nivithi

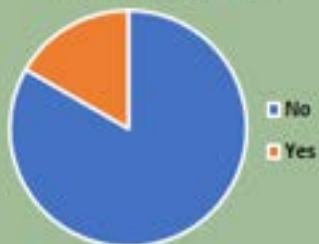


% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

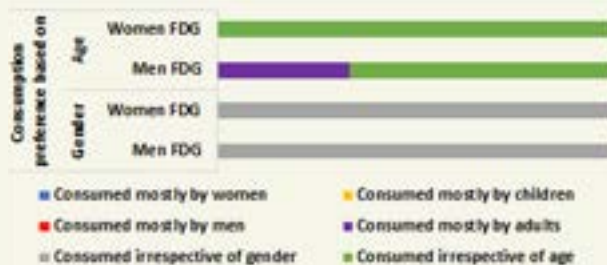


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption

Women FDG (N = 3)



Men FDG (N = 3)



ARROWLEAF ELEPHANT'S EAR

Xanthosoma sagittifolium

Common names: Kiri Ala



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

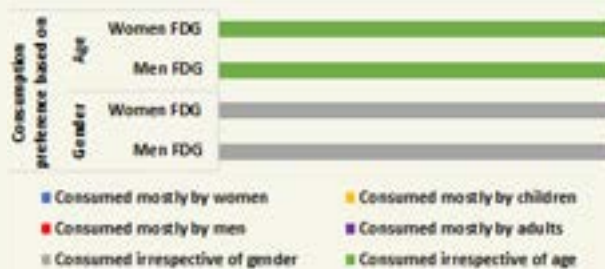


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



WILD GUAVA

Careya arborea

Common names: Kahata Gedi/
Ceylon oak
Patana oak



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

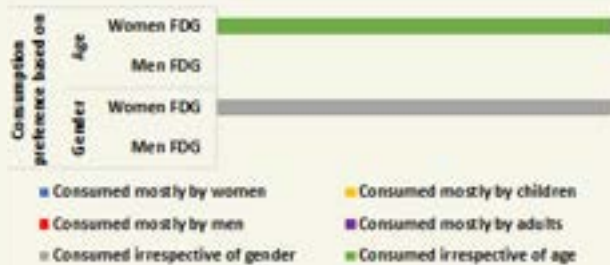


Bought from market

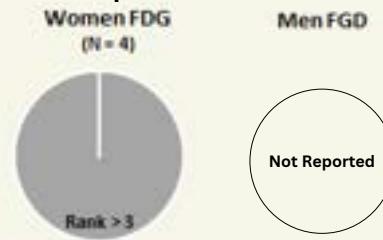


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



Reasons for preference according to farmers

- Good to prevent diabetes
- Due to good taste.

INDIAN CHERRY

Cordia dichotoma

Common names: Patharaja Mal



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

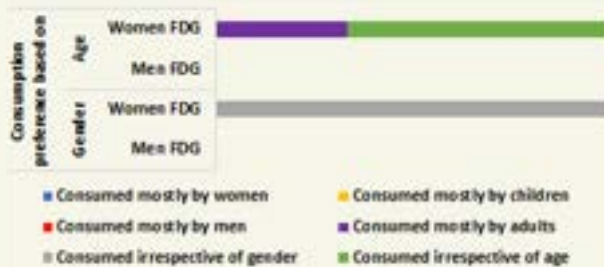


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



Men FDG



PASSION FRUIT

Passiflora edulis

Common names: Vel dodam

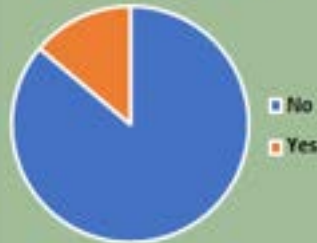


% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

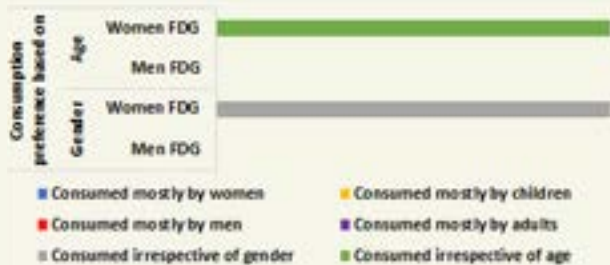


Bought from market

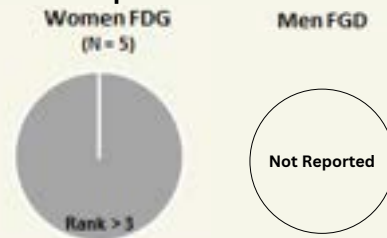


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



Reasons for preference according to farmers

- Helps to reduce high blood pressure.

CHINESE SPINACH

Amaranthus dubius

Common names: Thampala



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

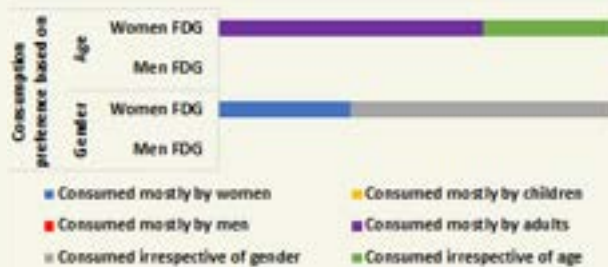


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



BANANA

Musa acuminata

Common names: Kesel

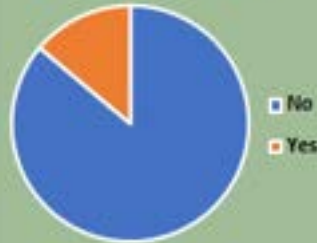


% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild



Bought from market

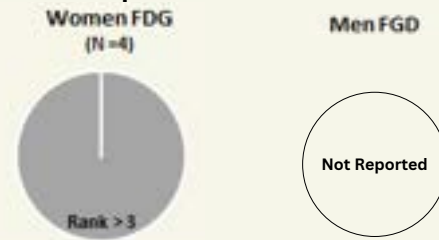


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



QUAIL GRASS

Celosia argentea

Common names: Kirihenda



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

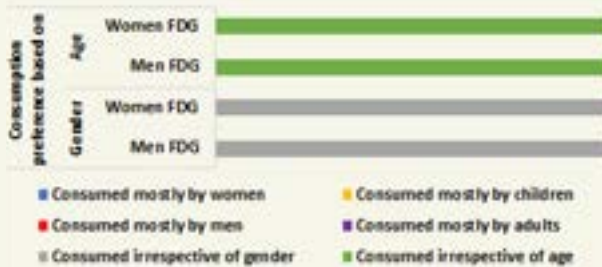


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



GREATER YAM

Dioscorea alata

Common names: Katu Ala/
Raja-ala



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

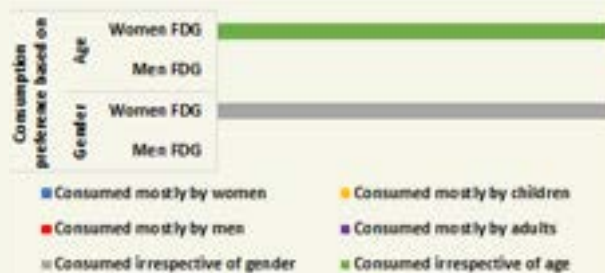


Bought from market

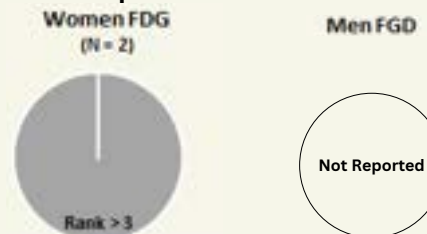


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



LESSER BALLOON VINE

Cardiospermum halicacabum

Common names: Wel Penela



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

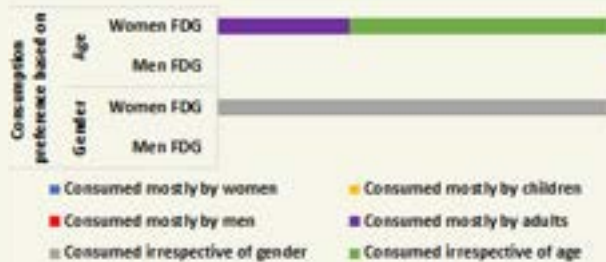


Bought from market

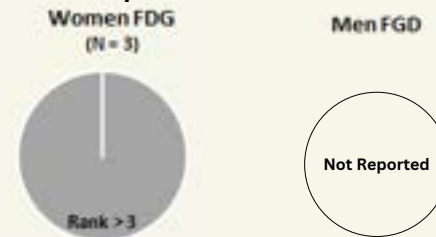


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



GREEN MILKWEED CLIMBER

Asclepias volubilis

Common names: Kiri Anguna



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild



Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption

Women FGD



Men FGD (N = 2)



MUSTARD

Brassica nigra



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

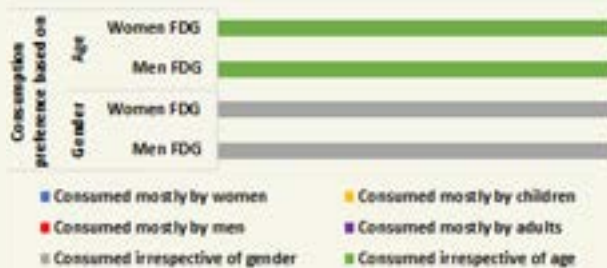


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



HEARTLEAF FALSE PICKERELWEED

Monochoria vaginalis

Common names: Jabara
Diya Habarala



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

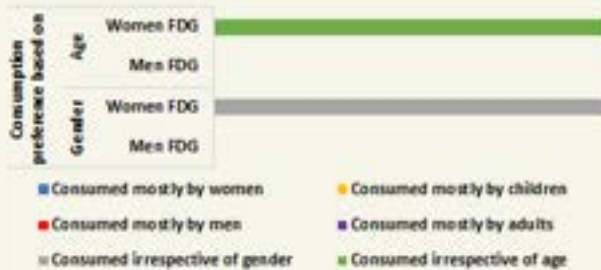


Bought from market

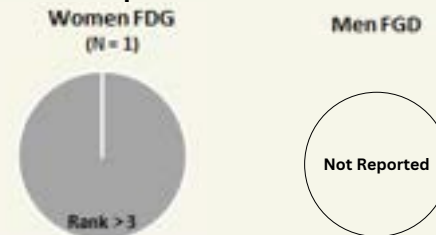


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



INDIAN GOOSEBERRY

Phyllanthus emblica

Common names: Nelli



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

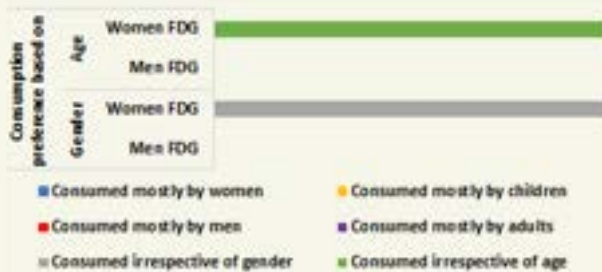


Bought from market

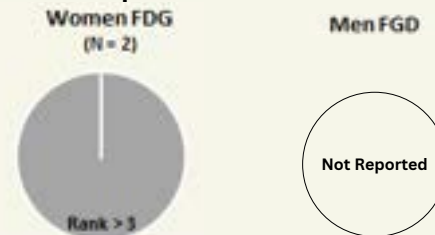


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



DEVIL'S HORSEWHIP

Achyranthes aspera

Common names: Karal Haba



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

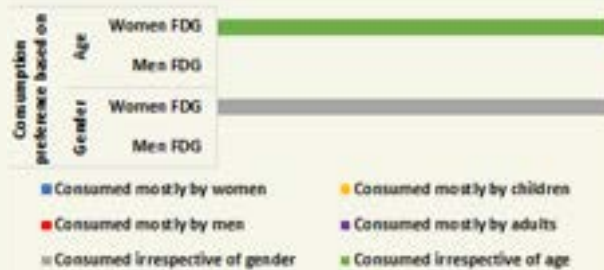


Bought from market

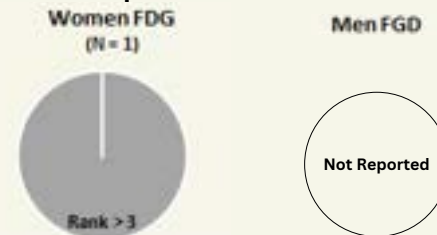


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



CANE REED

Cheilocostus speciosus

Common names: Thebukola



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild



Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



IVY GOURD

Coccinia grandis

Common names: Kowakka



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

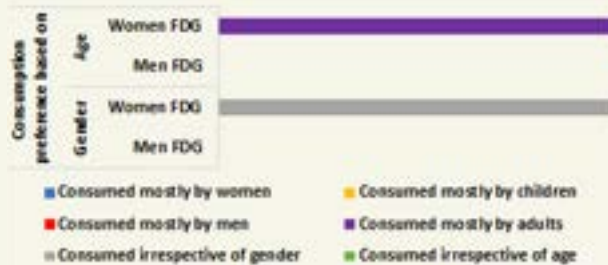


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



HORSE GRAM

Macrotyloma uniflorum

Common names: Kollu



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

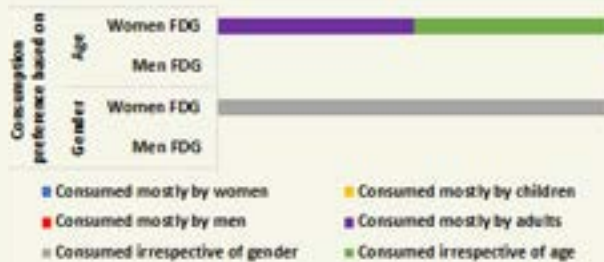


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



FALSE BLACK PEPPER

Embelia ribes

Common names: Walagasahal



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild



Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



Reasons for preference according to farmers

- Good to cure stomach ache.

“It gives strength and blood” - FGD 16

CELERY

Apium graveolens

Common names: Seldiri



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

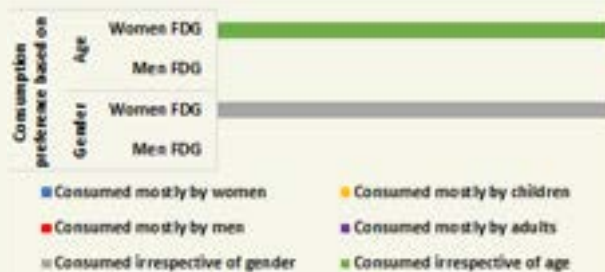


Bought from market

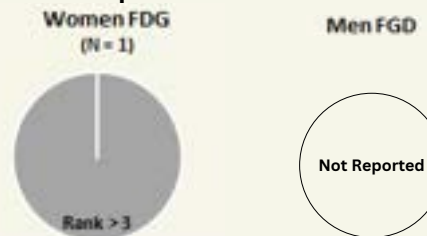


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



ASH GOURD

Benincasa hispida

Common names: Puhul



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

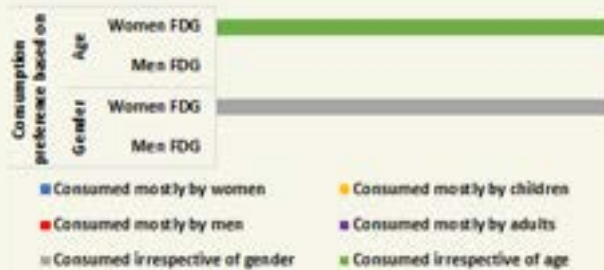


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption

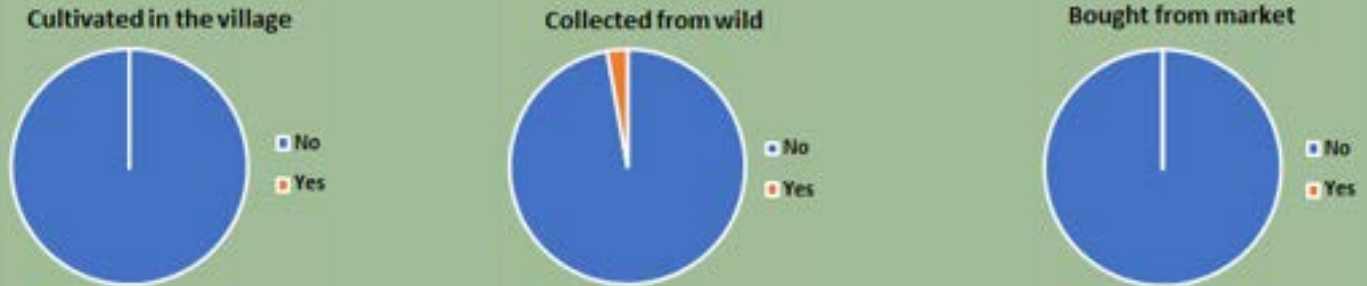


WATER GRASS

Luziola

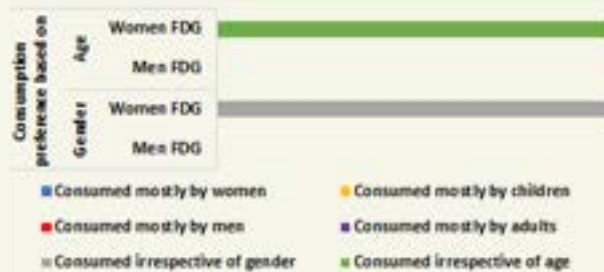


% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

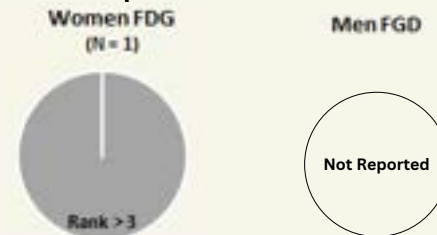


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



STRING BEAN

Phaseolus vulgaris

Common names: Bonchi



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

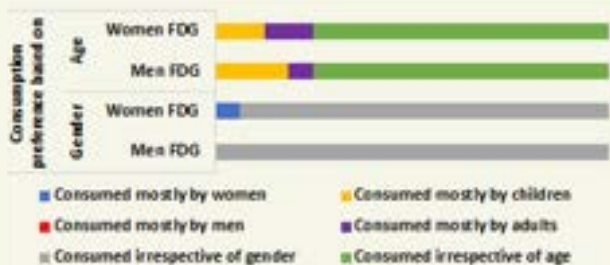


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



Reasons for preference according to farmers

- Reduces cholesterol
- Due to availability and taste
- Reduce blood pressure.

“Taste/ cold food” - FGD 10

JEW PLUM

Spondias dulcis

Common names: Ambarella



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

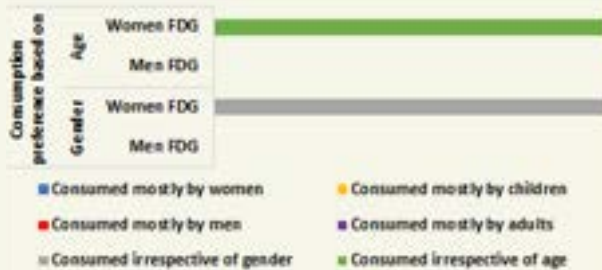


Bought from market



Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



GARLIC

Allium sativum

Common names: Sudu Loonu



% FGDs reporting cultivation, collection and market availability of the vegetable (N = 36)

Cultivated in the village



Collected from wild

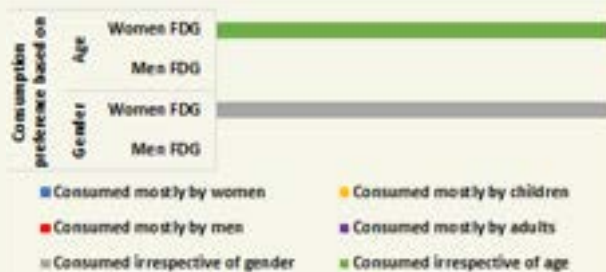


Bought from market

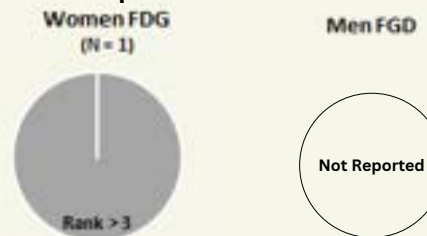


Heterogeneous preferences

Gender and Age based preference



Ranking as the preferred vegetable for consumption



GLIMPSES FROM FIELD SURVEY





WorldVeg



International Water
Management Institute

VEGETABLES IN RURAL SRI LANKA

AVAILABILITY AND CONSUMER PREFERENCES ELICITED FROM GENDERED FOCUS GROUP DISCUSSIONS