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Ethnobotany of Edible Wild Plants in Serundung Permai I Hamlet, Melawi District

Etnobotani Tumbuhan Liar yang Dapat Dimakan di Dusun Serundung Permai I, Kabupaten Melawi

Hanifa¹, Syamswisna^{*}, & Hayatul Fajri¹

¹Department of Biology Education, Faculty of Teacher Training and Education, Universitas Tanjungpura, Jl. Prof. Dr. H. Hadari Nawawi, Bansir Laut, 78124, Pontianak, Indonesia

^{*}Email: syamswisna@fkip.untan.ac.id

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ABSTRACT

Ethnobotany examines the relationships between local ethnic communities and the environment, including the use of plants to meet daily needs. Therefore, this research aimed to identify the species of wild plants used as food sources by the community in Serundung Permai I Hamlet, Melawi Regency, West Kalimantan Province. Data collection techniques used data triangulation, namely interviews, observation, and documentation, while snowball sampling determined the number of informants to be 20. The results showed that the community of Serundung Permai I Hamlet used 32 wild plant species as food sources, including vegetables (23 species), spices (5 species), and fruits (4 species). This indicates that many wild plants still have the potential to be used as food sources or alternatives. However, knowledge about the availability and use of wild plants as food sources has gradually declined, which may threaten continued use and conservation. The documented wild plants used by the community of Serundung Permai I Hamlet became part of a conservation effort of useful wild plant species.

INTISARI

Etnobotani mempelajari hubungan antara masyarakat etnis lokal dengan lingkungannya, termasuk pemanfaatan tumbuhan untuk memenuhi kebutuhan sehari-hari. Penelitian ini bertujuan untuk mengetahui jenis-jenis tumbuhan liar yang dimanfaatkan sebagai sumber pangan oleh masyarakat di Dusun Serundung Permai I, Kabupaten Melawi, Provinsi Kalimantan Barat. Teknik pengumpulan data dalam penelitian ini menggunakan triangulasi data, yaitu wawancara, observasi, dan dokumentasi. Informan ditentukan secara snowball sampling berjumlah 20 orang. Hasil penelitian menunjukkan bahwa masyarakat Dusun Serundung Permai I memanfaatkan 32 jenis tumbuhan liar sebagai sumber pangan yang meliputi sayuran (23 jenis), rempah-rempah (5 jenis), dan buah-buahan (4 jenis). Hasil penelitian menunjukkan bahwa masih banyak tumbuhan liar yang dapat dimanfaatkan sebagai sumber pangan atau alternatif pangan. Namun demikian, pengetahuan akan keberadaan tumbuhan liar sebagai sumber pangan semakin menurun, sehingga dapat mengancam keberadaan tumbuhan liar tersebut dari kepunahan. Dokumentasi tumbuhan liar sebagai sumber pangan yang dimanfaatkan oleh masyarakat Dusun Serundung Permai I merupakan salah satu upaya pelestarian tumbuhan liar yang kaya akan manfaat.

Introduction

Ethnobotany is a multidisciplinary field that examines the interactions between humans and plants, contributing to the discovery of various plant species used in traditional cuisines across different regions (Motti 2021). In general, knowledge of plant use is passed down from one generation to another. Food is one of the basic needs of humans, and refers to any substance that can be consumed either directly or after processing (Abdulrajak et al. 2020). Therefore, ethnobotanical research underscores the relationship between community culture and plant resources. Exploring community knowledge of plant use is essential for protecting biodiversity in a region and for understanding the value of local natural resources. The use of plants can support communities in meeting daily needs (Amboupe et al. 2019).

Natural resources around can be used to meet food needs, while cultivation and sustainable management support long-term food security (Liza et al. 2020). Wild plants are species that grow without human intervention and occur in natural environments, such as forests (Asmemare et al. 2015). Despite being considered weeds by the community, the plants have various benefits, such as food sources and traditional medicinal ingredients. Community knowledge about the use of wild plants as food sources can increase diversification to meet the community's daily nutritional needs (Sholichah & Alfidhdhoh 2020). Wild plants contain micronutrients (minerals and vitamins) and phytochemicals (antioxidants) (Kuswati & Adi 2021).

Serundung Permai I is one of the hamlets in Tanjung Niaga Village, Nanga Pinoh District, Melawi Regency. The village covers 50,000 ha and comprises 6 hamlets, with an estimated population of 3,539. Serundung Permai I Hamlet is located close to the forest, and the community used wild plants in the forest and around the house to meet their daily food needs. This research provides an overview of the community's local knowledge of using wild plants as an alternative food source. The objective is to determine the types of wild plants used by the community as food in Serundung Permai I Hamlet, Nanga Pinoh District, Melawi Regency. In addition, this research aims to examine the parts used,

processing methods, and consumption in processed or unprocessed forms, as well as their use categories.

Methods

This research was conducted from December 2023 to January 2024 in Serundung Permai I Hamlet using a qualitative method. Data were collected through interviews and triangulated with observation and documentation. Triangulation combines several existing data collection techniques and sources (Sugiyono 2019). Step 1 comprised the structured interview conducted using prepared community interview guidelines. Informants were selected using the snowball sampling technique. The selection began with the Head of Hamlet, who then recommended a known key informant with relevant knowledge. The key informant suggested additional informants, and the process continued in this manner. Sampling continued until the information obtained from new informants was consistent with previous responses, and no new information regarding wild plants was identified. The total number of informants was 20. Step 2 was the observation stage, carried out by directly observing the plants mentioned by the informants using the observation sheet of wild plants as a food source. Step 3 involved documenting wild plants used as food sources in the form of photos from community interviews. Plant sampling was conducted to identify unidentified species. Herbarium specimens facilitated the identification process of the wild plants obtained. Plant identification involved observing morphology, using determination keys and scientific articles/publications, and comparing herbarium specimens and plant photos from the Plant of the World Online (POWO) and Global Biodiversity Information Facility (GBIF) websites.

Result and Discussion

Species and Parts of Wild Plants

The interviews with 20 informants identified 32 plant species from 25 families used as food sources by the community in Serundung Permai I Hamlet (Table 1). These plants grow naturally in an environment without human cultivation or planting. Community knowledge about the use of wild plants as food sources

Table 1. Identified wild plant species used as food sources by the community of Serunding Permai I, Hamlet, Melawi Regency

No.	Name of Plant			Family	Kind of Cuisine
	Local	Indonesia	Latin		
1	Kelepu batu	Bengkai	<i>Nauclea officinalis</i> (Pierre ex Pit.) Merr. & Chun	<i>Rubiaceae</i>	Clear vegetable soup
2	Kumkum	Ganitri	<i>Elaeocarpus ganitrus</i> Roxb	<i>Elaeocarpaceae</i>	Clear vegetable soup
3	Simp	Simpur air	<i>Dillenia suffruticosa</i> (Griff. ex Hook.f. & Thomson) Martelli	<i>Dilleniaceae</i>	Flavoring Fresh vegetable
4	Pakis ikan	Paku sayur	<i>Diplazium esculentum</i> (Retz.) Sw.	<i>Athyriaceae</i>	Clear vegetable soup
5	Selimpat	Keladi tikus	<i>Typhonium flagelliforme</i> (G.Lodd.) Blume	<i>Araceae</i>	Stir-Fried
6	Karet	Karet	<i>Hevea brasiliensis</i> (Willd. ex A.Juss.) Müll.Arg.	<i>Euphorbiaceae</i>	Clear vegetable soup
7	Kacang boto	Kecipir	<i>Psophocarpus tetragonolobus</i> (L.) DC.	<i>Fabaceae</i>	Pickle
8	Lotop	Ciplukan	<i>Physalis angulata</i> L.	<i>Solanaceae</i>	Clear vegetable soup
9	Jago merah	Boroco	<i>Celosia argentea</i> L.	<i>Amaranthaceae</i>	Fresh vegetable
10	Kedadai	Nyawai	<i>Ficus variegata</i> Blume	<i>Moraceae</i>	Sambal
11	Ubai	Salam	<i>Syzygium polyanthum</i> (Wight) Walp.	<i>Myrtaceae</i>	Clear vegetable soup
12	Katok	Katuk	<i>Sauropus androgynus</i> (L.) Merr.	<i>Phyllanthaceae</i>	Flavoring
13	Saga	Pegagan	<i>Centella asiatica</i> (L.) Urb.	<i>Apiaceae</i>	Clear vegetable soup
14	Belatak	Kopi robusta	<i>Coffea canephora</i> Pierre ex A.Froehner	<i>Rubiaceae</i>	Clear vegetable soup
15	Kesimbok	Cakar kucing	<i>Uncaria rhynchophylla</i> (Miq.) Miq.	<i>Rubiaceae</i>	Fresh vegetable
16	Lember manu'	Jengger ayam	<i>Celosia cristata</i> L.	<i>Amaranthaceae</i>	Stir-Fried
17	Sengkubak	Sengkubak	<i>Pycnarrhena cauliflora</i> (Miers) Diels	<i>Menispermaceae</i>	Flavoring
18	Kesopang	-	<i>Crypteronia paniculata</i> Blume	<i>Crypteroniaceae</i>	Flavoring
19	Kontot	Kentut	<i>Paederia foetida</i> L.	<i>Rubiaceae</i>	Stir-Fried
20	Begaga	Sirih cina	<i>Peperomia pellucida</i> (L.) Kunth	<i>Piperaceae</i>	Fresh vegetable
21	Gelinggang manu'	Ketepeng kecil	<i>Senna tora</i> (L.) Roxb.	<i>Fabaceae</i>	Clear vegetable soup
22	Bungur	Bungur besar	<i>Lagerstroemia speciosa</i> (L.) Pers.	<i>Lythraceae</i>	Fresh vegetable
23	Paku kubo'	Paku uban	<i>Nephrolepis biserrata</i> (Sw.) Schott	<i>Nephrolepidaceae</i>	Sour vegetable
24	Rukam	Rukam	<i>Flacourtia rukam</i> Zoll. & Moritzi	<i>Salicaceae</i>	Clear vegetable soup
25	Terong tulis	Terong pipit	<i>Solanum torvum</i> Sw.	<i>Solanaceae</i>	Coconut-milk vegetables
26	Kacam	Erbis	<i>Passiflora quadrangularis</i> L.	<i>Passifloraceae</i>	Stir-Fried
27	Keloban	Laban	<i>Vitex pinnata</i> L.	<i>Lamiaceae</i>	Clear vegetable soup
28	Pawas	Petaling	<i>Ochanostachys amentacea</i> Mast.	<i>Olacaceae</i>	Fresh vegetable
29	Belantik	-	<i>Rinorea sclerocarpa</i> (Burgersd.) Melch.	<i>Violaceae</i>	Fresh vegetable
30	Berenai	Matan udang	<i>Antidesma montanum</i> Blume	<i>Phyllanthaceae</i>	Spicy tamarind vegetable
31	Asam plondok	Kepundung	<i>Baccaurea racemosa</i> (Reinw.) Müll.Arg.	<i>Phyllanthaceae</i>	Fresh vegetable
32	Kemunting	Senggani	<i>Melastoma malabathricum</i> L.	<i>Melastomataceae</i>	Stir-Fried

can increase diversity and help meet daily nutritional needs. Habitual practices and traditions passed down from ancestors across generations influence the use of wild plants as food in daily life (Sari et al. 2022).

Wild plant species often reflect the distinctive characteristics of a particular area and represent the principles of society, life, history, and social culture.

The typical wild plants in the Serunding Permai I hamlet include gelinggang manu' (*Senna tora* (L.) Roxb.), kelepu batu (*Nauclea officinalis* (Pierre ex Pit.) Merr. & Chun), pawas (*Ochanostachys amentacea* Mast.), and sengkubak (*Pycnarrhena cauliflora* (Miers) Diels), as depicted in Figure 1. Ecologically, leaves were the most abundant vegetative organs and

were available throughout the season, whereas generative organs such as flowers, fruits, and seeds were not. This condition allowed communities to harvest leaves without waiting for the plant's reproductive phase. In addition, harvesting was relatively non-destructive to individual plants, especially in herbaceous and shrub species.

Wild leafy plants generally grow in yards, field edges, secondary forests, or open areas that are easily accessible. In the context of rural household economies, leaves as an alternative food source can be an adaptive strategy for maintaining food security, especially during famines or when market vegetable prices rise. These parts are also relatively easy to process using simple methods such as boiling, stir-frying, or steaming, which are compatible with the domestic technology available to the community. Cultural factors also reinforce the dominance of using leaves. In many local culinary traditions, the category of "vegetables" is conceptually synonymous with leaves. Knowledge about which leaves are safe to consume, processing methods to reduce bitterness or

antinutrient content, and combinations with other foods is passed down orally from one generation to another.

The community frequently utilized species from the Rubiaceae family (four species) and species with a tree habitus (13 species). Rubiaceae is the fourth-largest plant family in the world, with 611 genera and 13,143 species and are distributed worldwide, except Antarctica, with abundant diversity in humid forests, lowlands, and midlands (Murdiyanti et al. 2022). Plants with a tree habitus are woody with one long trunk, branches spread at a certain height (branches grow on the trunk far from the ground), and form a crown (Rohyani et al. 2021). Trees have organs, including roots, stems, leaves, flowers, fruits, and seeds, which can be used as food and have the potential to serve as energy sources for the body (Rahman et al. 2019). The community in Serundung Permai I Hamlet used the roots, stems, leaves, flowers, and fruits of wild plants as food sources (Figure 2). The most used plant part was the leaves of 28 species. Leaves provide important vitamins and minerals and



Figure 1. Wild Plant Typical of Serundung Permai I Hamlet: (a) Gelinggang manu' plant, (b) kelepek batu plant, (c) pawas plant, (d) sengkubak plant

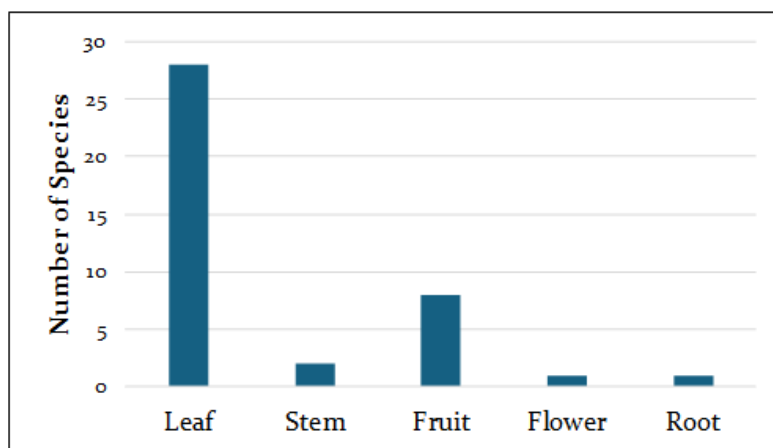


Figure 2. Diagram of wild plant parts used

can be consumed directly as fresh vegetables or cooked in various dishes, including clear soups, spicy sour dishes, stir-fries, boiled vegetables, and other preparations (Qibtiyah et al. 2021).

The wild plants used by the community in Serundung Permai I Hamlet were classified into vegetables, spices, and fruits. The vegetable group included 23 species, namely kelepuh batu, pakis ikan, paku kubo', and kedadai. Vegetables were among the most important components of human daily consumption, providing carbohydrates, proteins, water, minerals, and vitamins to meet nutritional needs (Fransiska et al. 2022). Nutritional needs built through vegetables can help the body increase levels of bioactive compounds, including antioxidants and antifungals (Pramesti 2024). The spice plant group has five species, including sengkubak, kesopang, kumkum, and kacang. These plants have aromatic properties and serve primarily as spices or flavorings in food (Pramesti et al. 2020). The fruit plant group consisted of four species, including rukam, berenai, asam plondok, and kemunting, containing vitamins, minerals, and proteins that can be used as food sources or meet the needs for body energy (Ziraluo 2020). In addition, fruit plants naturally grow without human intervention (Ziraluo & Duha 2020).

Processing Wild Plants

Plant species showed different characteristics and levels of diversity across regions, and communities often used or processed them differently. Wild plants that were used as food sources contain carbohydrates, proteins, fats, vitamins, minerals, and antioxidants. Carbohydrates and fats served as a source of energy. Protein plays an important role in cell growth and maintenance, while vitamins and minerals contribute

to the metabolic processes. The other content, namely, antioxidants, play a role in fighting free radicals (Kuswati & Adi 2021). Fulfilling human nutritional needs is not only obtained from animals; 85% comes from plants. Therefore, selecting plants for nutritional intake is appropriate because they have a lower risk of disease (Shofiyah & Hakim 2020).

Wild plant products could be grouped into non-processed and processed products. The non-processed products included fresh vegetables, flavorings/spices, and plants eaten directly or ready for consumption, while the processed groups comprise processed vegetables, chili sauce, pickles, and salad. Some wild plants were consumed directly as fresh vegetables with rice and chili sauce (Mirah & Amryl 2020), such as kumkum, which is added directly to the dish to add a sweet taste. Another example is the simpo plant, which was used as a fresh vegetable eaten directly with rice. In addition, the unprocessed ubai plant was directly mixed with meat to enhance flavor (Figure 3).

The community used 13 species of non-processed wild plants as fresh vegetables. *Lalapan* is a dish made from fresh vegetables that can be consumed with rice and chili sauce without further processing or cooking (Mirah & Amryl 2020). Eight species of non-processed wild plants were used for flavoring. This refers to a cooking additive that imparts a pleasant taste or aroma, enhancing the sweet, sour, and salty notes while eliminating bitterness (Tamaya et al. 2020). The community consumed four species directly without any processing. In this case, wild plants were consumed directly (raw conditions) without further processing (Sholichah & Alfidhdhoh 2020).

The community of Serundung Permai I Hamlet mostly processed wild plants from the forest to cook vegetables. For some species, such as the kelepuh batu

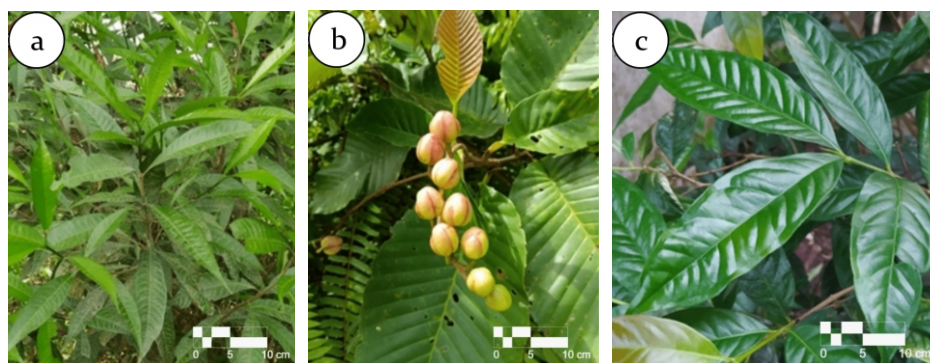


Figure 3. Non-processed wild plants: (a) Kumkum plant, (b) simpo plant, (c) ubai plant

plant, the leaves could be processed into clear vegetable soups, while the paku kubo' plant leaves are used to make stir-fried vegetables (Figure 4). Wild plants were also processed into chili sauce, pickles, and salads, or consumed unprocessed, including as flavorings, fresh vegetables, and fruits. The community used 20 species of processed wild plants as vegetables, providing nutrients such as vitamins, minerals, fiber, and phytochemicals (Siregar 2023). Two species of wild plants could be processed into *sambal*, a chili-based preparation mashed and cooked, then mixed with other ingredients, including shallots, garlic, salt, and sugar (Indriani et al. 2021). However, the *sambal* referred to by the community in Serundung Permai I Hamlet was the processing of wild plants cooked with a mixture of chili and consumed alongside rice. Only one species of wild plant could be used to make pickles. Meanwhile, *asinan* was a processed fermented food prepared by adding salt, vinegar, and spices or seasonings (Howbert et al. 2019). The community processed one species of wild plants into salad. In addition, *rujak* was

a traditional food preparation made from pieces of fruit mixed with a sauce of sugar, salt, tamarind, chili, and shrimp paste, then stirred with fresh fruits (Wedaningsih et al. 2021).

Some wild plant species could be processed in more than one way (Figure 5). The community in Serundung Permai I Hamlet mostly processed wild plants by boiling, particularly for 18 species. Boiling is one of the methods of cooking food in boiling water with the aim of ripening and softening the ingredients. One example of a plant processed by boiling was *selimpat*, whose leaves were used to make clear vegetable soups (Figure 6). Other processing methods included sautéing, pounding, and slicing. Sautéing is a method of cooking that involves frying with a little oil, stirring to speed the cooking of ingredients, then adding a little water (Karimah et al. 2022). One example processed by stir-frying was the *lember manu'* plant, the leaves of which were cooked as stir-fried vegetables. Pounding is the process of smoothing spices or food ingredients for food cooking purposes using a *cobek* (Rifaldi et al. 2023). One of the

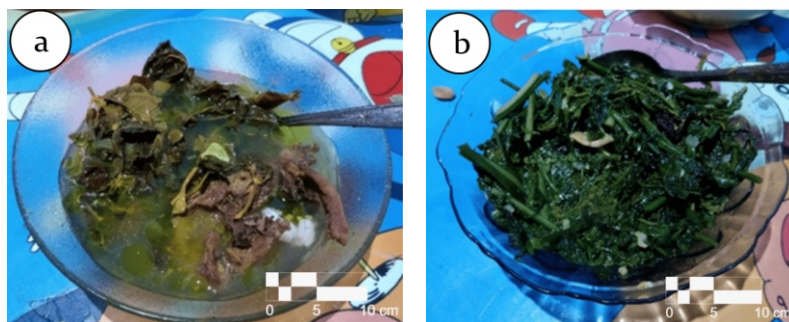


Figure 4. Processed products of wild plants: (a) Kelepek batu clear vegetable soup, (b) paku kubo' stir-fried vegetable

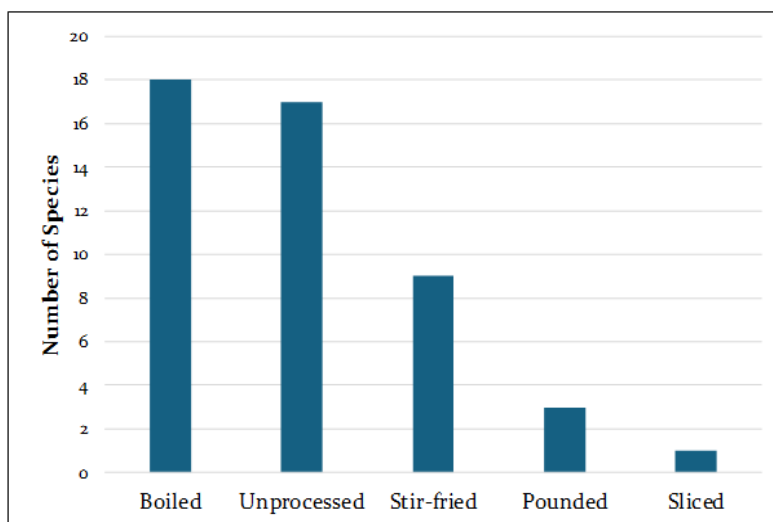


Figure 5. Diagram of wild plant processing methods

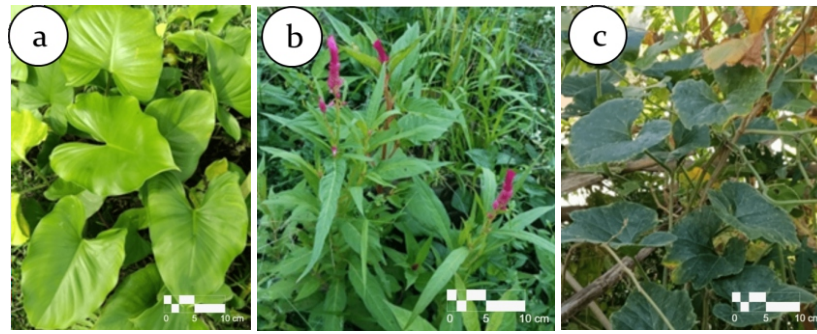


Figure 6. Wild plants that were processed before consumption: (a) Selimpat plant, (b) lembar manu' plant, (c) terong tulis plant



Figure 7. Types of wild plants consumption

plants processed by pounding was the fruit of the terong tulis plant, used to eliminate bitterness in cooking. Moreover, slicing is a basic method of cutting food ingredients to a uniform or to a desired size (Hapsara et al. 2023). Examples of plants processed by slicing were kesopang, whose leaves were used for flavoring (as a vetsin replacement).

Consuming Wild Plants

The community had various ways of using wild plants as food. These methods of use refer to how the community consumes wild plants, either directly or after processing into different dishes. Eating behavior is a term that describes a person's eating practices, including eating manners, dietary patterns, and food selection (Rahman et al. 2016). Food presentation and consumption behavior are related to an individual's or society's habits. Eating habits describe behaviors related to food consumption and nutritional status, including eating manners, portion size, food

preferences, and the selection of food ingredients (Nursilmi et al. 2017). Some wild plants had more than one use: eaten with rice, mixed with other vegetables, used as tubers, or as side dishes, cooked after boiling, and eaten directly (Figure 7). The most common mode of consumption was eating the plant with rice, which occurred in 26 species. Generally, dishes made with vegetables, chili sauce, and pickles were served with rice.

Conclusion

The community of Serundung Permai I Hamlet used 32 wild plant species from 25 families as food. The plants were grouped into vegetables (23 species), spices (5 species), and fruits (4 species). Edible wild plants played a strategic role in supporting local food diversity, not only as an alternative source of nutrition, but also as a buffer for household food systems, especially in conditions of limited access to food. The

existence and use reflect the ecological adaptation and local wisdom of communities in managing biological resources sustainably. Therefore, wild plants have the potential to make a significant contribution to strengthening food security while also serving as an important basis for formulating community-based conservation strategies.

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