

༢༠༢༢
2022

གནམ་ལོ་ ལུ་ཕོ་སྤྲུག་ལོ།
Water Male Tiger Year

*Edible Flowers & Wild Plants
of Eastern Bhutan*
Shining Bhutanese cuisine



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Edible Flowers & Wild Plants of Eastern Bhutan

The shrub grows on trees and is used in Aryurvedic medicine and its leaves are part of the traditional Bhutanese "Suja" (butter tea).

Nyashing Jormo
Leafless mistletoe
Viscum articulatum

2022 གནམ་ལོ་ ལྷ་མོ་སྤྲུག་ལོ།
Water Male Tiger Year

January

འབྲུག་རྒྱ་བཙུ་གཅིག་པ་ དང་བཙུ་གཉིས་སྲུ་མ།

SUN	MON	TUE	WED	THU	FRI	SAT
						༢༩ 1
༣༠ 2	༡ 3	༢ 4	༣ 5	༤ 6	༥ 7	༦ 8
༧ 9	༨ 10	༩ 11	༡༠ 12	༡༡ 13	༡༢ 14	༡༣ 15
༡༤ 16	༡༥ 17	༡༦ 18	༡༧ 19	༡༨ 20	༡༩ 21	༢༠ 22
༢༡ 23	༢༢ 24	༢༣ 25	༢༤ 26	༢༥ 27	༢༦ 28	༢༧ 29
༢༨ 30	༢༩ 31					

1: Winter solstice

Nyashing Jurmo is a parasitic shrub growing on host trees. For Bhutanese, especially the people from Pemagatshel, it is an important ingredient for "Suja", the famous butter tea. After harvesting the leaves, they are chopped into small pieces and boiled together with alkaline water, prepared from clean wood ash. The chopped leaves and the ash water are typically boiled over wood fire till the concoction turns dark red. The boiled leaves are then dried and stored.

To prepare the butter tea, the dried leaves are boiled in water till the infusion gets its typical dark red colour, before it is transferred to a churner, where a slice or two

of butter is added as well as some salt. The churning

results in a brew of light brown colour and the typical taste of butter tea. Butter tea is said to boost energy levels and keep the body warm. It is a traditional signature beverage of Bhutan made from natural ingredients and a "must try" for everyone.

RECIPE

NYASHING JORMO SUJA

Ingredients

1. 2 pinches of Nyashing Jurmo leaves
2. 2 cubes of unsalted butter
3. 1/4 cup Milk
4. Pinch of Salt
5. 2 to 3 cups of water
6. A pinch of soda



Directions

1. Boil the water in a pan.
2. Put two pinches of dried nyashing jurmo leaves and 1/2 pinch of soda in the water and continue to boil for a couple of minutes, then separate the leaves.
3. Combine the nyashing jurmo tea, salt, butter, and milk in the blender and blend for 2-3 minutes.
4. Pour it in cups and serve hot



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Bamboo grows faster than any other plants on earth and its shoots are delicious.

Raksha Bungba Bamboo Shoot Phyllostachys edulis

2022 གནམ་ལོ་ ལྷ་མོ་སྤྲལ་ལོ།
Water Male Tiger Year

February

འབྲུག་རྒྱ་བཙུ་གཉིས་པ་སྲ་མ་ནང་བཙུ་གཉིས་པ་བྱི་མ།

SUN	MON	TUE	WED	THU	FRI	SAT
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༤ 6	༧ 7	༨ 8	༩ 9	༡༠ 10	༡༡ 11	༡༢ 12
༡༣ 13	༡༤ 14	༡༥ 15	༡༦ 16	༡༧ 17	༡༨ 18	༡༩ 19
༢༠ 20	༢༡ 21	༢༢ 22	༢༣ 23	༢༤ 24	༢༥ 25	༢༦ 26
༢༧ 27	༢༨ 28					

2: Traditional day of offering
21-23: Birth Anniversary of His Majesty the King

In lower Kheng, no meal is complete without serving “bunga achara” (pickled bamboo shoot) and “raksha bungba” (dried bamboo shoot curry).

These delicacies are very much part of the local people’s daily diet. Bamboo shoots, the main ingredient, are abundant in this sub-tropical region.

To prepare bungba achara, the outer skin of the bamboo shoots is peeled off to get to the yellowish core. The shoots are then boiled till they are soft and tender.

The shoots are then sliced and dried in the sun for up to two days before they are mixed with a marinade of oil, salt, chili and spices. After about two weeks, the pickle is ready for consumption.

Raksha bungba is similarly prepared by peeling, boiling, slicing and sun-drying of the bamboo shoots. The shoots are then cooked with pork, chicken, beef or just chilies. Bamboo shoots are a highly prized vegetable in Asian cuisine and are among the most popular healthy foods.

RECIPE

BAMBOO SHOOT SIKKAM STEW

Ingredients

- 5-6 pieces of dried pork meat, 2-3-inch-long
- 1/4 cup of finely diced bamboo shoots
- 1 1/2 tps of cooking oil
- 1 tps of salt
- Pinch of freshly ground white pepper
- Garlic 5 to 6 pieces



Directions

- Soak and wash the dried pork in warm water (replace water and repeat 3 times)
- Slice the bamboo shoots into 2-3-inch-long pieces and rinse with cold water.
- Boil the dried pork in a pressure cooker for 5 to min. (or for 15 minutes in a pot).
- Add sliced bamboo shoots, onions, garlic, 1 or 2 sliced green chilies (dried chili can also be used), and one slice of cheese, add salt to taste and cook for another 10-15 min. on low flame.
- Mix it properly before serving



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The bright red flower of the cotton tree attracts birds and bees and it is traditionally used as spice and herbal medicine.

Pemagaysershing Meto
Red silk-cotton tree flower
Bombax ceiba

2022 གནམ་ལོ་ ལྷོ་སྤྲལ་ལོ།
Water Male Tiger Year

March

འབྲུག་རྒྱ་བཅུ་གཉིས་པ་ཕྱི་མ་དང་ དང་པ།

SUN	MON	TUE	WED	THU	FRI	SAT
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༤ 6	༥ 7	༦ 8	༧ 9	༨ 10	༩ 11	༡༠ 12
༡༡ 13	༡༢ 14	༡༣ 15	༡༤ 16	༡༥ 17	༡༦ 18	༡༧ 19
༡༨ 20	༡༩ 21	༢༠ 22	༢༡ 23	༢༢ 24	༢༣ 25	༢༤ 26
༢༥ 27	༢༦ 28	༢༧ 29	༢༨ 30	༢༩ 31		

3-4: Losar,
Water Male Tiger Year

Bombax ceiba, commonly known as cotton tree, is a tall Asian tropical tree which bursts into bright red flowers in spring before the new foliage. It produces a capsule which, when ripe, contains white fibres like cotton.

In Bhutan, the flower buds as well as the calyx of not-fully-opened flowers are eaten as vegetables in curry and soup (Jaju), while the cotton fibres are used in pillows. In countries like Nepal and India, the white fluffy fibres are carded into thread and woven into textiles while the leaves are cooked and eaten.

Moreover, ripe seeds and young roots are also suitable for consumption after roasting. The white fibre balls from this tree can be seen floating in the wind around the time of early May.

RECIPE

COTTON FLOWER STIR FRY

Ingredients

1. 250g silk-cotton buds
2. 2 tsp. of Mustard oil, alternatively you can use other oils
3. 1 large onion (finely diced)
4. 1 tsp. whole cumin seeds
5. 1-2 stems of coriander leaves
6. 1 level tsp. of turmeric powder
7. Garam masala 1 tps
8. Lemon juice 1 tps
9. Salt to taste

Directions

1. Wash flower buds under running water to remove any sap sticking to them.
2. Remove top & tail. Cut each bud in half and then remove central petals, sepals and stamens from the buds and rinse it quickly.
3. Boil it in a pressure cooker for 5 minutes. Or boil for 20 minutes in a pot. Drain and keep boiled flowers aside. The texture should be soft, but not mushy.
4. Heat oil in a pan, add cumin seeds
5. As soon as the cumin seeds crackle, add all other spices and the salt, stir quickly and then add the boiled buds.
6. Turn heat down and stir-fry them for 5-6 minutes, until buds look shiny and evenly coated with spices.
7. Add garam masala and lemon juice and stir it in.
8. Serve it together with hot Bhutanese rice



Edible Flowers & Wild Plants of Eastern Bhutan



The shrub is used as traditional medicine for the upper airway. The slightly bitter flowers and leaves are a healthy and delicious ingredient for stir-fry.

Khatsirma Momnang
Malabar Flower
Justicia adhatoda L.

2022 གནམ་ལོ་ ལྷོ་སྤྲལ་ལོ།
Water Male Tiger Year

April

འབྲུག་རྒྱ་དང་པ་དང་གཉིས་པ།

SUN	MON	TUE	WED	THU	FRI	SAT
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10	11	12	13	14	15	16
16	17	18	19	20	21	22
17	18	19	20	21	22	23
23	24	25	26	27	28	29
24	25	26	27	28	29	30

Kacerma ?? or Malabar nut as it is commonly known in English is a medicinal plant native to Asia. It is extensively used in traditional medicine to treat cough and other respiratory ailments, allergic conditions, asthma and all sorts of breathing problems.

The plant grows abundantly in the sub-tropical regions of southern Bhutan, especially along Kalikhola highway in Tsirang, Wangdue, Mongar, Lhuentse and Tashigang. Aside from its medical uses the tiny foxgloves-like flowers are consumed as a slightly bitter vegetable in curries and stir-fry dishes as well.

RECIPE

MALABAR FLOWER CHICKEN GRAVY

Ingredients

- 1/4 tsp. garam masala
- 1-2 tsp of red chili powder
- 1 large onion (roughly chopped)
- Ginger – 2 inches (roughly chopped)
- Garlic 1-2 cloves (roughly chopped)
- Tomato – 2 small pieces (roughly chopped)
- 1-2 stems of coriander leaves
- 1/4 tsp of turmeric powder
- 1/2 tsp of pepper powder
- 1-2 tps of cooking oil
- Salt to taste

Directions

- Heat oil in a pan, add the chopped garlic and ginger. Fry for half a minute and then add the onions and saute till it turns golden brown.
- Add tomato, turmeric powder, red chili powder and cook it for few more minutes then turn-off the flame and let it cool a bit.
- After it cools down, grind it to a smooth paste using a mixer/blender. Add as much of water as needed for the blending.
- Heat the pan again and add some oil, add the chicken pieces and pan fry for 3-4 minutes until they get brown.
- Add garam masala, salt and a little bit of water.
- Cover and cook for 10-12 minutes till the chicken is completely cooked.
- Add the smooth paste to the gravy, reduce the flame and simmer for another 5-7 minutes.



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Edible Flowers & Wild Plants of Eastern Bhutan



Also known as banana hearts, the flower is loaded with micronutrients and can be eaten raw and cooked.

Mochali
Banana flower
Musa acuminata Colla

2022 གནམ་ལོ་ ལྷོ་སྤྲལ་ལོ།
Water Male Tiger Year

May

འབྲུག་རྒྱ་གསུམ་པ་དང་བཞི་པ།

SUN	MON	TUE	WED	THU	FRI	SAT
༡ 1	༢ 2	༣ 3	༤ 4	༥ 5	༦ 6	༧ 7
༨ 8	༩ 9	༩ 10	༡༠ 11	༡༡ 12	༡༢ 13	༡༣ 14
༡༤ 15	༡༥ 16	༡༦ 17	༡༧ 18	༡༨ 19	༡༩ 20	༢༠ 21
༢༡ 22	༢༢ 23	༢༣ 24	༢༤ 25	༢༥ 26	༢༦ 27	༢༧ 28
༢༨ 29	༢༩ 30	༣༠ 31				

2 : Birth Anniversary of 3rd King and Teacher's Day
11 : Zhabdrung Kuchoe

Banana plants play significant and diverse roles in the diet of Bhutanese people, especially in rural areas. The reddish-purple, teardrop-shaped banana flower, also called banana heart, is a very popular and delicious vegetable. It can be consumed either raw or steamed with dips, or cooked in soups and curries. Both the fleshy part of the bracts and the heart are edible and the flavour resembles that of artichoke. Likewise, the tender core of the banana trunk is consumed as a vegetable. Depending on the variety, banana fruits are eaten raw or cooked, sun-dried or fried.

The large, flexible, and waterproof banana leaves are often used for environmental friendly and biodegradable packaging. They are also used for a food wrapping during steaming or grilling as the leaves protect the food from burning and add a subtle sweet flavour.

RECIPE

BANANA FLOWER STEW

Ingredients

- 500g of banana flower
- 1 large onion (finely sliced)
- 3-5 pieces of red chillies
- 1-2 tsp of mustard seeds
- 2-3 tsp of cooking oil
- 1 slice of local cheese
- Salt to taste

Directions

- Peel off the skin from the banana flower.
- Tear the banana flower by hand into small stripes. Put them into a bowl and add some water along with a tablespoon of salt. Mix it well and keep aside for 10 to 15 minutes.
- Drain the salty water completely. Then wash the flower for at least 2 or 3 times.
- Prepare mustard seeds, chopped red chili, and sliced onion.
- Now heat the pan on the flame and add the banana flower strips. Cook uncovered for 5 to 7 minutes over medium flame. Stir frequently to avoid burning at the bottom. Once done take off the cooked banana flower and keep aside.



- Heat the oil in another pan and add mustard seeds and let the mustard seeds splutter.
- Add the onions and red chillies. Stir frequently until the onions turn light brown..
- Add the cooked banana flower, and mix everything well and add a bit of water. Cook uncovered at very low flame for another one or two minutes before adding the cheese.
- Cook until the cheese melts and mix it properly.

Edible Flowers & Wild Plants of Eastern Bhutan

Pangi Metho, the iconic bright blue flower of the highlands, is a highly valued local delicacy in Merak Sakteng, Trashigang.

Pangi metho
Urn-shaped gentian
Gentiana urnula

2022 གནམ་ལོ་ ལྷོ་སྤྲལ་ལོ།
Water Male Tiger Year

June

འབྲུག་རྒྱ་བཞི་པ་དང་ ལྷ་པ།

SUN	MON	TUE	WED	THU	FRI	SAT
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༦ 5	༧ 6	༨ 7	༩ 8	༡༠ 9	༡༡ 10	༡༢ 11
༡༣ 12	༡༤ 13	༡༥ 14	༡༦ 15	༡༧ 16	༡༨ 17	༡༩ 18
༢༠ 19	༢༡ 20	༢༢ 21	༢༣ 22	༢༤ 23	༢༥ 24	༢༦ 25
༢༧ 26	༢༨ 27	༢༩ 28	༣༠ 29	༡ 30		

14: Lord Buddha's
Parinirvana

Pangi Metho is a ground-hugging perennial plant from the Himalayas, which has beautiful blue upward-facing urn-shaped flowers. It grows on gravel slopes and alpine meadows in an altitude of 3,900 to 5,700 meters.

Bhutanese people, particularly the highland Brokpas of Merak and Sakteng, covet the flower as a local delicacy, which makes for a delicious treat, when used as a vegetable in curry mixed with fermented cheese.

In other countries it is also used to produce gentian, a distilled beverage, and the root is a common flavouring for bitters.

RECIPE

PANGI METO SOUP

Ingredients

1. 500g of Pangi meto
2. 1-2 pinch of fermented cheese (zoedtay)
3. 2-3 tsp of red chili powder
4. Salt to taste
5. 2-3 tsp of cooking oil
6. 1-2 cloves of garlic



Directions

1. Wash the pangi meto thoroughly (change water 3-4 times)
2. Finely smash/ grated? the garlic
3. Boil water and add cooking oil, salt, and fermented cheese (4-5 minutes)
4. Add roughly chopped pangi meto, finely smashed grated? garlic and red chili powder and cook for 2-3 minutes
5. Put off the flame and serve hot.



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Edible Flowers & Wild Plants of Eastern Bhutan



Fish mint, also called chameleon plant, has a long history as medicinal plant. It grows in the Himalayas at altitudes up to 2500 m.

Mombaring
Fish Mint
Houttuynia cordata Thunb.

2022 གནམ་ལོ་ ལྷོ་སྤྲལ་ལོ།
Water Male Tiger Year

July

འབྲུག་རྒྱ་ལྗ་པ་དང་ལྷུག་པ།

SUN	MON	TUE	WED	THU	FRI	SAT
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༡༨ 17	༡༩ 18	༢༠ 19	༢༡ 20	༢༢ 21	༢༣ 22	༢༤ 23
༢༥ 24	༢༦ 25	༢༧ 26	༢༨ 27	༢༩ 28	༣༠ 29	༣༡ 30
༣༢ 31						

9: Guru Rinpoche's Birth Anniversary

Fish mint is a leafy vegetable which is used as a fresh herbal garnish. The leaf has an unusual taste that is often described as 'fishy', thus the name "Fish Mint".

Bhutanese people cook it with other vegetables or use as garnish with dry meat or fish, and chilies. It is consumed raw as salad or Ezay. Its dried leaves can be used as a herbal tea as well. Young shoots and leaves are eaten raw or cooked as a potherb. The plant has also been used traditionally for the treatment of snake bites and skin disorders.

RECIPE

FISH MINT SALAD

Ingredients

1. 2-3 bundles of fish mint roots
2. 1 ball of fresh local cheese
3. 2-3 tsp red chili powder
4. Salt to taste



Directions

1. Wash the fish mint roots thoroughly (change water 3-4 times)
2. Chop the fish mint roots into 1 1/2 inch long pieces
3. Place the fish mint pieces in a bowl
4. Add red chili powder, cheese, and salt
5. Mix it thoroughly and serve



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Edible Flowers & Wild Plants of Eastern Bhutan



Dhamroo belongs to the family of "stinging nettles" but doesn't sting. Instead, it is a tasty addition to rice or soups. It can be easily found in the forests or bought from local markets.

Dhamroo
Lined Elatostema
Elatostema linoleum

2022 གནམ་ལོ་ ལྷ་མོ་སྤྲལ་ལོ།
Water Male Tiger Year

August

འབྲུག་རྒྱ་རྒྱལ་པ་དང་བདུན་པ།

SUN	MON	TUE	WED	THU	FRI	SAT
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༡༧ 14	༡༨ 15	༡༩ 16	༢༠ 17	༢༡ 18	༢༢ 19	༢༣ 20
༢༤ 21	༢༥ 22	༢༦ 23	༢༧ 24	༢༨ 25	༢༩ 26	༣༠ 27
༡ 28	༢ 29	༣ 30	༤ 31			

1 : First Sermon of Lord Buddha

Dhamroo is one of the edible wild plants from Bhutan's forests. It is consumed either as a main dish or as soup. Dhamroo-toh is prepared by chopping Dhamroo into small pieces and then cooking the leaves together with rice, millet or ground maize.

Dhamroo-toh used to be eaten when there was a shortage of rice, maize and other main crops in the communities.

To prepare Dhamroo soup, the soft young fronds are cut from the stem and washed, then boiled in water along with chopped onions, garlic, chilli and salt. Once the water starts to boil, butter is added followed by cheese when the dish is about to get ready.

RECIPE

DHAMROO RICE

Ingredients

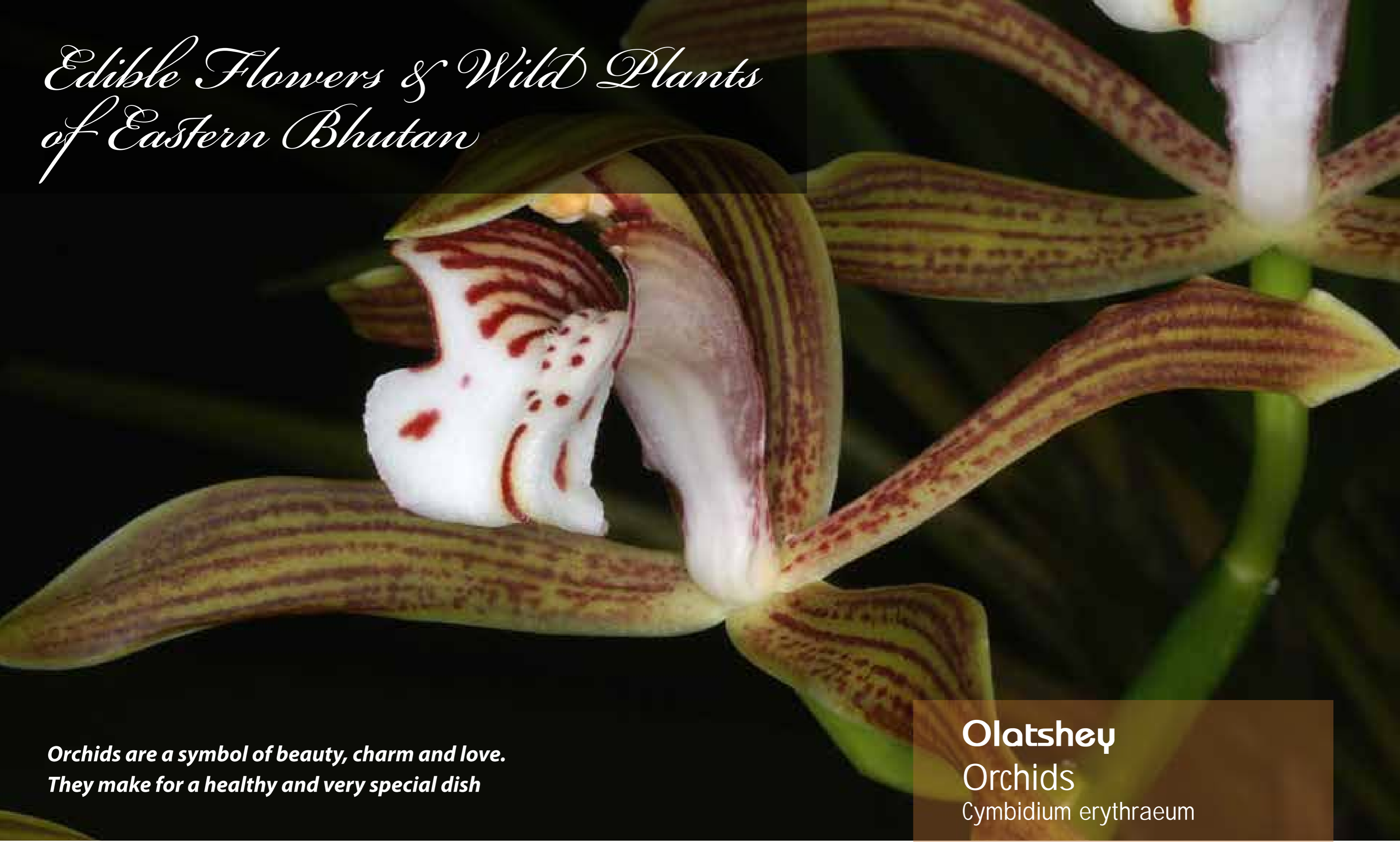
1. Half bundle of dhamroo leaves
2. 300-400gs of local rice
3. 4-5 tsp of red chilli powder
4. 1/2 tsp of wild pepper corn powder
5. 1 medium size onion (finely chopped)
6. 4-5 tsp of cooking oil

Directions

1. Wash the rice thoroughly (change water 3-4 times)
2. Chop the Dhamroo into very small pieces
3. Mix the chopped dhamroo and rice properly before cooking
4. Put the mixed rice and dhamroo into a rice cooker
5. Fill water 1 inch above the rice
6. Cook until rice done
7. Prepare chili paste by adding finely chopped onion, wild pepper corn powder, salt and 4-5 tsp water to the chilli and mix everything properly
8. Serve the cooked dhamroo toh (rice) on a plate and add 1-2 tsp of the chilli paste on top of the rice.
9. Garnish with 4-5 tsp of heated cooking oil or butter.



Edible Flowers & Wild Plants of Eastern Bhutan



Orchids are a symbol of beauty, charm and love. They make for a healthy and very special dish

Olatshøy
Orchids
Cymbidium erythraeum

2022 གནམ་ལོ་ ལུང་སྤྲུག་ལོ།
Water Male Tiger Year

September

འབྲུག་རྒྱ་བདུན་པ་དང་ བརྒྱད་པ།

SUN	MON	TUE	WED	THU	FRI	SAT
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༡༦ 11	༡༧ 12	༡༨ 13	༡༩ 14	༢༠ 15	༢༡ 16	༢༢ 17
༢༣ 18	༢༤ 19	༢༥ 20	༢༦ 21	༢༧ 22	༢༨ 23	༢༩ 24
༣༠ 25	༡ 26	༢ 27	༣ 28	༤ 29	༥ 30	

23 : Blessed Rainy day
30 : Thimphu Drubchen

Many varieties of orchids are used as seasonal vegetables in Bhutan, including the flowering shoots of Cymbidium erythraeum, C. hookerianum, C. iridioides and C. elegans var. elegans, which are referred to as 'ola-choto' or 'olatshae'

They are added to pork stew and provide a slightly bitter flavour, or they are cooked with chilies and cheese. Coelogyne cristata flowers are also consumed.

Esmeralda cathcartii and Dendrobium hookerianum flowers are less commonly seen in the markets. Various orchid species are also used in traditional medicine, such as Gymnadenia crassinervis roots, Coelogyne oculata pseudobulbs and other Dendrobium species. Gymnadenia orchids are referred to as 'Wangla' in Bhutan. Coelogyne pseudobulbs and Dendrobium stems are also used medicinally. Some of the orchids such as Vanda testacea have documented uses in traditional medicine systems in the Himalayan region.

RECIPE

ORCHID-SIKKAM CURRY

Ingredients

- 1 strip of dried pork (Sikam)
- 2-3 small bundles of Olatshøy
- 1-2 slices of cheese
- 2-3 pieces of green chili
- Salt to taste
- 2-3 tsp of cooking oil

Directions

- Boil the dry pork in a pressure cooker for 5 minutes or 10-15 minutes in a pot.
- Chop the boiled pork into pieces each ½ inch long
- Add water to the pan and add Olatshøy, sliced chili, cooking oil and salt
- Cover and cook for another 4-5 minutes and add cheese
- Stir it properly and serve hot



Edible Flowers & Wild Plants of Eastern Bhutan



Deyma grows in rocky areas at high altitude and its shoots are traditionally used as a vegetable by villagers.

Deyma
False Spikenard
Smilacina

2022 གནམ་ལོ་ ལྷོ་སྤྲལ་ལོ།
Water Male Tiger Year

October

འབྲུག་གླིང་བརྒྱུད་པ་དང་ དགུ་པ།

SUN	MON	TUE	WED	THU	FRI	SAT
						༦ 1
༡ 2	༢ 3	༤ 4	༥ 5	༦ 6	༧ 7	༨ 8
༩ 9	༡༠ 10	༡༡ 11	༡༢ 12	༡༣ 13	༡༤ 14	༡༥ 15
༡༦ 16	༡༧ 17	༡༨ 18	༡༩ 19	༢༠ 20	༢༡ 21	༢༢ 22
༢༣ 23	༢༤ 24	༢༥ 25	༢༦ 26	༢༧ 27	༢༨ 28	༢༩ 29
༣༠ 30	༣༡ 31					

4 - 6 : Thimphu Tshechu (only Thimphu)
5 : Dassain

The beautiful alpine flowering plant, locally known as Deyma, is a popular dish in Lhuentse, particularly in Khoma village. The bitter tasting plant is used as a vegetable and cooked with meat, potato or radish, and served as a side dish with rice, especially when other greens are scarce during winter.

The plant is shred into thin strips and dried in the sun. It is then soaked and rinsed in hot water before cooking, to reduce its bitter taste.

Deyma is perennial and grows in the rocky outcrops of alpine areas together with shrubs and grasses within the altitude of 3200-4000 meters above sea level.

RECIPE

DEYMA DATSHI

Ingredients

- 1 ½ kg of Deyma
- 2-3 pieces of green chilli
- 1-2 cloves of garlic
- Cooking oil
- Salt to taste
- Local cheese fermented or fresh



Directions

1. Wash the deyma thoroughly in running water (or change water several times)
2. Slice green chilli into thin pieces
3. Chop the garlic into small pieces and keep it aside
4. Heat the pan and add 2-3 tsp of cooking oil
5. Fry garlic for 15-20 seconds, add deyma, sliced chili and fry for another 1-2 minutes
6. Add cheese and some water
7. Cover and cook for 3-4 minutes on low flame
8. Add salt to taste and mix it properly



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Edible Flowers & Wild Plants of Eastern Bhutan



Papaya, a tree without branches, flowers after six months of planting and the leaves of papaya can be used for fresh salads.

Morphol meto
Papaya Flower
Elatostema linoleum

2022 གནམ་ལོ་ ལྷོ་སྤྲལ་ལོ།
Water Male Tiger Year

November

འབྲུག་རྒྱ་དབུ་པ་དང་བཅུ་པ།

SUN	MON	TUE	WED	THU	FRI	SAT
		༩ 1	༩ 2	༡༠ 3	༡༡ 4	༡༢ 5
༡༣ 6	༡༤ 7	༡༥ 8	༡༦ 9	༡༧ 10	༡༨ 11	༡༩ 12
༢༠ 13	༢༡ 14	༢༢ 15	༢༣ 16	༢༤ 17	༢༥ 18	༢༦ 19
༢༧ 20	༢༨ 21	༢༩ 22	༣༠ 23	༡ 24	༢ 25	༣ 26
༤ 27	༥ 28	༦ 29	༧ 30			

1 : Coronation Day
11 : Birth anniversary of 4th King & Constitution Day
15 : Descending day of Lord Buddha

Papaya is a fast growing tree that doesn't have branches and it can bear flowers and fruits within six to twelve months. Similar to banana, aside from the fruit many other parts of the plant can be cooked or eaten raw. The young leaves and flowers as well as the inner core of the main stalk are edible.

In Eastern Bhutan a delicious dish is prepared from the young Papaya flowers.

They are slightly bitter in taste and known for a variety of health benefits including boosting metabolism and aiding digestion.

RECIPE

PAPAYA FLOWER STEW

Ingredients

- 1/2 cup of blanched papaya flowers
- 1 bunch of water spinach
- 2 medium potatoes (boiled, peeled and diced)
- 1 large onion (finely diced)
- 4-5 cloves of garlic, (finely chopped)
- Half-inch piece of ginger, (finely chopped)
- 1/4 tsp mustard seed
- Salt to taste
- Pinch of turmeric
- 2 tbs of cooking oil

Directions

- Tear off the top tender ends of the water spinach and wash (change water 3-4 times)
- Heat the oil in a pan.
- When hot, add the mustard seeds, onions, ginger, garlic, chillies and the turmeric powder.
- Sprinkle a bit of water so that the turmeric powder does not burn.



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Edible Flowers & Wild Plants of Eastern Bhutan



A tasty flower from the family of asparagus adds a gentle bitter note to curries and can even be eaten raw.

Wangpemo
Tupisatra flower
East-Himalayan Tupistra

2022 གནམ་ལོ་ ལྷོ་སྤྲལ་ལོ།
Water Male Tiger Year

December

འབྲུག་རྒྱ་བཟུ་པ་དང་བཟུག་གཅིག་པ།

SUN	MON	TUE	WED	THU	FRI	SAT
				༤ 1	༥ 2	༦ 3
༡༢ 4	༡༣ 5	༡༤ 6	༡༥ 7	༡༦ 8	༡༧ 9	༡༨ 10
༡༩ 11	༢༠ 12	༢༡ 13	༢༢ 14	༢༣ 15	༢༤ 16	༢༥ 17
༢༦ 18	༢༧ 19	༢༨ 20	༢༩ 21	༣༠ 22	༣༡ 23	༡ 24
༢ 25	༣ 26	༤ 27	༥ 28	༦ 29	༧ 30	༨ 31

17 : National Day

Nakima or Tupistra clarkei is an endemic plant species of the Eastern Himalayas.

Due to its taste and therapeutic values nakima is highly valued by tribal people of Eastern Bhutan who collect the flowering plant from the wild and cook it as vegetable. It tastes slightly bitter, is rich in minerals and vitamins and its nutritional value is comparable to vegetables like asparagus.

Nakima is mostly collected from the forests where it grows in moist and shady areas, forming long strap leaves of up to one or two meters. It is the flowering stems that are used as ingredient for curries. During season the plant is widely available in local vegetable markets of eastern Bhutan.

RECIPE

WANGPEMO BEEF CURRY

Ingredients

1. 500g of Wangpemo
2. 3-4 pieces of green chili
3. 2-3 cloves of peeled garlic (finely chopped)
4. 1 piece of tomato
5. 1 slice of local cheese
6. Ginger- half inch



Directions

1. Wash the wangpemo in running water or change water several times
2. Boil the dry beef in a pressure cooker for 10 minutes. Or boil for 30 minutes in a pot.
3. Heat the oil in a pan.
4. When hot, add the mustard seeds.
5. Add the onions, ginger and garlic and sliced chilies and sprinkle a bit of water so that it does not burn.
6. Cook till the onions turn pale then add the boiled meat.



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Extraordinary and seasonal specialities from Eastern Bhutan are worth a visit!

We know Bhutan as the country of happiness. If you think of Bhutan, the magnificent Himalayan landscape, the sacred Tiger's Nest Monastery, and smiles of friendly Bhutanese people in the national dress gho and kira may first come into your mind. But, something is missing... Yes, it's Bhutanese Food! The Bhutanese cuisine has been under-presented so far, despite its potential to become another magnet to attract tourists to the country of happiness.

"Food tourism is among the top tourism trends worldwide. Bhutan has not yet been sufficiently recognized for the extraordinary specialities it has to offer. Especially in the Eastern provinces where a surprising variety of exotic and delicious dishes are being cooked. In an endeavour to make these culinary gems better known and available some of the traditional recipes in this calendar are published for the first time as part of the SHINE project."

– Dr. Robert Wimmer, Managing Director of GrAT (Center for Appropriate Technology), Austria / Lead of SHINE Project

About two-thirds of Bhutan is covered with forests. Bhutan possesses rich flora and fauna, thanks to the large variety of climatic zones along the altitude. Southern Bhutan, encompassing Dagana, Zhemgang, Pemagatshel Districts (Dzongkhags) and their adjacent foothills, has a hot and humid subtropical climate throughout the year. In the Central parts of the country, to which Mongar and Trashigang Districts belong, the climate changes over seasons – warm summers and cool and dry winters. Temperate and deciduous forests are found in this zone. The Northern Districts, such as Trashi Yangtse and Lhuentse, are the alpine tundra region of the Great Himalayas. Corn (maize), potatoes, rice, chili, cabbages, apples are among the chief crops. Furthermore, there is a plenty of exotic and nutritious non-wood forest products (NWFP), including herbs, fruits and spices such as nutmeg, mace and cardamom, as well as dense grasses used in paper making.

With the aim of more inclusive tourism development in Bhutan, the SHINE (Sustainable Hospitality Industry Inclusive of Native Entrepreneurs) Project, funded by EU SWITCH-Asia Programme, is promoting the indigenous tourism resources of the Eastern Bhutan.

Today the art of using edible flowers and herbs in cooking is reviving among the star chefs and innovative home cooks, who seek for exotic flavours and an elegant presence of their plates. We discovered that there are various flowers and plants in eastern Bhutan, which can be interesting ingredients. For those who love to try new things, the SHINE project presents a collection of twelve edible flowers and wild plants growing in eastern Bhutan. Their autogenous features, nutritional and/or medical values, season and traditional use are described. Nowadays, orchid and herb plantation is encouraged. You can contact the NWFP collectors and growers listed in the SHINE's online site ([http:// shine.grat.at](http://shine.grat.at)) to order. With the help of recipes illustrated, you can make authentic Bhutanese dishes, too! Take photos of your home made version of the recipes and share them through the social media channels of SHINE. Stories of your cooking experience and tips for using the flowers and plants will be even more interesting.