

## APPENDICES

Appendix Table 1. Approximate conversion table from local unit

**Area**

1 Mato muri	=	0.0127 hectare
1 Ropani	=	0.0509 "
1 Hal khet	=	0.0509 "
1 Hal bari (Banjho)	=	0.1018 "
1 Hal bari (Dhulo)	=	0.2036 "

**Volume**

1 Muri	=	20 pathi
1 Pathi	=	8 mana
1 Mana	=	1 Pint = 0.57 litre
1 Pau	=	0.25 mana

**Weight:**

1 Mound	=	37.3 kg
1 Dharni	=	2.4 kg
1 Seer	=	0.8 kg
1 Pau	=	0.25 kg

**Crop volumes by weight**

<u>Volume</u>		<u>Weight (Kg)</u>
Rice 1 pathi	=	2.4
Maize "	=	3.4
Millet "	=	3.3
Wheat "	=	3.4
Black gram "	=	3.5
Soya bean "	=	3.4
Pea "	=	3.6
Mustard seed "	=	2.9
Rape seed "	=	3.1
Seasame "	=	2.8
Bean	=	3.2

(Source: Conlin and Falk, 1979; Department of Agriculture, 1996; Key informant survey)

Appendix Table 2. Adult equivalent conversion scale

Reference person	Adult equivalent scale
Reference man:	
20-39 years	1.00
40-49 "	0.95
50-59 "	0.90
60-69 "	0.80
70 and above "	0.70
Reference women:	
20-39 years	0.74
40-49 "	0.71
50-59 "	0.67
60-69 "	0.60
70 and above "	0.52
Infant:	
6-11 months	0.38
Child:	
1-3 years	0.51
4-6 "	0.64
7-9 "	0.72
Boy:	
10-12 years	0.88
13-15 "	0.97
16-19 "	1.05
Girl:	
10-12 years	0.84
13-15 "	0.85
16-19 "	0.80

(Source: De Vega, M. C., and B. S. Fisher, 1983)

Appendix Table 3. Conversion table for food items into calorific value  
(Kcal per Kg of edible portion)

Food stuff	Calorie
Bamboo shoot	430
Banana	1,160
Bitter gourd	250
Black gram	3,470
Bottle gourd	120
Brinjal	240
Broad bean	480
Buckwheat	3,230
Cabbage	270
Cauliflower	300
Chilli	240
Cow pea	3,230
Ginger	670
Guava	380
Lemon	570
Maize	3,420
Meat	710
Millet	3,090
Milk	1,010
Mustard leaves	340
Onion	500
Orange	480
Peaches	500
Pears	520
Peas	930

Plum	520
Pomegranate	650
Potato	970
Pumpkin	250
Pumpkin leaves	570
Radish	170
Rice	3,460
Ridge gourd	170
Snake gourd	180
Soya bean	4,320
Sweet potato	1,200
Tomato	230
Tree tomato	350
Turmeric	3,490
Wheat	3,410
Yam	1,110

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NB: For other non-specified vegetables and fruits 250 and 550 Kcal per Kg edible portion was used, respectively. The conversion coefficients for raw food into edible form are 0.6 for rice and 0.4 for other cereals (Asian Development Bank, 1982 cited in Shrestha and Yadav, 1992)

(Source: Excerpted from Department of agriculture HMG/N, 1996, and Shrestha and Yadav, 1992)

Appendix Table 4. Livestock unit coefficients

Livestock Species	LSU
<b>Cattle</b>	
• Cross-bred cow	1.00
• Cross-bred heifer	0.70
• cross bred calf	0.30
• Local cow	0.80
• local heifer	0.50
• Local calf	0.30
• Local male (adult bull)	1.00
<b>Buffalo</b>	
• Adult	1.23
• Heifer	0.93
• Calf	0.48
<b>Sheep/goat</b>	
• Adult	0.10
• Kids	0.05
<b>Swine</b>	
• Adult	0.12
• Piglets	0.05
<b>Chicken</b>	0.02

(Sources: Conlin and Falk, 1979., Guenat, 1991., Thapa, 1996., Poudyal. 1997)

Appendix Table 5. Common wild vegetable and fruit species in the study area.

SN	Local Name	Botanical name	Plant type	Edible parts	Season	Uses	Response*
1	Bamboo	<i>Bambusa spp</i>	Tree	Shoots	Summer	Vegetable	1
2	Ban tarul	<i>Dioscorea spp</i>	Climber	Modified root	Winter	Vegetable and snacks	4
3	Lunde ko sag	<i>Amaranthus spp</i>	Herb	Leaves	Summer	Vegetables	3
4	Bhringi raj	<i>Eclipta prostrata</i>	Herb	Shoots	Rainy	Vegetable	4
5	Neuro	<i>Thelypteris spp</i>	Herb	Leaves	Summer-rainy	Vegetables	1
6	Sim sag	<i>Nasturtium officinale</i>	Herb	Tender foliage	Winter-summer	Vegetable	2
7	Pudina	<i>Mentha spicata</i>	Herb	Tender foliage	Winter-summer	Pickle	3
8	Kabro	<i>Ficus lacor</i>	Tree	Buds	Summer	Picke and vegetable	3
9	Koiralo	<i>F. verigata</i>	Tree	Flower and buds	Summer	Pickle and vegetable	3

Continued.....

10	Sisnu	<i>Utrica dicitica</i>	Herb	Young tips and leaves	Summer-rainy	Vegetable	2
11	Latte sag	<i>Amaranthus spp</i>	Herb	Tender foliage	Summer-rainy	Vegetable	2
12	Lunde ko sag	<i>Amaranthus blitum</i>	Herb	Tender foliage	Summer-rainy	Vegetable	3
13	Sati bayar		Shrub	Fruits	Winter	Fruits	4
14	Aiseloo	<i>Rubus ellipticus</i>	Shrub	Fruits	Winter-summer	Fruits	3
15	Amala	<i>Phyllanthus emblica</i>	Tree	Fruits	Winter-summer	Fruits/pickle	3
16	Jamun	<i>Syzygium cumini</i>	Tree	Fruits	Summer	Fruits	4
17	Kattus	<i>Castanopsis spp</i>	Tree	Fruits	Summer	Fruits	4
18	Simta	<i>Pinus roxburghii</i>	Tree	Matured nut	Summer	Fruits	4

\* 1 = More than 80 per cent of the respondents reported

2 = 51- 79 per cent respondents reported

3 = 26-50 per cent respondent reported

4 = less than 25 per cent respondents reported

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