I thank Dr. S. Seeni and Dr. K.C. Koshy profusely for their valuable guidance and uninterrupted encouragement and Dr. P. Pushpangadan, former Director of Tropical Botanic Garden and Research Institute, Thiruvananthapuram, Kerala for providing facilities for doing research, Dr. V. George, Head, Division of Phytochemistry for his help in evaluating nutritional composition of the fruit samples, Mr. K. P. Pradeepkumar and Mr. C. Suseendran for assistance in taking photographs of the study materials and Mr. S. Suresh Kumar for drawing figures. Discussions with friends and research colleagues at the institute were always a source of encouragement. Mention is also made of the Department of Planning and Economic Affairs, Government of Kerala for financial assistance to undertake this project work, Kerala Forest Department for granting permission to carry out exploratory studies in the forests and the Kerala State Federation of Scheduled Caste/Scheduled Tribe Development Co-operatives Ltd for sharing data on Minor Forest Produce (MFP) during the study. Last but not least, I am grateful to hundreds of tribals dwelling in the Western Ghats region for sharing their precious knowledge.