



Geography

Chak-Hao

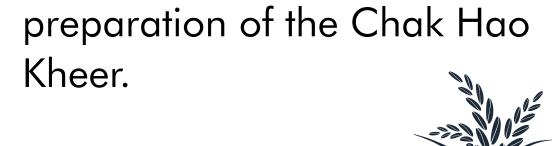


Why In News?

The Manipuri black rice variety called Chak Hao was recently given GI tag recognition.



- Chak Hao is a black rice variety cultivated in Manipur. It has been in use for centuries and is cultivated by traditional methods.
- It is either cultivated by direct sowing of pre-soaked seeds or by transplantation of seedlings in puddled fields in the wetland regions.
- The rice is mainly eaten during festivals and is used for





It is an aromatic rice variety.

It is glutinous in nature and dark colored.

It requires long cooking time-40 to 45 minutes. This is because of the high crude fibre content and the presence of bran layer.

It is reported to have medicinal value and is hence used in traditional medicine.