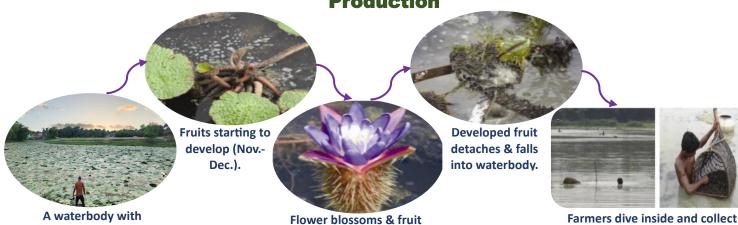
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MAKHANA (Botanical name: Euryale ferox, Common Name: Fox Nut; Prickly Water lily)-The Maha Khana!





ripening begins (around July.).





makhana plants.

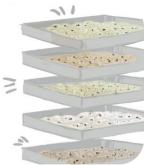
Matured seeds extracted from the fruits collected from water bodies.



Seeds are put through a series of 'furnaces' for gradual and staggered heating, until a pop sound is heard.



Seeds are then beaten. outer shell cracked and makhana is obtained.



makhana seeds. Few left for

germination for next crop.

Makhana are then graded, sorted, packed, distributed through marketing channels.

Nutritional Value (Popped Makhana)



Protein (% by wt.)



Calorie Kcal / 100 g.) 358

Iron am / 100

Essential Amino Acid Index (EAAI) ... higher than the values for rice, wheat, chick peas, cow's milk, fish and mutton.

30 billion (current Indian mkt. size)*

60 billion (projected mkt. size by 2028) *

Market Dynamics

Makhana **Export (the** emerging superfood of the world).

Approx. export value (2023-24): US\$ 1.4 million

363 shipments alone to UAE (Mar '23 to Feb '24)

Major Exporters: India, Nepal, China

Major Importers: UAE, Japan, USA, Canada

Major Initiatives

"Vocal for Local" & "Atmanirbhar Bharat"

Export promotion with improved health and safety aspects.

Makhana as food crop for cluster based approach

Makhana as food crop for cluster based approach



In Budget 2025-26, Finance Minister Nirmala Sitharaman announced the creation of a Makhana Commodity Board in Bihar, with an allocated budget of INR 1 billion!

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Value Chain Analytics; Export Promotion Studies; Detailed Project Reports; Bankable Business Plans; Brand Development Strategies; Commercial Agri farm System Implementation Support and allied research & analytics support.

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^{*} Source: Business Insider