



## Seabuckthorn and Himalayan Tartary Buckwheat

[Source:TH](#)

Seeds of [seabuckthorn](#) and Himalayan Tartary Buckwheat from Ladakh have been sent to the [International Space Station \(ISS\)](#) by [NASA](#)'s **Crew-11 mission** as part of the "Emerging Space Nations' Space for Agriculture & Agriculture for Space" payload.

- The seeds will return to Earth with **NASA's Crew-10 mission**. The experiment aims to develop **resilient crops for space and Earth**, blending science with traditional agricultural knowledge.
- **Sea buckthorn (*Hippophae rhamnoides* L.)**: Also known as the "Wonder plant" or "Ladakh gold," is a **hardy, drought-resistant shrub** found across **Europe and Asia**, including the **cold deserts of the Himalayas**.
  - It tolerates extreme temperatures ( $-43^{\circ}\text{C}$  to  $+40^{\circ}\text{C}$ ), fixes **atmospheric nitrogen**, and helps **prevent soil erosion and prevents desertification**.
  - Traditionally, all parts of the plant (fruit, leaves, roots, thorns) are used for medicine, nutrition, fuel, and fencing.
- **Himalayan Tartary Buckwheat**: Cultivated in China, Bhutan, northern India, Nepal, and central Europe, is known for its greater cold and drought resistance.
  - It offers health benefits due to its content of **resistant starch, proteins, minerals, and phenolic substances**, which help prevent chronic diseases like **hypertension, obesity, and cardiovascular issues**.



Read more: [Ladakh Sea Buckthorn and Kerala Onattukara Sesame](#)