The East coastal plains have some of the most fertile lands of our country. Here, rice is cultivated with three cycles in a year, particularly in the Kaveri Delta area. All the delta regions and adjoining plains between the coast and the Ghats have dominance of rice cultivation. Though in the most of areas rice continues to be the main food crop. The area consists of ancient rock formation with predominance of ingenious and metamorphic rocks and hence the Eastern Ghats are gifted with number of economically important minerals.

The Eastern Ghats region is dominated by tribal inhabitants. The agriculture in the Ghats is mostly of subsistence type. In far interior areas on comes across patches of shifting cultivation. However, form Tamil Nadu Ghats to Oddisha Ghats the cropping patterns as well as the agricultural practices differ considerably. Though in the most of areas rice continues to be the main food crop.