

Importance of vegetables and spices in human nutrition and national economy

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Learning outcome

- 1. The students will understand the Definition of vegetable and spices**
- 2. The students will understand the Importance of Vegetables and spices in national economy**

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Olericulture

Olericulture is one of the branches of Horticulture that deals with the vegetables. The word olericulture is derived from the Latin word **Oleris** which means pot herb and the English word **culture** which means cultivation. Thus olericulture means cultivation of pot herbs. However, in the present days, it is broadly used to indicate the cultivation of vegetables. The term vegetable gardening is more popular to signify olericulture in the present context.

Vegetable

The term vegetable is applied to the edible herbaceous plant or plant parts thereof, which are consumed generally in the unripe stage after cooking.

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Importance of vegetables in human nutrition

The balanced diet contain adequate energy source, nutrients and vitamins, mineras, carbohydrates, fats, protein etc.

Vegetable are the reliable source for many dietary factors. As vegetable contain many of the dietary factors like vitamins, minerals and amino acids they are considered as **protective supplementary food**.

They produce taste, increase appetite and produce fair amount of fibres. They maintain good health and protect against degenerative diseases. They can neutralise the acids produced during digestion of proteins and fats. Nutrients which are present in vegetables vary from crop to crop.

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Course Name: Production Technology for Vegetables and Spices

Peas and beans are enriched with **proteins**. Root crops like Tapioca, Sweet potato and potato are well known for **carbohydrates**, calcium K, Fe are the important minerals which are lacking in cereals and these are available in abundant quantities in the vegetables like peas, beans, spinach and bendi. Amaranth, cabbage, beans contain large quantity of cellulose which aid in digestion. All the leaf and fruit vegetables possess the required quantities of vitamins.

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Program Name: B.Sc. (Hons.) Agriculture

Semester: 3rd

Dietary factors source vegetables

Calories- sweet potato, tapioca, yam, colacasia corms, potato, Brussels Sprouts, onion and garlic, immature seeds of broad bean and peas *Phaseolus lunatus* (Lima bean), *Pussia fada* (Broad bean).

Proteins- peas, double bean, winged bean (*Psochocarpus tetragonolobus*), Garlic, Brussels sprouts, cowpea, lema bean seeds, amaranthus Leaves, drumstick leaves and menthe.

Vitamin A (Beta carotene)- Carrot, spinach, turnip green, palak, mustard green, amaranth, coriander, colacasia leaves, sweet potato, pumpkin, tomato

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Vitamin B- complex Peas, broad bean, lema bean, garlic, asparagus, colacasia and Tomato.

Vitamin C- Turnip green, green chillies, Brussels sprouts, mustard

green, Amaranth, coriander, drumstick leaves, cauliflower, knoll khol Spinach, cabbage, bitter gourd and reddish leaves.

Calcium- curry leaves, amaranth leaves, drumstick leaves, menthi, turnip, Mustard green, coriander and palak.

Iron- drum stick leaves and fruits, amaranth, menthi, mint, coriander, Spinach, palak and mustard green. Spinach, lettuce, cabbage

Importance of vegetables in National economy

1. Annually we produce about **129 million tonnes** of vegetables from an area of **7.98** million ha, contributing **13.4** percentage to the world's production. (2009 NHB Data)
2. Vegetables crops have high export potential and vegetables worth of Rs 4431 crores are being exported annually both in fresh form or processed form. APEDA is the nodal organization involved in regulation of export and import of various food products.
3. Traditional vegetables like onion, potato, bhendi, bitter gourd and chillies and non traditional vegetables like asparagus, celery, paprika, sweet corn, baby corn, beans, peas and cherry tomato have been short listed by APEDA for export pumpkin

Importance of vegetables in National economy

Out of the total out put of vegetables, **only 1%** is being utilized by the processing industry. Inadequate preservation techniques, and storage facilities contribute to 25% loss of vegetables produced. By improving post harvest techniques, we can ensure year round availability of vegetables.

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3. Fageria, M.S.; Choudhary, B.R.; Dhaka, R.S.; (2016). Vegetable Crops Production Technology. Kalyani Publishers.

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