



GREENS SPROUTS AND EDIBLE FLOWERS

The current burden of malnutrition leading to hidden hunger is unacceptably high. Stunted children (aged 0-59 months) is 22.2% of children globally (150.8 million in total), wasted children (7.5%-50.5 million), overweight children (obese) (5.6%-38.3 million). Every country in the world is affected by malnutrition. Adult high blood pressure, adult obesity, adult overweight, anaemia, childhood stunting, wasting, overweight and high salt intake are eight nutrition indicators.

The present edited book Greens, Sprouts and Edible Flowers throws open unprecedented opportunity to get back on track of health and wellness. More than 50 scientists from India and abroad have penned down 22 chapters dealing greens, sprouts and edible flowers. Greens include alliums, amaranths, brassicas, basil, radish leaf, curry leaf, drumstick, purslane, marjoram and lettuce. Sprouts and edible flowers are dealt in detail emphasizing nutritive value, absorption, availability and ease in cultivation. Forewords are by Prof. M S Swaminathan and Dr. R. S. Paroda, Founder Chairman of Trust for Advancement of Agricultural Sciences, New Delhi. Messages are from Dr. T. Mohapatra, President NAAS, New Delhi and Dr. Manju Sharma, Former President NASI, Prayagraj.

Editors are Dr. Brahma Singh Padma Shree Awardee and Prof. K V Peter FNAAS and FNASc.

The book has been dedicated to Prof. M.S. Swaminathan on his 95th Birthday

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