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HORTICULTURAL CROPS OF HIGH NUTRA-PHARMACEUTICAL VALUES

The great Tamil Saint Poet Thiruvalluvar in his classic Thirukkural summarizes good practices for Health and Wellness as “If man eats after digesting what he has taken, the body surely needs no medicine”.

The present book Horticultural Crops of High Nutra-Pharmaceutical Values provides authentic information on health and wellness values of fruits, vegetables, spices and herbs, tubers, medicinal and aromatic plants. A separate chapter on Noni (*Morinda citrifolia* L.) throws light on this wonder plant whose fruits contain more than 200 nutraceuticals including vitamins, minerals and anti-oxidants. The book carries wellness values (nutra-pharmaceutical) of 30 underutilized fruits of arid zone and underutilized nut fruits. Other crops dealt are baby corn, black night shade, edible ferns, glory lilly, lettuce, liana, medicinal coleus, passion fruit, pecan nut, safed musli, sea purse, spilanthes and *Eclipta prostrate*. There are 17 chapters authored by practicing scientists in respective crops. Foreword is by Dr. Palpu Pushpangadan, Padma Shri Awardee and Former Director Central Institute of Medicinal and Aromatic Plants (CSIR-CIMAP) Lucknow. The Preface is by Dr. Jitendra Kumar, Former Director, ICAR Directorate of Medicinal and Aromatic Plants Research, Boriavi. The book is edited by Prof. K V Peter, Former Vice-Chancellor Kerala Agricultural University and Director ICAR Indian Institute Spices Research, Calicut, who has published over 80 books in the field of Horticulture and is an absolute institution of the field.

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