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HORTICULTURAL CROPS OF HIGH NUTRITIVE VALUES

Availability, access and absorption are the three pillars of food and nutrition security. Undernutrition expressed in low body weight, anaemia, Vitamin A Deficiency (VAD), and wastage are very rampant in the Indian sub-continent. India has achieved self-sufficiency in food grain but now horticultural crops have surpassed food grain production. But still a paradox exists between availability and access due to low purchasing power of 60% of India's population. Nutrition garden, kitchen garden, urban and peri-urban horticultural gardening and vegetable and fruit forcing are proposed to bring the horticultural produces within the purchasing power of common people.

The present book Horticultural Crops of Nutritive Value covers 18 chapters authored by 51 eminent scientists. Lesser known fruit crops of South East Asia, Underutilized and underexploited horticultural crops-bioprospecting for nutrition, underutilized medicinal plants of Manipur, underutilized seed spices, cruciferous leafy vegetables, leafy alliums, Aonla, Pine nut, Citrus, Fenugreek, Hemp, Isabgol, Liquorice, Phyllanthus spp., Praying Mantis Ginger, Reyan-Khirniis, Sapindaceous fruits, Travancore Starch Plant and West Indian Arrowroot are elaborated for their nutritive and medicinal values.

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