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ORIGINAL PAPER



Nutritional Value of Organic Vegetables

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INTRODUCTION

The nutritional value of food is dependent on many environment factors as well as cultural practices. The quality, safety and preferences of conventional and organic fruits, vegetables, cereals and other foods are becoming concern for both producers. Fresh vegetables must be of high quality and safe for consumption. The flavour, colour, and texture of fresh fruit or vegetables is very much good as compare to non-fresh. Vegetables unquestionably contribute significantly to human growth by giving the body the vitamins and minerals it requires. To estimate the amount of vitamins and minerals present in various fruits and vegetables, a number of analytical techniques have been phosphorus, and vitamin E. However, non-organic vegetables had a noticeable higher protein content as opposed to organic vegetables. Vitamins are a set of vital food ingredients that must be given to people in suitable quantities. Fruits, vegetables, meats, and dairy products are the main sources of vitamins with seafood .green leafy vegetables give people nutrients sufficient quantities of numerous vitamins and minerals. Those are high in carbs, ascorbic acid, carotene, and oil minerals including calcium, iron, folic acid, and retinol, selenium, zinc, magnesium, and manganese. Production of vegetables can be accomplished by using various devices. The traditional system is distinguished by a significant amount of chemical pesticides are used, and their use as inputs is appropriate to boost output, quality, and resistance to maladies and pests. Organic farming involves crops should be grown without synthetic pesticides.

NUTRITIONAL QUALITY OF ORGANIC VEGETABLES

Minerals

Mineral concentration is an important factor for conventional cultivation. Faba beans showed the lowest Ca content among the crops and it may happen due to low amount of Ca applied during growing. Showed higher P, K, Ca, Mg, Zn content and lower Na, Fe, Cu content. One percent of an individual's body weight is made up of the mineral Phosphorus it is regarded as the element in the body with the second-highest abundance. Each and every cell in the body contains it. Most the body's phosphorus is concentrated in bones and teeth. Organic veggies had higher phosphorous content, ranging from 13% to 35%, than nonorganic ones for squashes to 43% for eggplant.

Vitamin C

Vitamin C plays a significant part in scurvy. It works well to combat germs. Higher vitamin C levels were found in organic lettuce and beets. Organic plants showed 10.4% higher amounts of vitamin C than the conventionally grown ones. The variation may happen due to cultivar and growing conditions. Organic produce showed more vitamin C as compare to inorganic.

B -Carotene

Fruits and vegetables contain natural colours called carotenoids. Carotenoids serve as functional agents that fight cancer, fight oxidative damage, protect against osteoporosis and prevent skin ageing. The B-carotene concentration of organically cultivated tomatoes and peppers was higher than that of conventionally grown ones. B-carotene Cu, Fe, K, Mg, and Na are abundant in organic lettuce, peppers and tomatoes. Greater sugar and bioactive component concentration is correlated with higher levels of sodium content much higher amount of antioxidants in organic tomatoes, eggplant, lettuce, squash, carrots, and cabbage. Carotene, phosphorus, calcium.

Table 1: Nutritional value of vegetables

Vegetables	Nutritional value
Okra	Thiamine, iron, copper, niacin
Onion	Niacin, riboflavin, minerals like Ca, Fe, Zn, K, Mn
Garlic	Selenium, calcium, vitamin B6
Beetroot, sugar beet	Nitrates, Sugar, fat
Cabbage	Vitamin K, A, and C and boiled leaves rich in lutein
Broccoli	Sugar, fat, protein, manganese

Pepper	Vitamin C and vitamin E , proteins, dietary fibre and essentials oils
Tomato	Rich Source of antioxidants is lycopene , contains 95% water, fiber etc
Potato	Contains phosphorus, calcium, zinc, vitamin B6, Vitamin C
Spinach	Rich source of vitamin A, vitamin C, Potassium and Calcium

Table no. 2 Plant part used for consumption

Crops	Part used
Onion	Bulbs
Garlic	Bulbs
Pepper, Bell pepper, Sweet pepper	Fruits
Cucumber	Fruits
Spinach	Leaves
Lettuce	Leaves

CONCLUSIONS

Organic food offers many benefits and nutritional worth for human health. Organic food contains more healthy nutrients like antioxidants than their conventionally grown. Fresher food is frequently organic. Fresh food has a superior flavour because organic food lacks preservatives that extends its shelf life. Organic farming is more environmentally friendly. Organic agricultural methods employ less energy, preserve water and improve soil fertility while reducing soil erosion.