Arit Efretuei

# Farming of VEGETABLE and FRUITS

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# Farming of Vegetable and Fruits

Farming of Vegetable and Fruits is the growing of vegetable and fruit crops, primarily for use as human food. In everyday usage, a vegetable is any part of a plant that is consumed by humans as food as part of a savory meal. Vegetables are important part of healthy eating and provide a source of many nutrients, including potassium, fiber, folate (folic acid) and vitamins A, E and C. Options like broccoli, spinach, tomatoes and garlic provide additional benefits, making them a super food. Potassium may help to maintain healthy blood pressure. Dietary fiber from vegetables helps reduce blood cholesterol levels and may lower risk of heart disease. Folate (folic acid) helps the body form healthy red blood cells. Fruit has been recognized as a good source of vitamins and minerals, and for their role in preventing vitamin C and vitamin A deficiencies. People who eat fruit as part of an overall healthy diet generally have a reduced risk of chronic diseases. Fruit are important sources of many nutrients, including potassium, fiber, vitamin C and folate (folic acid). Eating fruit provides health benefits. Fruits provide nutrients vital for health and maintenance of your body. The popular distinction between vegetable and fruit is difficult to uphold. In general, those plants or plant parts that are usually consumed with the main course of a meal are popularly regarded as vegetables, while those mainly used as desserts are considered fruits. This distinction is applied in this article. Thus, cucumber and tomato, botanically fruits, since they are the portion of the plant containing seeds, are commonly regarded as vegetables. The subject of fruit and nut production deals with intensive culture of perennial plants, the fruits of which have economic significance. It is one part of the broad subject of horticulture, which also encompasses vegetable growing and production of ornamentals and flowers. This text treats the principles and practices of vegetable farming.

Arit Efretuei obtained her PhD in Agriculture from the University of Reading, UK in 2015. Her interests are in crop nutrient uptake, soil nutrient management and mitigation of soil nutrient losses to the environment. She is presently working as a freelance agronomic writer.

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*Edited by*
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# About the Editor

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# List of Abbreviations

| | |
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| ITS | Internal Transcribed Spacer |
| ORAC | Oxygen Radical Absorbance Capacity |
| RL | Regular Leaf |
| USDA-ARS | United States Department of Agriculture Agricultural Research Service |

# Preface

Farming of Vegetable and Fruits is the growing of vegetable and fruit crops, primarily for use as human food. In everyday usage, a vegetable is any part of a plant that is consumed by humans as food as part of a savory meal. Vegetables are important part of healthy eating and provide a source of many nutrients, including potassium, fiber, folate (folic acid) and vitamins A, E and C. Options like broccoli, spinach, tomatoes and garlic provide additional benefits, making them a super food. Potassium may help to maintain healthy blood pressure. Dietary fiber from vegetables helps reduce blood cholesterol levels and may lower risk of heart disease. Folate (folic acid) helps the body form healthy red blood cells. Fruit has been recognized as a good source of vitamins and minerals, and for their role in preventing vitamin C and vitamin A deficiencies. People who eat fruit as part of an overall healthy diet generally have a reduced risk of chronic diseases. Fruit are important sources of many nutrients, including potassium, fiber, vitamin C and folate (folic acid). Eating fruit provides health benefits. Fruits provide nutrients vital for health and maintenance of your body. The popular distinction between vegetable and fruit is difficult to uphold. In general, those plants or plant parts that are usually consumed with the main course of a meal are popularly regarded as vegetables, while those mainly used as desserts are considered fruits. This distinction is applied in this article. Thus, cucumber and tomato, botanically fruits, since they are the portion of the plant containing seeds, are commonly regarded as vegetables. The subject of fruit and nut production deals with intensive culture of perennial plants, the fruits of which have economic significance. It is one part of the broad subject of horticulture, which also encompasses vegetable growing and production of ornamentals and flowers. This text treats the principles and practices of vegetable farming.

## Content Coverage

*Chapters One* and *Two* provide an outline of legumes and flowering plants, respectively. The Fabaceae family, known as legumes, are one of the most important plant families in both ecological and economic terms, whereas flowering plants family is an important source of food, spice, and medicine, and many plants are used as ornamentals, including the petunia and butterfly flower.

*Chapters Three* and *Four* reveal on Brassicaceae plants and Allium, separately. Brassicaceae is a family of plants most commonly referred to as the mustard or the cabbage family, whereras Allium is a genus of monocotyledonous flowering plants that includes the cultivated onion, garlic, scallion, shallot and leek as well as chives and hundreds of other wild species.

*Chapters Five* and *Six* are basics of fruit and cultivation of aggregate fruit, correspondingly. Anthropological criminology is a field of offender profiling, based on perceived links between the nature of a crime and the personality and physical appearance of the offender. Crime prevention is the attempt to reduce and deter crime and criminals. It is applied specifically to efforts made by governments to reduce crime, enforce the law, and maintain criminal justice.

*Chapter Seven* presents about the multiple fruits, also called collective fruits, are fruiting bodies formed from a cluster of fruiting flowers, the inflorescence. Each flower in the inflorescence produces a fruit, but these mature into a single mass in which each flower has produced a true fruit.

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