

VEGETABLE CULTURES

□ Vegetable cultures are the grassy plants which are grown up for receiving heads of cabbage, root crops, bulbs, leaves, fruits. Cultivate 120 species of vegetable plants. The most widespread of them belong to 10 families: krestotsvetny — cabbage, a swede, turnip, a garden radish, a radish, horse-radish, a garden cress; umbrella — carrots, parsley, a parsnip, a celery, fennel; pumpkin — a cucumber, pumpkin, a melon, a water-melon; solanaceous — a tomato, pepper, an eggplant, cape gooseberry; bean — peas, haricot, beans; lileyny — onions, garlic, an asparagus; slozhnotsvetny — salad, chicory, an artichoke, a tarragon; marevy — beet, spinach; buckwheat — a rhubarb, a sorrel; cereals — corn.



SOLANACEOUS:

- Tomato
- Pepper vegetable
- Eggplant

TOMATO

- Tomatoes are eaten crude, fried, boiled, tinned, in the form of sauces, separately or together with other dishes. Fruits widely use for conservation: from them cook pastes, juice, sauces, powders. Seeds of a tomato contain up to 24% of the semi-drying oil. It is used for seasoning for salads, and also in production of margarine and soap.



PEPPER VEGETABLE

- Pulp of fetuses is rich with carbohydrates and contains quite large amount of protein and iron. The increased content of vitamin C (to 270 mg / 100 in green and to 480 mg / 100 in mature fetuses), groups B and a routine has special value. In red fetuses very high (in comparison with younger green) the content of carotene — the difference much more, but is more than RR vitamin in green fetuses. Pepper is used in a nutrition in the raw (sweet salad grades), and also preserved. Hot pepper — popular seasoning to meat and other dishes, it is also applied at conservation.



EGGPLANT

- Eggplant (*Solanum melongena* L.) — culture, the third on the importance, from family Solanaceae. Fresh fetuses of an eggplant contain 7% of carbohydrates, 1% of proteins, 1,3 mg / 100 of iron, 0,05 mg / 100 g of Thiaminum, 0,05 mg / 100 of Riboflavinum, 0,5 mg / 100 of RR vitamin, vitamin C — only 9 mg / 100 (in this regard the eggplant strongly concedes to other solanaceae). Eggplant fetuses, mature and unripe, eat in the boiled, fried, baked look, preserve. Unripe fetuses sometimes use in spicy admixtures.

