

**Processing of Arid
Agricultural Produce
for
Livelihood of Rural Women**

-Kavita Jain



LOCALLY AVAILABLE ARID FRUITS AND VEGETABLES

Local name

Botanical name

Sangari and khokha

Prosopis syneraria

Ker

Caparis decidua

Ber

Zizyphus jujuba

Kheipoli

Heptodinia pirotechnica

Kachar

Cucumis calosus

Kakadia

Cucumis melo var memordica

Mateera

Citrullus lanatus

Karonda

Carissa carandas

Lasoda

Cordia dicotoma

Aloe-vera

Aloe barbadensis

Tumba

Citrusllus colocynthis

Guar fali

Cyamopsis tetrage

PRINCIPLES OF FOOD PRESERVATION

- Diminishing the growth and activity of micro-organism
- Destroying the growth and activity of micro organism
- By making food free from micro organism culture
- Prevention or delay in self decomposition of food
- Inactivation of food enzymes and their maintenance
- Prevention of damage due to mechanical and physical factors



CALENDER OF ARID VEGETATION FOR PRESERVATION

Month	Arid Vegetation	preserved product
Jan – Feb	<i>Ber</i>	Pickle, Jam, Squash, Candy, Mouth Freshner, Chatni,etc.
March	<i>Khipoli</i>	Pickle, Dehydration
April – May	<i>Sangari</i>	Pickle, Dehydration
May – June	<i>Lasoda, kachar</i> <i>Karonda & ker</i>	Pickle, Dehydration Pickle, Dehydration
June	<i>khokha</i>	Biscuit, Candy
July to Oct	<i>Mateera</i> <i>Kakadia</i> <i>Guarfali</i>	Squash, Pickle, Dehydration Dehydration Dehydration, Pickle
Oct – Nov.	<i>Kachar</i> <i>Ker</i>	Dehydration, Pickle, Chatni Dehydration, Pickle
Nov – Dec	<i>Tumba</i>	Pickle, Digestive Churn, Jam, Murabba
Perennial	<i>Aloe -vera</i>	Pickle

Processing of Aloe-Vera



PROCESSING OF KHIPOLI



PROCESSING OF TUMBA

First stage: Remove bitterness of tumba fruit

- **Peel off & cut the ripe tumba fruit.**
- **Make a lime solution in a earthen pot & add chopped pieces to the lime solution and mix well for 7 days daily.**
- **After 7 days, filter out the lime solution and again full the earthen pot by fresh water and add salt.**
- **After 4 days, keep out the chopped pieces of fruit and wash it carefully.**

Second stage: partial Dehydration



- Spread chopped pieces on a cotton cloth under sun light for 4 hours.
- Remove seeds from chopped pieces of tumba fruit.



Tumba pickle



Ingredients	Amount
processed tumba pieces	1 kg
Fenugreek seed	50 gm
Saunf	30 gm
Nigella seeds	20 gm
Red chili powder	30 gm
Salt	50 gm
Turmeric powder	30 gm
Mustard oil	500 ml

Process

- Heat mustard oil in a pan and allow it to cool to room temperature.
- Mix all the spices with processed pieces of tumba fruit.
- Add mustard oil in it.
- Store it in a clean and dry air tight glass jar.

THANK YOU

