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| Autore                  | Hussain Syed Zameer  |
| Titolo                  | Fruits Grown in Highland Regions of the Himalayas : Nutritional and Health Benefits // by Syed Zameer Hussain, Bazila Naseer, Tahiya Qadri, Tabasum Fatima, Tashooq Ahmad Bhat   |
| Pubbl/distr/stampa      | Cham : , : Springer International Publishing : , : Imprint : Springer, , 2021  |
| ISBN                    | 3-030-75502-9  |
| Edizione                | [1st ed. 2021.]  |
| Descrizione fisica      | 1 online resource (338 pages)  |
| Disciplina              | 664  |
| Soggetti                | Food science<br>Agriculture<br>Botany<br>Sociology<br>Nutrition<br>Food<br>Medical sciences<br>Environmental geography<br>Food Studies<br>Plant Science<br>Sociology of Food and Nutrition<br>Health Sciences<br>Integrated Geography<br>Fructicultura<br>Agricultura de muntanya<br>Biotecnologia alimentària<br>Llibres electrònics<br>Himàlaia (Àsia : Serralada) |
| Lingua di pubblicazione | Inglese  |
| Formato                 | Materiale a stampa   |
| Livello bibliografico   | Monografia   |
| Nota di bibliografia    | Includes bibliographical references.   |
| Nota di contenuto       | Introduction-Classification of Fruits and Significance of Horticulture in J&K -- Apple (Pyrus Malus) -- Pear (Pyrus communis) -- Quince  |

(*Cydonia oblonga*) -- Cherry (*Prunus cerasus*) -- Fig (*Ficus carica*) -- Apricot (*Prunus armeniaca*) -- Grapes (*Vitis vinifera*) -- Olive (*Olea europaea* L) -- Pomegranate (*Punica granatum*) -- Kiwifruit (*Actinidia deliciosa*) -- Ber (*Ziziphus mauritiana*) -- Plum (*Prunus domestica*) -- Litchi (*Litchi chinensis*) -- Anola (*Emblica officinalis*) -- Peach (*Prunus persica*) -- Strawberry (*F. ananassa*) -- Citrus fruits -- Mango (*Mangifera indica*) -- Guava (*Psidium guajava*) -- Walnut (*Juglans regia*) -- Almond (*Prunus dulcis*) -- Pecan (*Carya illinoensis*) -- Mulberry (*M. rubra*) -- Seabuckthorn (*Hippophae Tibetana*) -- Socio-economic aspects of horticultural crops grown under highland Himalayan regions.

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### Sommario/riassunto

This book discusses different fruit crops and provides first-hand information on the nutritional composition of commercially important, as well as unexplored fruits, which are grown in Jammu, Kashmir and Ladakh. A detailed nutritional profile of each fruit is presented in the book. The potential health implications against cardiovascular diseases, diabetes, carcinoma, oxidative damage, asthma, aging and cognition are discussed and explained. Besides, nutritional composition and medicinal implications, origin, morphology, taxonomy and production scenarios of unexplored, as well as commercially important fruits, have also been highlighted in the book. This book will be of interest to students and researchers involved in agricultural sciences, food science, nutrition and the Indian medicine system.

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