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| Titolo                  | Handbook of Phytonutrients in Indigenous Fruits and Vegetables // edited by Dharini Sivakumar, M. E. Netzel, Yasmina Sultanbawa                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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| Soggetti                | Phytonutrients                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| Nota di contenuto       | Chapter 1: Salt bush ( <i>Atriplex</i> sp.) Chapter 2: Gumby Gumby ( <i>Pittosporum Angustifolium</i> ) Chapter 3: Spider Plant ( <i>Cleome gynandra</i> ) Chapter 4: Amaranth (Genus <i>Amaranthus</i> ) Chapter 5: African Pumpkin ( <i>Momordica balsamina</i> ) Chapter 6: Pumpkin leaves ( <i>Cucurbita maxima</i> , <i>Cucurbita moschata</i> and <i>Cucurbita pepo</i> ) Chapter 7: African Nightshade ( <i>Solanum nigrum</i> complex species) Chapter 8: Moringa ( <i>Moringa oleifera</i> ) Chapter 9: Sweet Potato ( <i>Ipomoea batatas</i> [L.] Lam) Chapter 10: Coral Tree ( <i>Erythrina variegata</i> ) Chapter 11: Snake Melon ( <i>Cucumis melo</i> var. <i>flexuosus</i> ) Chapter 12: Kakadu Plum ( <i>Terminalia ferdinandiana</i> ) Chapter 13: Lillypilly/Riberry ( <i>Syzygium</i> spp.) Chapter 14: Australian Green Plum ( <i>Buchanania obovata</i> ) Chapter 15: Red Bush Apple ( <i>Syzygium suborbiculare</i> ) Chapter 16: Passion Fruit ( <i>Passiflora edulis</i> ) Chapter 17: Baobab ( <i>Adansonia digitata</i> L.) Chapter 18: Jatoba ( <i>Hymenaea courbaril</i> L.) fruit Chapter 19: Ora-pro-nobis ( <i>Pereskia aculeata</i> Miller) leaf and fruit Chapter 20: Bacupari Fruit ( <i>Garcinia brasiliensis</i> Mart) Chapter 21: Monkey jack (Dewa) ( <i>Artocarpus lakoocha</i> ) Chapter 22: Black plum ( <i>Vitex doniana</i> ) Chapter 23: Natal plum ( <i>Carissa macrocarpa</i> ) Chapter 24: Brazilian Cherry ( <i>Eugenia uniflora</i> L.) Chapter 25: Monkey Orange ( <i>Strychnos spinosa</i> Lam) Chapter 26: African Star Apple ( <i>Chrysophyllum albidum</i> ) Chapter 27: Phalsa ( <i>Grewia asiatica</i> ) Chapter 28: Mexican Plum ( <i>Spondias purpurea</i> L.) Chapter 29: Soursop ( <i>Annona muricata</i> ) Chapter 30: Dabai ( <i>Canarium odontophyllum</i> ) Chapter 31: Mamey Sapote ( <i>Pouteria sapota</i> (Jacq.) Chapter 32: Araca Fruit ( <i>Psidium cattleianum</i> Sabine) Chapter 33: |

Sommario/riassunto

The effects of inadequate diets on the population include malnutrition, non-communicable diseases and obesity. 'Hidden hunger', also known as micronutrient deficiencies, leads to various health-related disorders and diseases. Indigenous plants, in the form of indigenous fruits and leafy vegetables are gaining interest as a source of nutrients and bioactive phytochemicals, satisfying both food demand and health needs. Moreover, with the impact of climate change, and the importance of sustainability of food systems, it is essential that we investigate new, forgotten and alternative crops that can thrive in harsh conditions, require low fertilizer input, and are easily harvestable. This is an essential resource for academic researchers and industry professionals in the fields of horticulture, agriculture, crop science, human health and nutrition.

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