Antioxidant Properties and Health Benefits of Horticultural Crops

Part 2: Antioxidant Properties and Health Benefits of Vegetables & Flowers

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Chapter 16

Antioxidant Properties and Health Benefits of Underutilized Vegetable Crops

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Abstract:

Nutrition has captured the international spotlight in an unprecedented way as persistent global hunger and under nutrition has underscored the need for urgent action. One in eight people around the world still suffer from hunger and more than double that number are victims of hidden hunger. Of the estimated 2,50,000 species of flowering plants at global level, about 3,000 are regarded as food source in which only 200 species have been domesticated. Global diversity in vegetable crops is estimated at about 400 species, with about 80 species of major and minor vegetables are reported to have originated in India. According to the report of U.N. Food and Agriculture Organization (FAO), approximately 75 % of the earth's genetic