

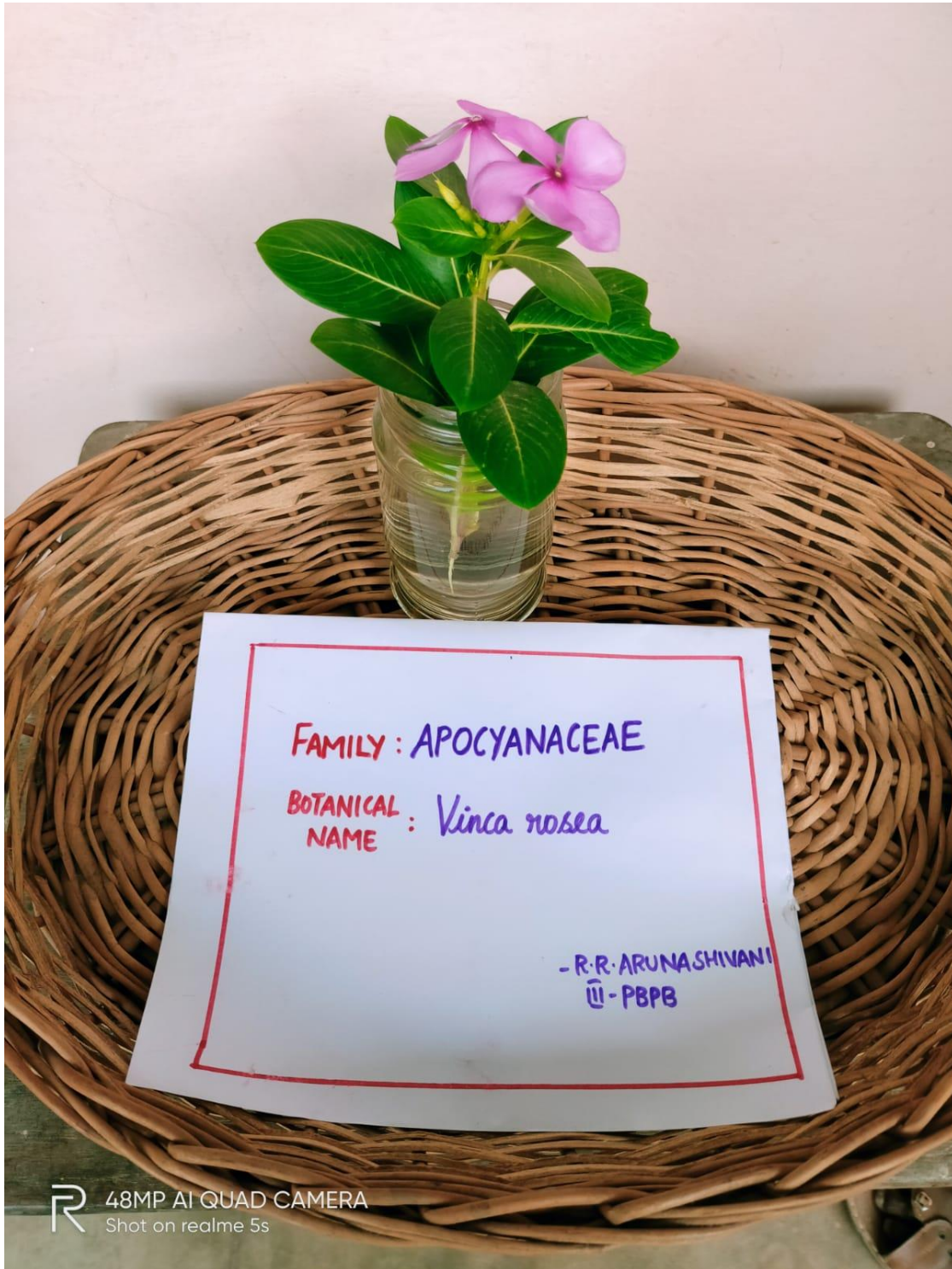
**ETHIRAJ COLLEGE FOR WOMEN (Autonomous)**  
**Chennai – 600 008**  
*Affiliated to the University of Madras*  
*College with Potential for Excellence*  
*Reaccredited with A+ Grade by NAAC*

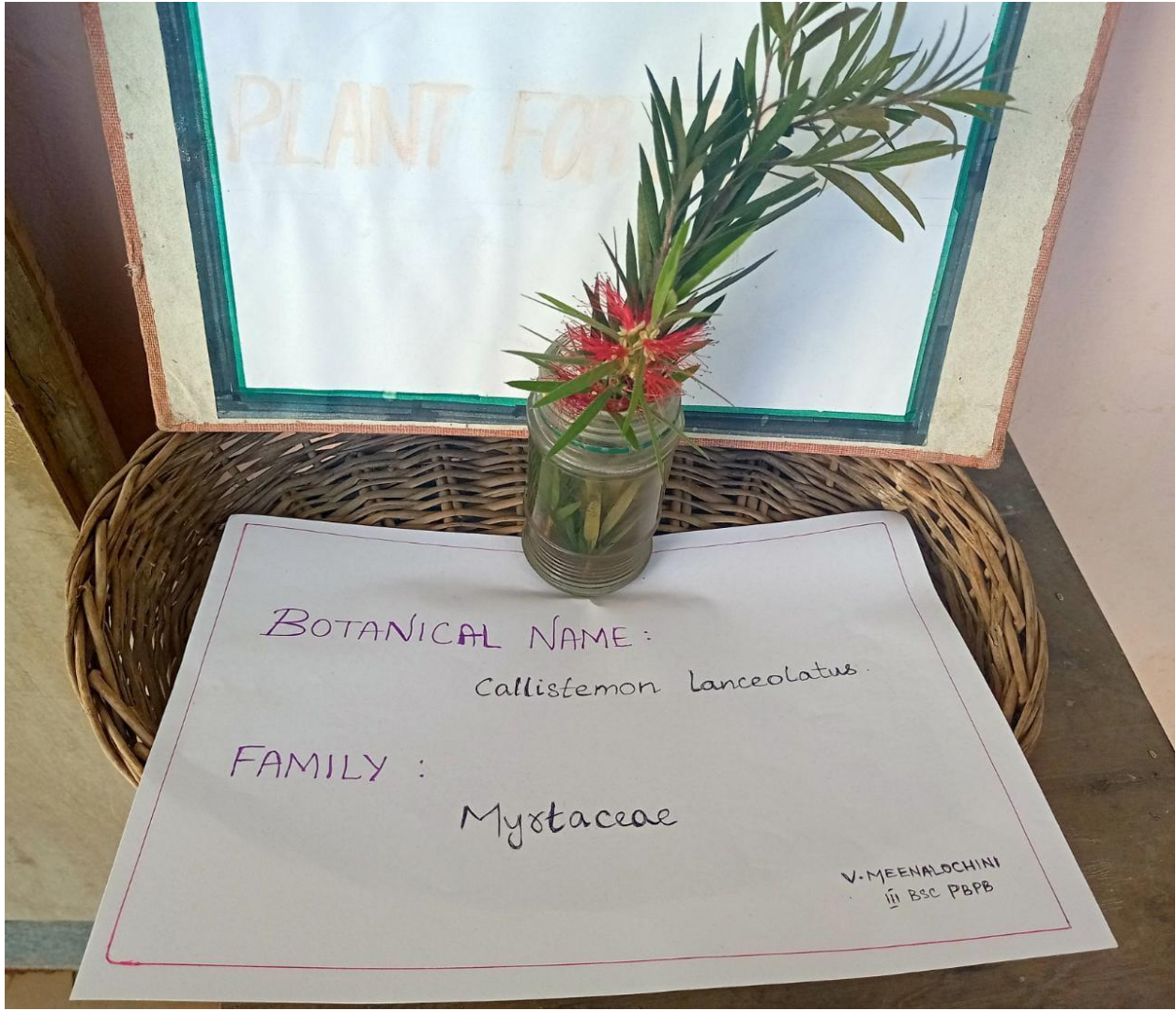


## **2.3. TEACHING LEARNING PROCESS**

### **2.3.1 Experiential and Participative Learning**

2021 -2022





BOTANICAL NAME :

*Callistemon lanceolatus*.

FAMILY :

Myrtaceae

V. MEENALCHINI  
II BSc PBPB



SCIENTIFIC NAME :  
*BRASSICA CAMPESTRIS*  
FAMILY :  
*BRASSICACEAE*

R. SNEHA  
III - BSc PBPA



PLANT FOR THE DAY

*Synedrella nodiflora*  
• ASTERACEAE

J. yagashiroe  
II BSc PBPB



SCIENTIFIC NAME

Allamanda cathartica L.

FAMILY :

APOCYNACEAE

SONIKA CHANDAR  
III B&C PBPB

SCIENTIFIC NAME:

Centratherum punctatum

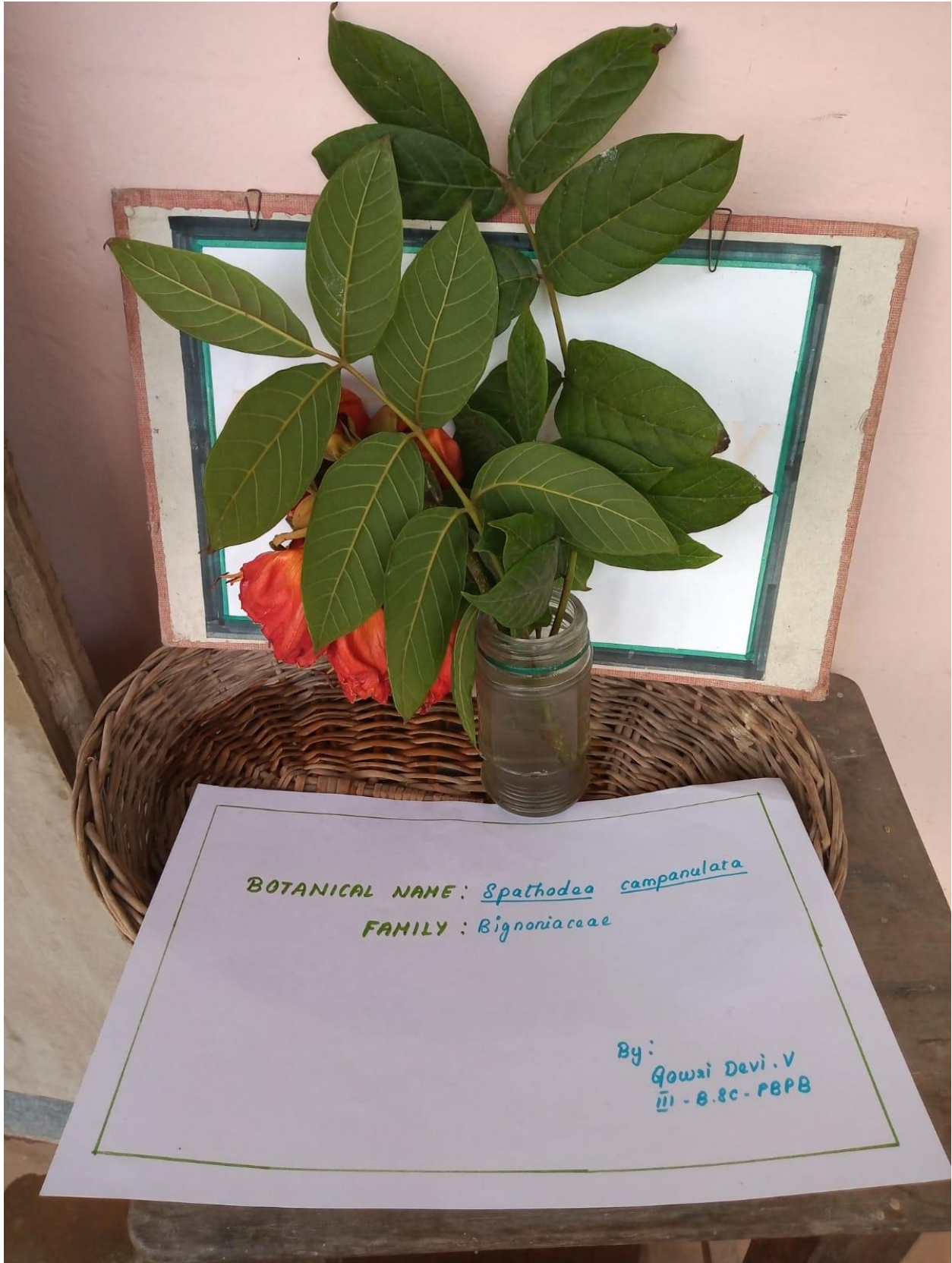
FAMILY:

Asteraceae

VIJAYA SHREE · V  
M. Sc. B. Sc. 7898



SHOT ON REDMI Y3  
AI DUAL CAMERA

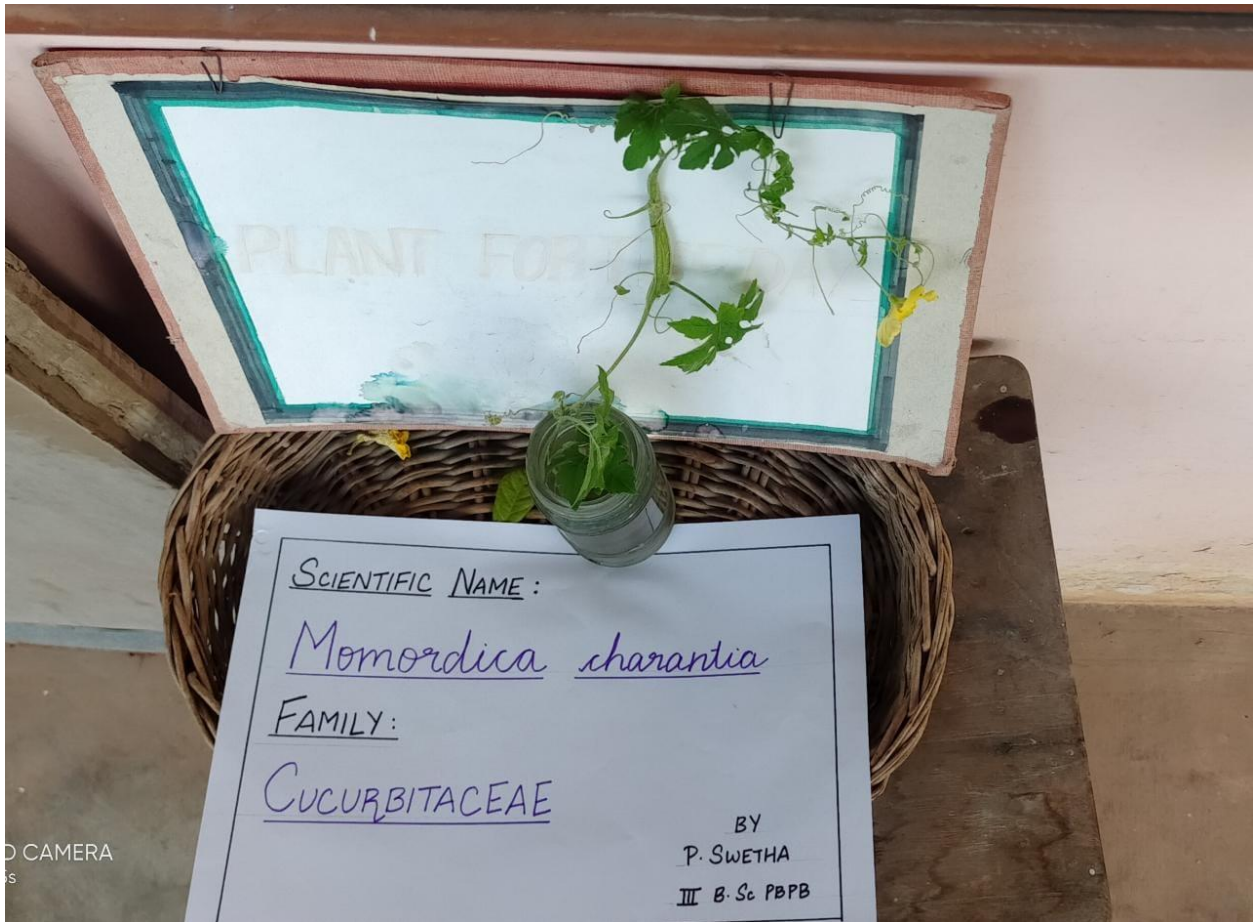


**BOTANICAL NAME:** *Spathodea campanulata*

**FAMILY:** Bignoniaceae

By:  
Gowai Devi . V  
III - B.Sc - PBPB





SCIENTIFIC NAME :

Momordica charantia

FAMILY :

CUCURBITACEAE

BY  
P. SWETHA  
III B.Sc PBPB

D CAMERA  
S

SCIENTIFIC NAME:-

*Ricinus communis*

FAMILY:-

Euphorbiaceae

3



SUBA SHREE-V  
TIRD BSc PBPB



**BINOMIAL NAME :** Combretum indicum

**FAMILY :** Combretaceae

M. Ashwarya  
III - B.Sc PBPB

PLANT FOR THE DAY

Scientific Name - Thunbergia erecta

Family - Acanthaceae

●○ REDMI NOTE 8 PRO  
∞ AI QUAD CAMERA

Sri varshini.G  
3rd year PBPB

PLANT FOR THE DAY

BINOMIAL NAME : *Coccinia grandis* /  
*Cephalandia indica*

FAMILY : Cucurbitaceae

-D. YUVASHREE  
III - B.Sc PBPB





ALLAMANDA CATHARTICA  
APOCYNACEAE

A. VELVIZHI  
III BSc. P&P.

Scientific name : Mirabilis jalapa  
Family : Nyctaginaceae  
BY  
SUBASHINI.S  
III YEAR PGFB





BOTANICAL NAME : Cassia glata L  
SYNONYM : Senna alata  
FAMILY : LEGUMINOSAE  
SUB-FAMILY : CAESALPINIOIDEAE  
TAMIL NAME : SEEMAI AATHI

By : Lakshmi paboo . C  
in . B.Sc . P.P.P.A



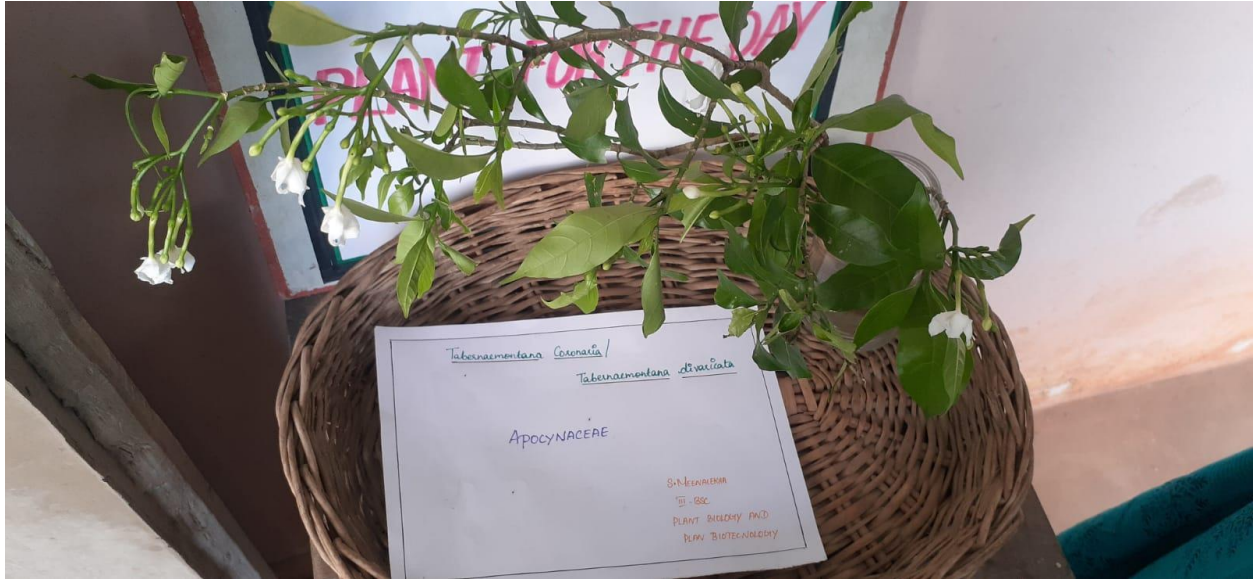


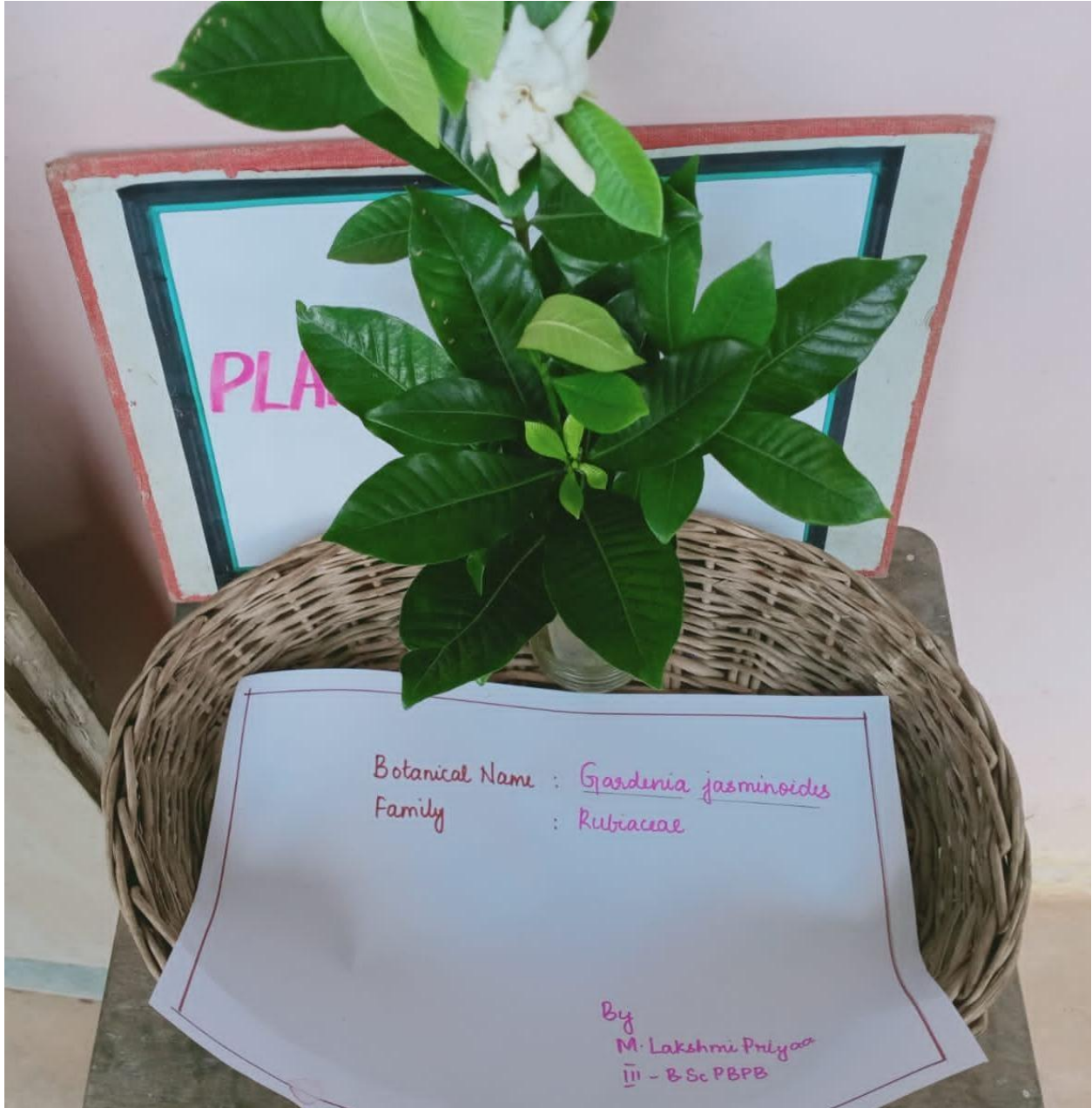
PLANT FOR THE DAY

POLYGONACEAE  
*Antigonon leptopus*

- V. SANJANA  
III - B.Sc PBPB

48MP AI QUAD CAMERA  
Shot on realme 5s





Botanical Name : *Gardenia jasminoides*  
Family : Rubiaceae

By  
M. Lakshmi Priyaa  
III - B.Sc PBPB



Asystasia gangetica

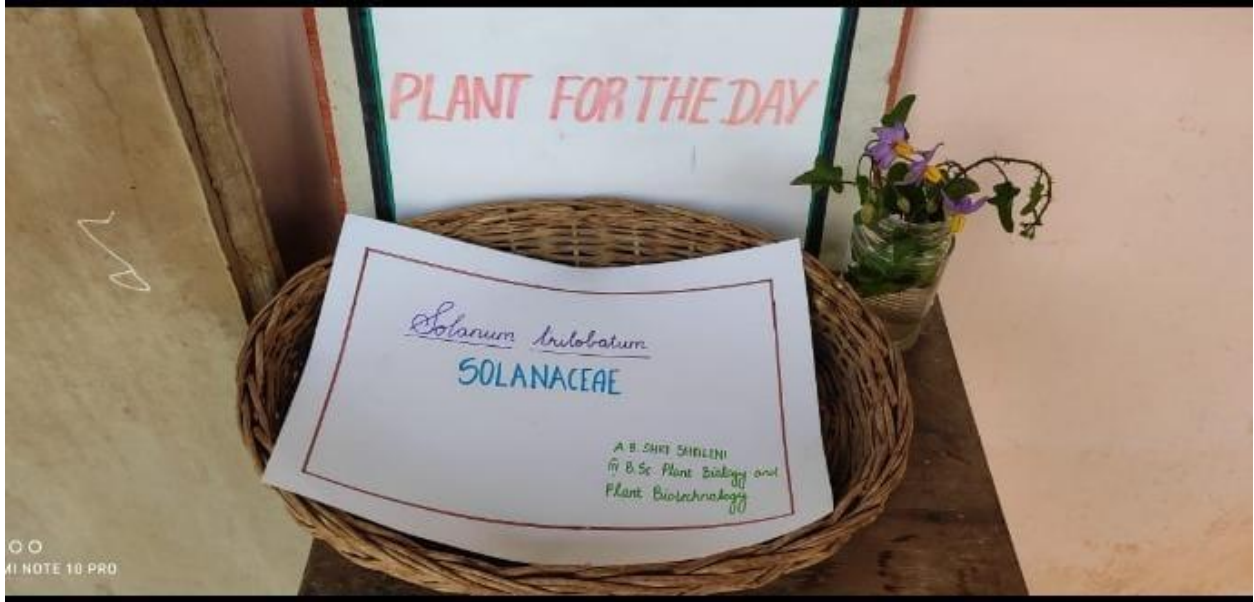
*Acanthaceae*

-R.PRIYANKA  
3<sup>rd</sup> Bsc PBPB



BOTANICAL NAME : Bauhinia purpurea  
FAMILY : Leguminosae  
SUB FAMILY : Caesalpinioideae

By : B. Poonthalia  
iii<sup>rd</sup>. B.Sc. PBPA

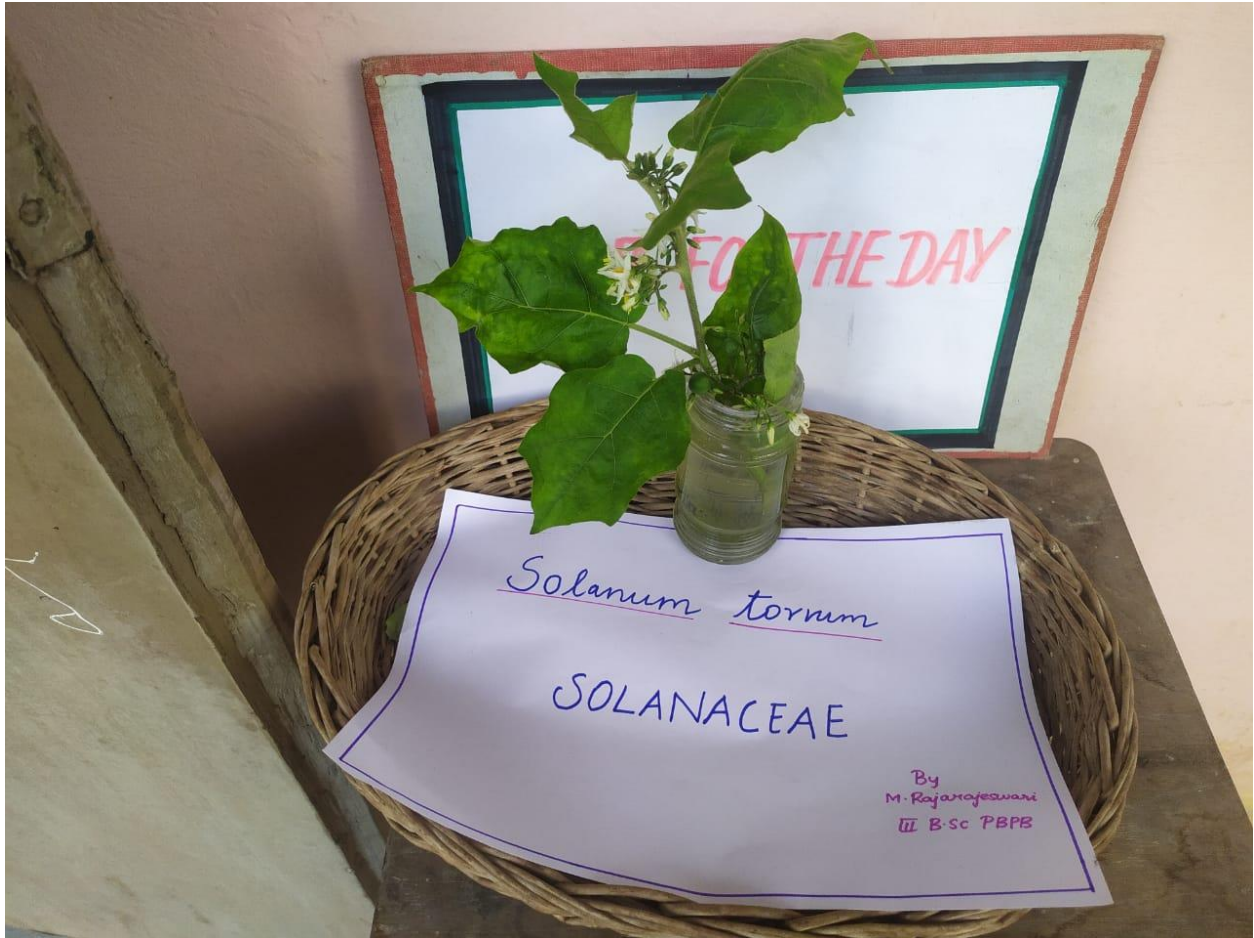




Tabebuia heterophylla

BIGNONIACEAE

LITHIKA .S.P  
III BSC PBPB



Solanum torvum

SOLANACEAE

By  
M. Rajarajeswari  
III B.Sc PBPB

FOR THE DAY





●●●●  
REDMI NOTE 10

29/12/2021 10:02

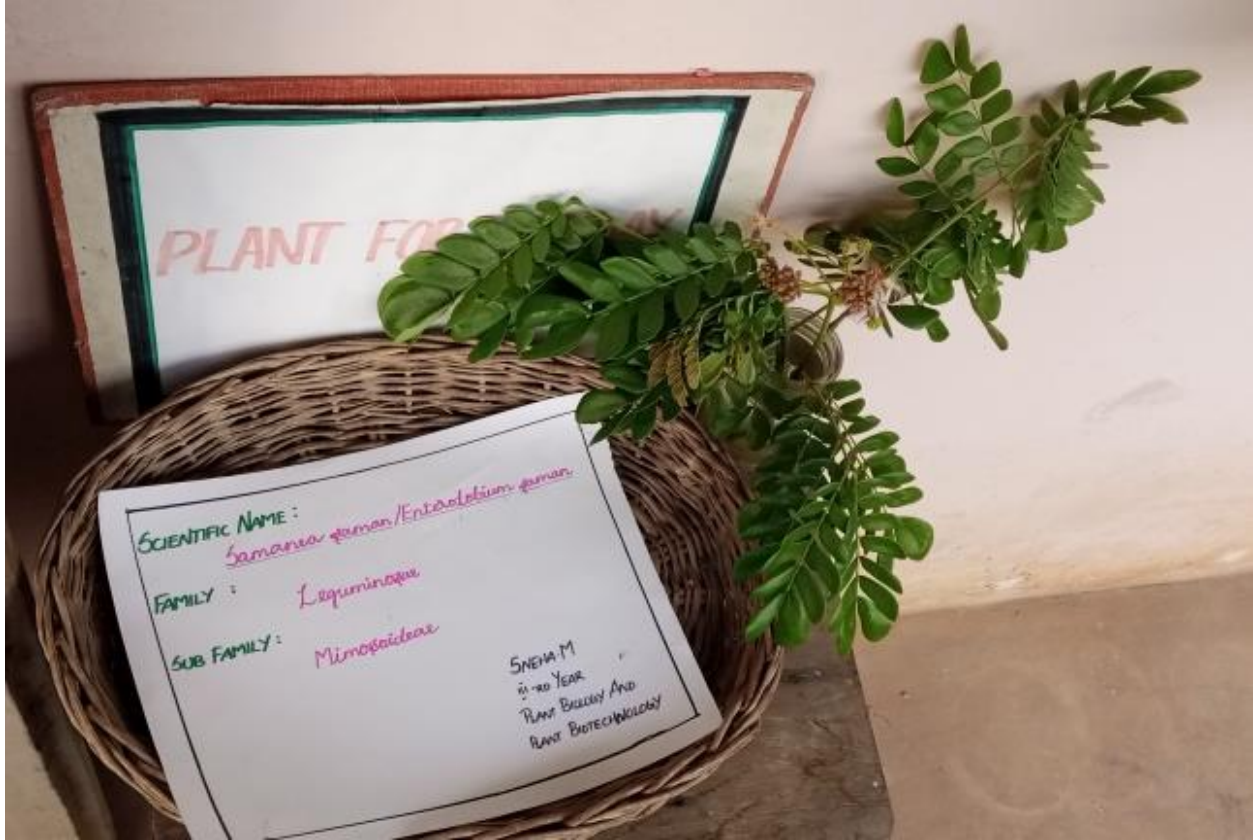


SCIE  
Adenium  
FAMILY ::  
Ano



Cardiospermum halicacabum  
Family: Sapindaceae

R. Rajalakshmi  
III year  
BSc. PPBS



# PLANT FOR THE DAY



SCIENTIFIC NAME :

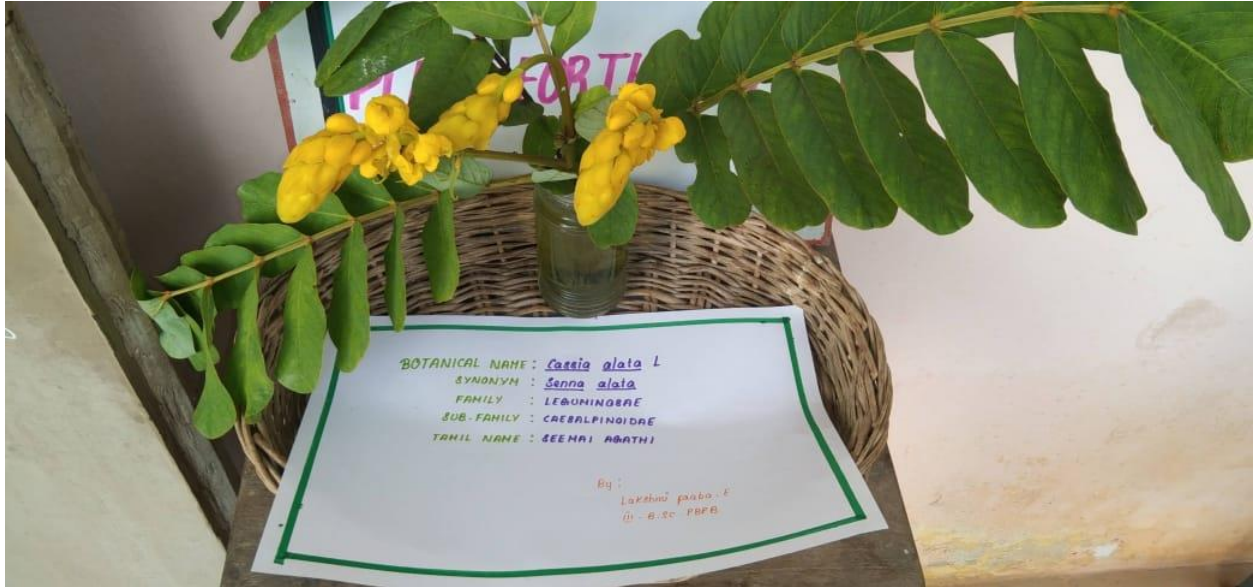
Commelina benghalensis

FAMILY :

Commelinaceae.

PRIYADHARSHINI

3<sup>rd</sup> BSC PBPB



BOTANICAL NAME : Cassia glata L  
SYNONYM : Senna alata  
FAMILY : LEGUMINOSAE  
SUB-FAMILY : CAESALPINIOIDEAE  
TAMIL NAME : SEEMAI AATHI

By : Lakshmi paboo,  
B.Sc. PAFB

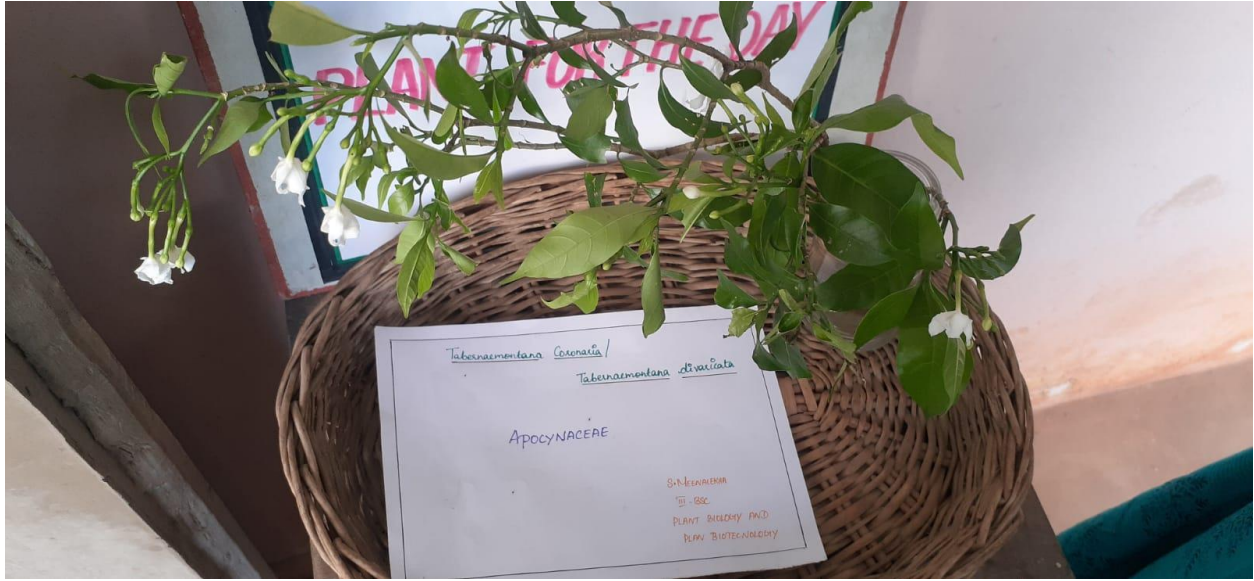


PLANT FOR THE DAY

POLYGONACEAE  
*Antigonon leptopus*

48MP AI QUAD CAMERA  
Shot on realme 5s

- V. SANJANA  
III - B.Sc PBPB







Cascabela thevetia

APOCYNACEAE

S. Gopalakrishna  
W.B.Sc. PEPB

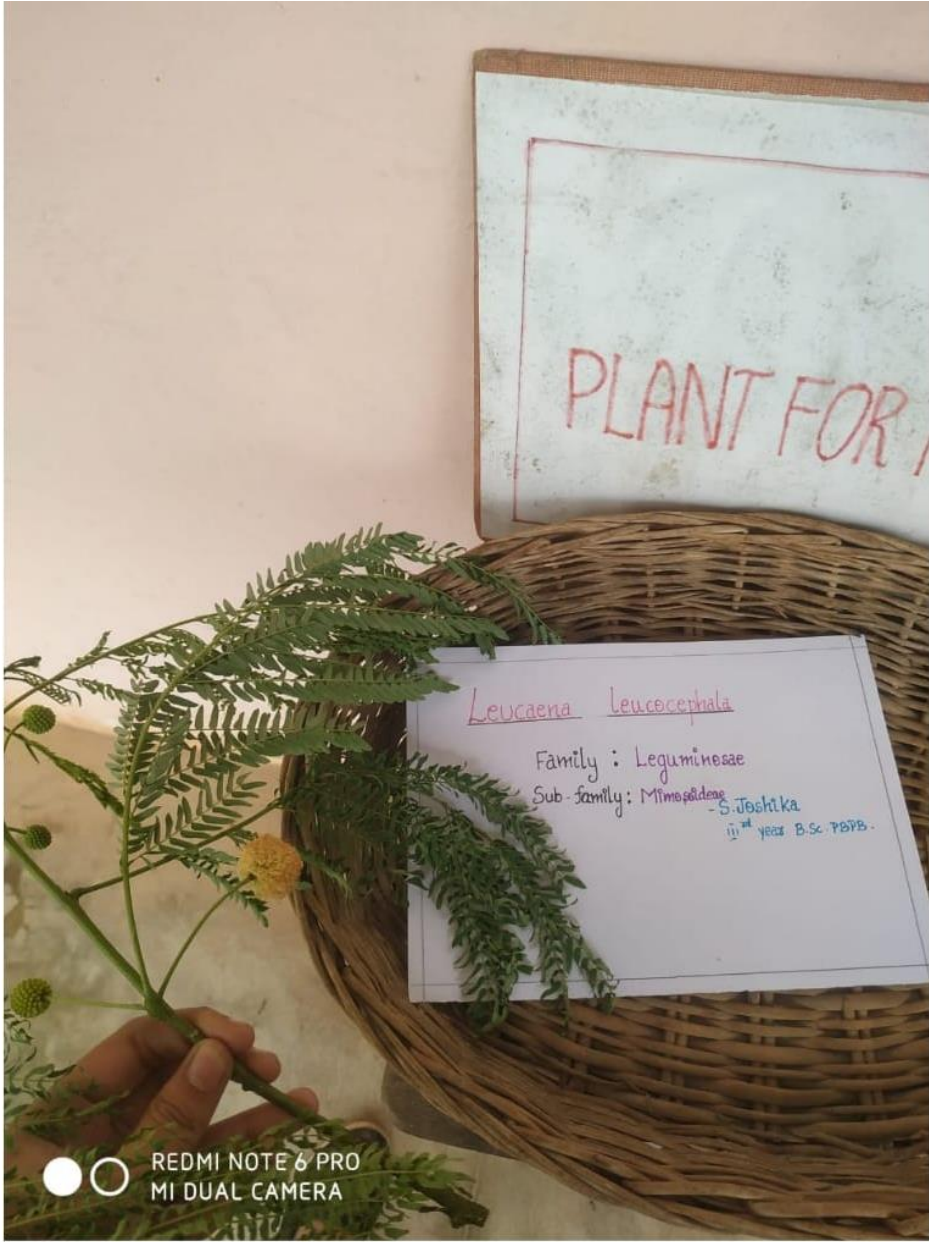
PLANT FOR THE D



PASSIFLORACEAE

subulata

S. CHANDRAKALA  
171331085003  
III - B.Sc PLANT BIOLOGY  
AND PLANT BIOTECHNOLOGY.



PLANT FOR

Leucaena leucocephala  
Family : Leguminosae  
Sub-family : Mimosoidae  
- S. Joshi  
II<sup>nd</sup> year B.Sc. P&P.

REDMI NOTE 6 PRO  
MI DUAL CAMERA



DATURA METEL

*Solanaceae*

- ISHWARYA J  
IIIrd YEAR  
PBPB  
1912311047016

# OXALIDACEAE

Oxalis stricta

J. BHUMIKA  
1913311085002

III. B.Sc. Plant Biology +  
Plant Biotechnology





SOLANACEAE

Physalis angulata

P. Chandakelimi  
III B. Sc. 2021-2022  
01-10-2021

Shot on Y17  
Vivo AI camera

2021.11.01 14:28



PLANT FOR THE DAY

ASTERACEAE  
*Gnaphalium Cinereum*  
Syn: *Vernonia Cinerea*

Anchana . K  
III<sup>rd</sup> BSC 2021 - 2022



AMARANTACEAE  
Gomphrena globosa L.

C. KARTHIKA  
III Year BPPB  
7/12/21







PLANT FOR THE...

*Jatropha curcas*  
**EUPHORBIACEAE**  
R. HARINI  
III BSc PGPB



Shot on vivo S1  
AI Triple Camera



*Oldenlandia corymbosa*

FAMILY: RUBIACEAE

M. KANAK SUREVI  
12th Dec 2020

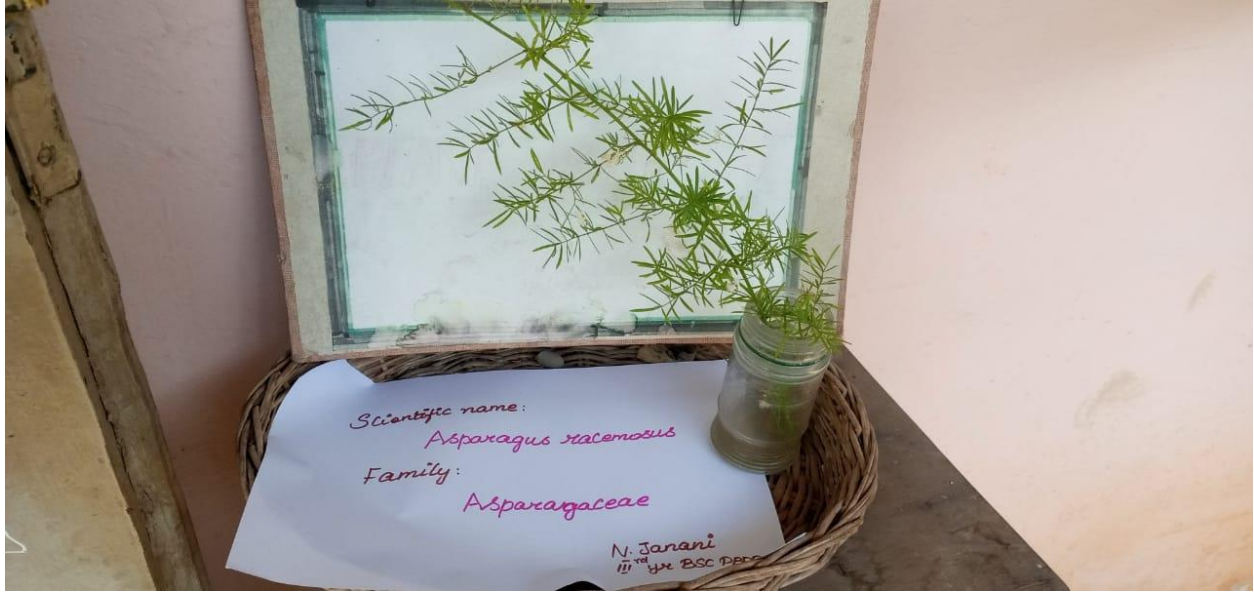


CASSIA OBTUSIFOLIA

FAMILY - LEGUMINOSAE

SUB-FAMILY - Caesalpinoidae

KOWISHI  
ii yoo  
[P



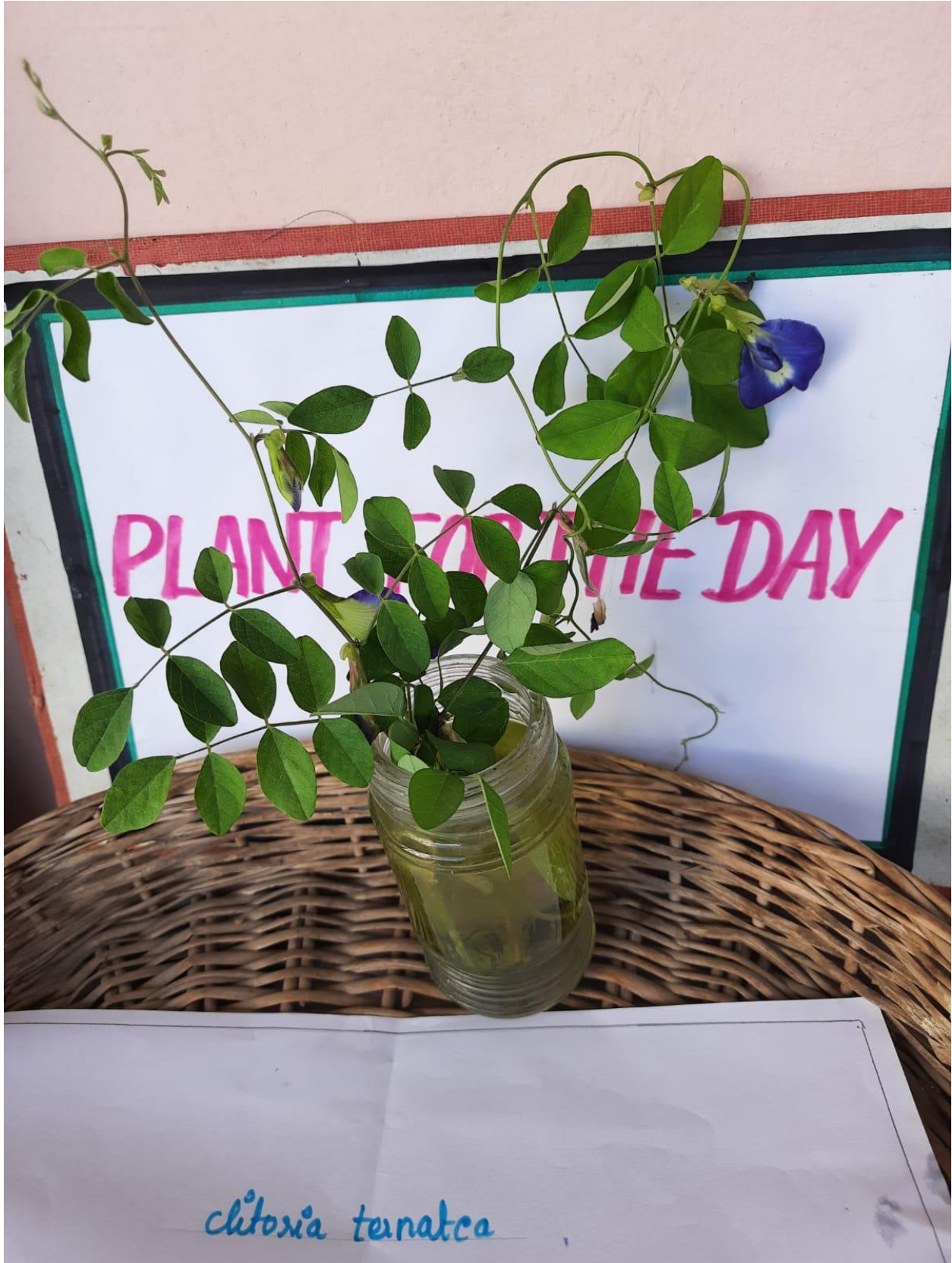
Scientific name:

*Asparagus stolonosus*

Family:

*Asparagaceae*

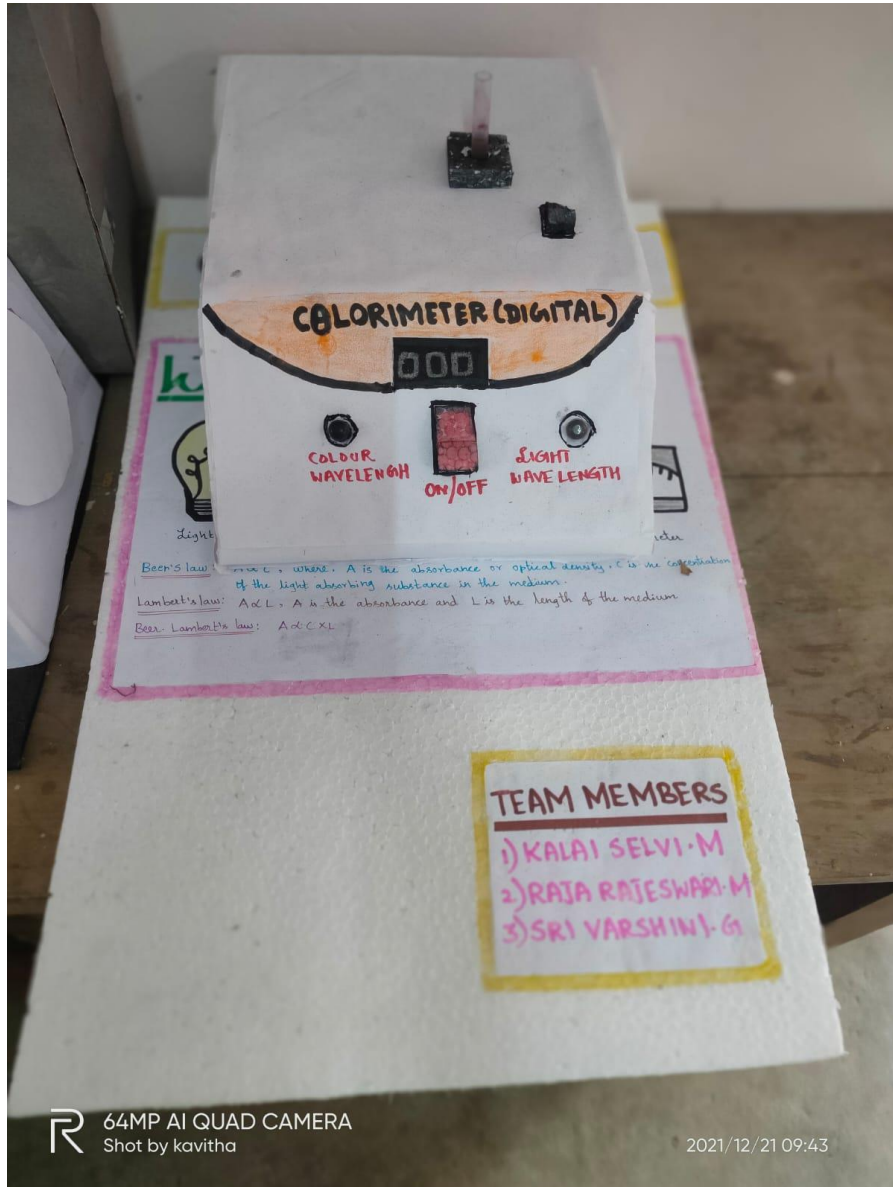
N. Janani  
III<sup>rd</sup> yr BSC Degree



PLANT FOR THE DAY

*clitoria ternatea*

# MODELS ON INSTRUMENTS



# MODELS ON INSTRUMENTS





# MODELS ON INSTRUMENTS



# MODELS ON INSTRUMENTS



# CLAY MODELS OF GYMNOSPERMS



Shot by kavitha  
2022/06/28 16:35  
realme

# CLAY MODELS OF GYMNOSPERMS

## Taxus



I.MADHUMITHA

2013311085016

|| ND YEAR PBPB ( 2020- 2023)

# CLAY MODELS OF FOSSIL TYPES





## ETHIRAJ COLLEGE FOR WOMEN

III year N & D, FSM

Batch: 2019 – 2022

### FIELD TRIP TO KVK FOR FRUITS AND VEGETABLE PRESEVATION



DIVYA KM

Reg. no. 1913311079033

Date of submission: 20.04.2022

~~31/5/22~~

## INDEX

S.No	Topic	Page no.
1	Acknowledgement	1
2	Place of visit	2
3	Observation: A) NutriGarden visit B) Food preservation	4 8
4	KVK document	12
5	Conclusion	23
6	Reference	24

## ACKNOWLEDGEMENT

Motivation comes by taking action. The action taken has always played a key role for success.

I express my sincere thanks to Dr. Savitha mam and Stella mam, Ethiraj College for Women provided us the opportunity to learn and explore on food preservation.

I express my deep sense of gratitude to Dr. Shanthi mam, professor and the program coordinator at Krishi Vigyan Kendra. I also thank T.L. Preethi mam, coordinator at NutriGarden.

I also thank the HOD and the Principal mam for allowing us to get the exposure on Fruits and vegetable preservation.



## PLACE OF VISIT

We went to Krishi Vigyan Kendra, Tiruvallur for educational field trip on 11<sup>th</sup> April 2022. KVK is funded by ICAR (Indian Council of Medical Research), functioning under TNAU (Tamil Nadu Agriculture University).

Krishi Vigyan Kendra focus at technology assessment, refinement and demonstration of products to cater to the needs of farming community, extension personnel and other stakeholders in the district. They are organizing frontline demonstration to establish production potential of various crops on the farmer's field. Training of farmer's to update the knowledge and skill in modern agricultural technology.

KVK support the initiatives of public, private and voluntary sector and they work towards improving the agricultural economy of the district. They increase the self employment opportunities among the rural communities. They produce and supply good quality seeds and plant materials, livestock, poultry, fisheries, and various bio- products to the MSME's. Newly released crop varieties, implements and technologies released by the university to farmer by conducting OFT's (on-farm testing) and FLD's (frontline demonstration) and imparting training to farming community. They serve as **a bridge between the university and the farming community.**



## OBSERVATION:

### A) NutriGarden visit

T.L. Preethi mam, coordinator for NutriGarden explained us about the different types of plants that are harvested and which posses high nutritive value.

NutriGarden indicates the garden of Nutri-rich plants. Mam let us know about the different types of seeds and crops that were planted. They are doing organic farming without the usage of chemical fertilizers.

Preethi mam took us on a tour of NutriGarden, showed us all the different types of unknown plants, which had great nutritive value.



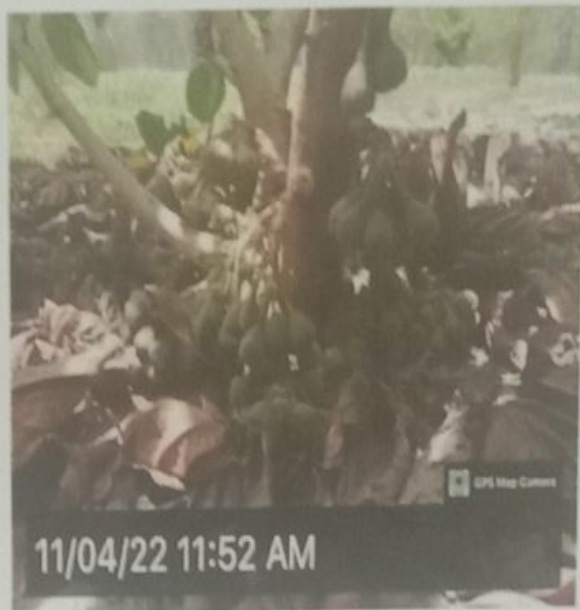
Mam introduced us to a new plant called as "Thavasi keerai" can be consumed as raw after washing, very good for health.

Some of the plants that we saw were – West Indian Cherry (rich in Vitamin C), Papaya, Custard apple, Banana, Karonda, Pomegranate etc.,

Also, we saw white pumpkin, bottle guard, ladies finger plants, figs plant, how mustard emerged from plant. It was nice to see the development of these plants from the root stage itself.

Mam explained us about different types of plant, methods of sowing seeds and irrigation and informed us all the necessary details regarding gardening.

Encouraged us to do terrace gardening, informed us about the importance of gardening, maintenance and watering plants regularly according to the needs.





## B) Food Preservation

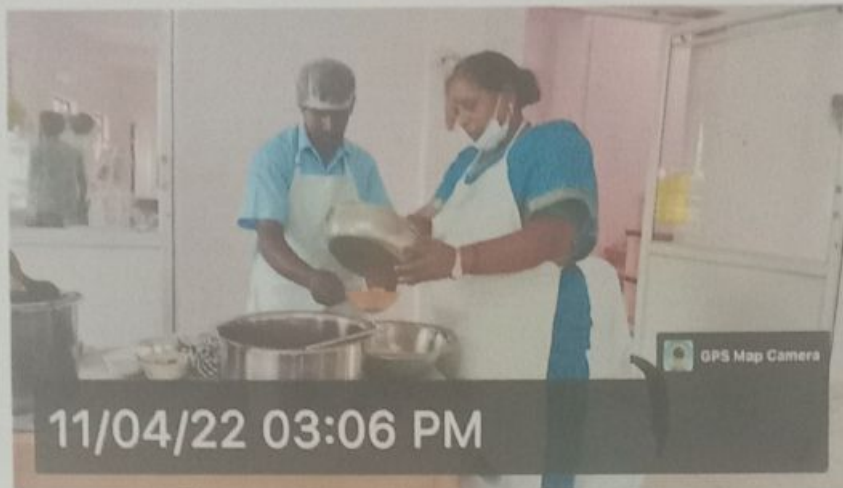
Dr. Shanthi mam, explained us about Fruits and vegetables preservation in detail. She demonstrated us on the making of jam, jelly, pickle, and squash.

They greeted us with a welcome snack, gave us black chenna sundal, a nutritious snack and tea.

In the beginning, mam demonstrated about procedure of jam making, it was a mixed fruit jam. Fruits added were papaya, guava, grapes and banana. Mostly all fruit jams contain papaya because if it's high pulp and high pectin content. It was then transferred hot into bowls without air spaces as it may lead to contamination.



Secondly, mam made jelly with guava extract. She boiled guava in water so that the seeds of guava pop-out automatically and the extract was measured and filtered and further process of adding sugar, citric acid was done and transferred hot into bowls to let the jelly extract settle.



Third, mam made squash. By boiling water, adding sugar and citric acid and after cooling added the fruit juice to it.

Fourth, mam made pickle with tomato. Tomato (Bangalore tomato or Nattu thakkali) should be used.

She took ripened tomato, cut into pieces and mixed turmeric and salt, left it for the osmosis to take place so there is a control on the water activity so that the bacteria destroys. Then took it to the stove and did the further process.

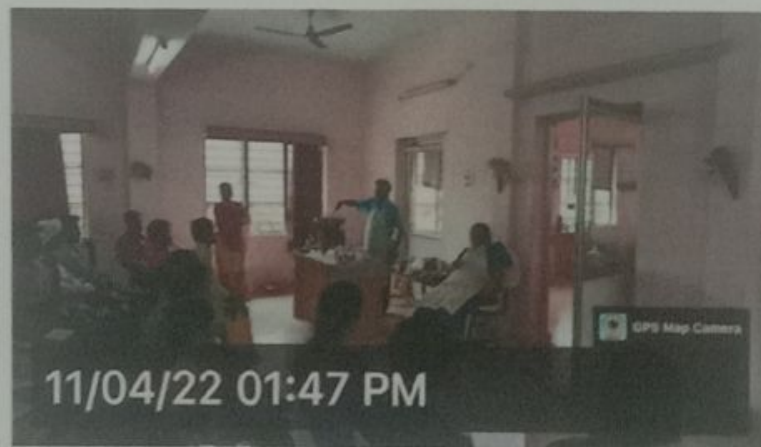
Mam made all this live in front of us and showed all the steps to us, the consistency level and made us understand clearly. She also volunteered students from our class while making these products.







Along with us, the farmer's were also present in the class and learnt all these procedures. As KVK is responsible to serve the farming community by teaching them all the new technologies and these preservative methods, so that they can create more self employment workers.



We had lunch there, which was provided by KVK. It was a nutritious and a balanced meal. After lunch they gave us lemon ginger juice, as it's good for digestion and a perfect hydration drink for summer.

Shanthi mam explained us about all the necessary details related to fruits and vegetables preservation, discussed how to retain all the nutrients especially the vitamins and minerals during preservation.



We have learned about the different methods of preservation and informed us about the amount of loss of nutrients by adding more preservatives.

Mam made all these products naturally by adding minimal amount of colour and essence for taste.

Mam shared her experience in the field and taught us the tips and methods that take place in preserving foods.

Before leaving, we tasted all the products (Jam, Jelly, Squash and Pickle). All the products were delicious!!

## INTRODUCTION

Fruits are rich source of water, carbohydrates, vitamins, minerals and dietary fiber which constitutes an important part of our daily diet. The fruits are highly perishable and has been estimated that 20-30% is lost due to spoilage. The principle cause of spoilage are the growth of spoilage micro organisms, bio-chemical changes (enzymes), chemical reactions, structural changes and conditions of storage of fruits.

To prevent the post harvest losses preservation methods had to be adopted. Also the increasing urbanization, purchasing power, changing food habits, there is an increasing demand for preserved fruit products in the domestic market. Hence the principles of various preservation methods are outlined briefly,

1. Preservation by Salt

Salt at a concentration of 18 to 20% is sufficient to preserve fruit and vegetable product and inhibits the growth of micro-organisms.

Eg: Pickling of vegetables, brine solution for canning.

2. Preparation by Sugar

Sugar containing 66% or more sugar do not spoil the fruit products. Sugar acts as preservative by osmosis and prevents the growth of micro organism.

3. Preservation by chemicals

Preservative in the form of chemicals will kill (or) inhibit the growth of micro-organisms. Few preservatives are permitted in prescribed low level.

- a) Sodium Benzoate
- b) Potassium metabisulphate.

4. Preservation by drying and dehydration

Moisture content of fruit and vegetables can be removed and the spoilage microbes are killed by the sun drying or by mechanical drying.

Eg: Dried fruits and vegetables

Fruit powders

5. Preservation of fermentation

Foods are preserved by alcohol (or) organic acids formed by microbial action and also by spices with oil.

Eg: Alcoholic beverage

Vinegar

Fermented pickles

6. Preservation by cooling and freezing

Reduces the rate of bio-chemical activity of microbes and preserves the fruit and vegetables. Refrigeration or chilling 0-5° C, Freezing -18 - 40° C

7. Preserve by canning

Canning is the application of heat to the fruit and vegetables in the sugar / brine solutions in the specified cans , preserves the product, inhibits the microbes and improves the shelf life.

### MIXED FRUIT JAM

Ingredients:

Fruit pulp	-	1 kg
Sugar	-	3/4 kg

Citric acid	-	1 tsp
Essence (strawberry or Mixed fruit essence)	-	1 tsp
Colour (Raspberry red)	-	¼ tsp

(Fruits: Grapes, Guava, Papaya, Mango, Banana, Apple etc.)

Method:

- Select the fruits and wash it thoroughly.
- Remove the unwanted portions.
- Grind it in mixie - to make it as a pulp.
- Measure it in a vessel and boil it.
- Add sugar & citric acid and stir well.
- When the pulp becomes thick consistency, slow down the fire, add colour, essence and preservative.
- Mix well and switch off the stove, bottle it in a sterilized condition.

### GRAPE CRUSH

Ingredients:

Grape juice	-	1 litre
Sugar	-	2 kg
Water	-	1 litre
Citric acid	-	4 tsp
Grape essence	-	3 tsp
Sodium benzoate	-	1 ¼ tsp

Method:

- Select the fruit and wash it thoroughly.
- Remove the unwanted portions
- Without adding water, cook the fruit
- Crush it nicely
- Filter the juice
- Measure the juice and keep it aside
- Boil water, sugar, citric acid and filter it and cool it.
- Mix with the juice, then add flavors and preservative and bottle it in a sterilized condition.

### JELLY

Ingredients:

Guava	-	6 nos
Sugar	-	250 gms
Citric acid	-	1 tsp

Method:

- Select the guava.
- Clean and remove the unwanted portion.
- Cut the guava and boil.
- Drain and measure the water.
- In one portion of guava water, add ¼th of sugar and 1 teaspoon citric acid.
- Mix all together and boil.

- When the jelly becomes in sheet consistency, remove from the fire and bottle.

### LEMON GINGER SYRUP

#### Ingredients:

Lemon juice	-	1 litre
Grated ginger	-	250 gm
Water	-	1 litre
Sugar	-	2.5 kg
Lemon essence	-	2 tsp
KMS	-	3.2 gm(3.4 tsp)

#### Method:

- Mix the grated ginger in the lemon juice for an hour.
- For making the syrup, boil the water and sugar and cool it.
- Filter the juice and mix with the syrup.
- Add essence and KMS finally .Bottle it in a sterilized condition.

### LEMON- BARLEY BEVERAGE

#### Ingredients:

Lemon juice	-	1 kg
Barley powder	-	10 gm
Water	-	1 litre
Sugar	-	450 gm
KMS	-	2.5 gm

#### Method:

- Extract the lemon juice through juice extractor and filter through muslin cloth.
- Barley powder is well dissolved in water and boile it for 3 minutes.
- Add the sugar to the barley water and warm it.
- Filter the contents and cool it.
- Extracted lime juice is added to the prepared barley water along with preservative.
- The lime barley beverage is stored in well sterilized bottle.

### PAPAYA – MANGO SQUASH

#### Ingredients:

Papaya pulp	-	½ kg
Mango pulp	-	½ kg
Sugar	-	1.80 kg
Citric acid	-	25 gm
Water	-	1 lit
Potassium meta bi sulphate-	2.5 KMS / litre of squash	

## Method:

- Wash and peel ripe papaya.
- Scoop out to flesh and pulp it.
- Peel the riped mango.
- Scoop out the flesh and pulp it.
- Blend the pulp by mixie.
- Mix sugar, water and citric acid, bring it to boil and filter.
- Cool the sugar syrup.
- Mix the sugar syrup with blended mango- papaya pulp.
- Bottle it and store it in cool place.

## ONION HOT CHUTNEY

### Ingredients:

Onion	-	1 kg
Garlic	-	50 gm
Ginger	-	1 piece
Tamarind	-	100 gm
Salt	-	100 gm
Turmeric powder	-	5 gm
Chilli powder	-	75 gm
Mustard powder	-	5 tsp
Fenugreek powder	-	2 tsp
Refined (or) gingerly oil	-	250 gm
Asafoetida	-	for taste
Vinegar	-	6 tsp
Sodium Benzoyate	-	¼ tsp

### Method:

- Peel and chop the onion.
- Fry the onion and add salt.
- When the onion becomes transparency, add tamarind paste. Cook well.
- When the oil leaves the side of the pan (or) oil comes out of the onion, add the spices.
- Finally add the preservative and bottle it in a sterilized condition.

## MINT CHUTNEY

### Ingredients:

Mint	:	2 small bundles
------	---	-----------------

Tamarind	:	50 g
Black gram	:	50 g
Red gram	:	50 g
Red chilli	:	10 nos
Cumin seeds	:	3 g
Fenugreek	:	5 g
Coriander seeds	:	50 g
Salt	:	to taste
Gingerly oil	:	250 g

Method:

- Roast all the grams and chillies in small quantity of oil
- Fry the cumin seeds, fenugreek seeds, coriander seeds and mint separately
- Grind the fried mint and tamarind.
- Add all the grams, coriander seeds and salt
- The mixture is seasoned with gingely oil

### TOMATO PICKLE

Ingredients:

Tomato	-	1 kg
Tamarind	-	250 gm
Chilli powder	-	80 gm
Mustard powder	-	30 gm
Fenugreek powder	-	10 gm
Turmeric powder	-	10 gm
Gingely oil	-	250 gm
Salt	-	100 gm
Sodium Benzoate	-	¼ tsp

Method: -

- Select and wash the Tomatoes.
- Cut the fruit into small pieces.
- Season the tomato pieces with oil and add salt
- When the tomato pieces become soft, add the tamarind paste.
- When the oil leaves the sides of the pan (or) oil comes out from the cooked tomato pieces.
- Add the spices and preservative and bottle it in a sterilized condition.

### GARLIC PICKLE

Ingredients:

Garlic	-	1 kg
Salt	-	125 gm
Chilli powder	-	75 gm
Jaggery	-	100 gm
Cumin powder	-	3 tsp
Turmeric powder	-	1 tsp
Tamarind	-	¼ kg
Mustard powder	-	2 tsp
Asafoetida	-	2 tsp
Fenugreek powder	-	2 tsp
Gingely oil	-	500 ml

**Method:**

- Cook the peeled garlic with turmeric powder
- Drain the water
- Fry the cooked garlic in a shallow pan.
- Add tamarind paste and salt.
- When the oil comes out of the garlic, add the spices and bottle it in a sterilized condition.

**MIXED VEGETABLE PICKLE**

**Ingredients:**

Vegetables	-	1 kg
(Drum stick, green chilli, peas, clustered beans, raw mango, lemon, knobkol)		
Chilli powder	-	75 gm
Roasted mustard powder	-	30 gm
Roasted fenugreek powder	-	15 gm
Turmeric powder	-	15 gm
Salt	-	150 gm
Lemon	-	5 nos
Tamarind	-	250 gm
Asafoetida	-	1 tsp
Gingely oil	-	750 gm
Vinegar	-	6 tsp

**Method:**

- Wash and clean the vegetables.
- Cut the vegetables evenly.
- Blanch the vegetables.
- Mix the turmeric powder, salt and lemon juice.
- Season the vegetables in the pan, and then add the tamarind paste.
- Finally add the spices, vinegar and preservative and bottle it in a sterilized condition.

**MANGO PICKLE IN OIL (AVAKKAI)**

**Ingredients:**

Mango	-	50 nos
Chilli powder	-	1 kg



Mustard powder	-	1 kg
Fenugreek	-	¼ kg
Gingely oil	-	1 kg
Garlic	-	¼ kg
Cumin seeds	-	50 gm
Salt	-	1 kg

Method:

- Wash the green mangoes and wipe it in clean cloth.
- Cut the mangoes into four halves.
- Sun dry the mustard for 10-15 days and powder it.
- Dry roast the fenugreek and cumin seeds separately in a hot pan.
- Thoroughly mix the redchilli powder, mustard powder, salt, fenugreek powder and cumin powder.
- Separate the mangoes into equal parts.
- Dip the mangoes into masala mix and place it porcelains jars. In the same pattern dip the garlic (or) whole bengal gram into chilli powder mix and place it in the jar,
- Mix thoroughly and keep it under sun rays. The procedure is followed for 10 days.
- Pickles were stored in porcelain jars (or) sterilized wide mouthed bottles.
- Close the lid and keep it air tight.
- Pickles can be stored and used for long duration period.

### LEMON PICKLE

Ingredients:

Lemon	:	10 nos
Turmeric powder	:	3 g
Salt	:	to taste
Mustard powder	:	10 g
Cumin seed powder	:	10 g
Chilli powder	:	75 g

Method:

- Cut the fruits in to small pieces add salt and turmeric powder
- Keep it inside for 3-5 days
- Dry it for one day

- Season the powdered mustard, fenugreek, cumin seeds with oil and keep it for cool
- Add the cooled mixture in to the pickle and mix thoroughly
- Pack it in the container.

### GARLIC PICKLE

#### Ingredients:

Garlic	-	1 kg
Salt	-	125 gm
Coriander powder	-	30 gm
Chilli powder	-	12.5 gm
Jaggery	-	100 gm
Turmeric powder	-	1 tbsp
Lemon juice/Tamarind	-	200 ml
Cumin powder	-	3 tbsp
Musterd powder	-	2 tbsp
Fenugreek powder	-	2 tbsp
Gingely oil	-	500 ml
Asafetida	-	2 tbsp

#### Method:

- Peel garlic
- Heat the kadai
- Add oil and fry garlic
- Add all the spicy powders
- Mix lemon juice/ tamarind paste
- Then add Jaggery and fenugreek powder.

### AMLA PICKLE

#### Ingredients:

Amla pieces	-	1kg
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Turmeric powder	-	10 gm
Chili powder	-	40 gm
Fenugreek	-	10 gm
Azofotida	-	10 gm
Salt	-	40 gm
Gingely oil	-	350 ml
Mustard	-	1 tsp

#### Method

- Wash and steam the selected amla
- Remove the seeds
- Fry in pan with oil and salt
- Added the ingredients with constant mixing
- Added the hot oil and mixed well
- Stored in sterilized containers

#### PAPAYA PICKLE

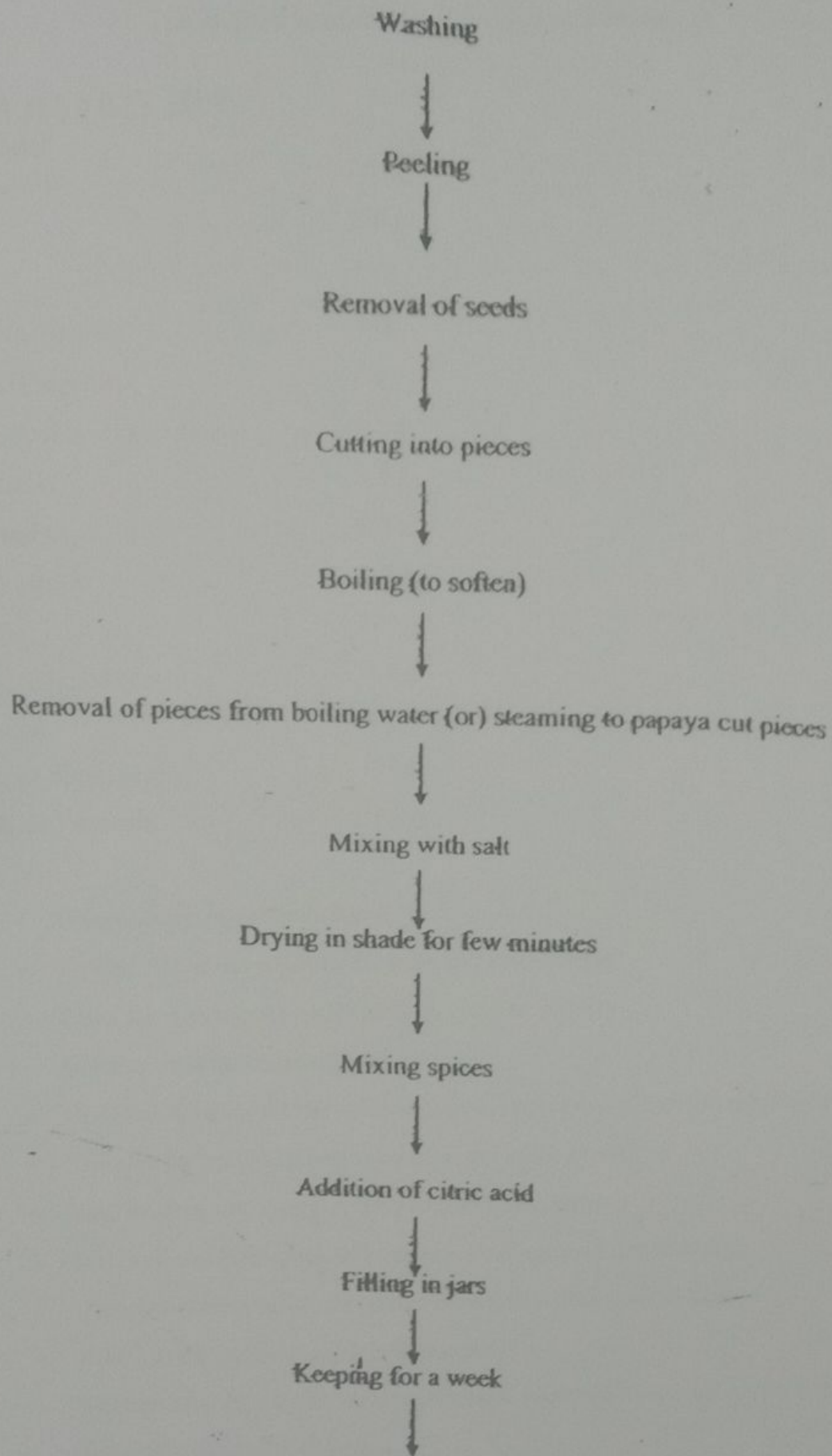
##### Ingredients:

Peeled papaya pieces	-	1 kg
Salt	-	100 gm
Red chilli powder	-	10 gm
Cumin, black pepper (powdered) each	10 g	
Citric acid	-	10 gm
Mustard powder	-	5 gm
Asafoetida	-	As required
Fenugreek powder	-	5 gm

#### FLOW CHART FOR PROCESSING OF PAPAYA PICKLE

(Mature, green papaya)





Storage  
(If needed seasoned oil is poured on pickles)

### TOMATO KETCHUP

Ingredients:

Tomato juice	:	2.5 kg
Sugar	:	150 g
Salt	:	25 g
Onion (chopped)	:	30 g
Garlic (chopped)	:	3 g
Clove (heads removed)	:	1.5 g
Cinnamon	:	1.5 g
Cardamom	:	0.5 g
Black pepper	:	0.5 g
Cumin	:	0.5 g
Red chilli powder	:	1.0 g
Vinegar	:	125 (or)
Glacial acetic acid	:	5 ml
Sodium benzoate	:	1.0 g

Method:

- Weigh all the ingredients listed
- At first 1/3 of the sugar to the juice and start boiling
- Place the spices in a muslin cloth bag and tie loosely
- Immerse it in the tomato juice
- Continue cooking till the juice volume is reduced to 1/3 of the original volume
- Remove the spice bag and squeeze to get spice extract
- Stop heating, add vinegar, salt and remaining sugar
- Mix well and heat again to bring it to boiling point and then stop
- Dissolve sodium benzoate (preservative) in a little cooked sauce.
- Add it to the product and mix thoroughly
- Fill that product into the sterilized narrow mouthed bottles up to the brim and seal it air tight using crown corks

## CONCLUSION:

It was a very good experience for us. We got great insights from Krishi Vigyan Kendra teachers.

At NutriGarden, came to know about the different types of plants and their nutritive value.

In food preservation, we got to know about the procedure for preparing Jam, Jelly, Squash and Pickle.

Mam also told detailed information on preservation of food especially fruits and vegetables.

In food preservation mam ensured that we understood clearly and we gained confidence in making these products at home.

We gained knowledge and skill about NutriGarden - Nutrient rich plants and food preservation.

Had wonderful time in exploring and learning new skills and information.



## REFERENCES:

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