

Nutrient analysis of selected home garden vegetable species

■ REKHA SINHA AND BINDU SHARMA

Received: 29.10.2012; Revised: 27.02.2013; Accepted: 01.05.2013

See end of the paper for authors' affiliations

Correspondence to :

REKHA SINHA

Department of Home Science,
Birsa Agricultural University,
Kanke, RANCHI (JHARKHAND)
INDIA

Email:sinharekha_05@yahoo.co.in

■ **ABSTRACT** : Thirteen species of vegetable namely, bottle gourd, field bean, french bean, chilli, tomato, brinjal, *Poi*, *Bathua*, mint, *Palak*, *Kalmi*, coriander and lettuce were evaluated for their nutrient contents. Among different leafy vegetables analysed, highest iron, Ca and ascorbic acid was observed in mint, *Poi* and coriander leaves, respectively, whereas, with regards to other vegetables maximum Fe, Ca and vitamin C was recorded in tomato, bottle gourd and french beans as well as chilli, respectively.

■ **KEY WORDS** : Leafy vegetables, Other vegetables, Home garden

■ **HOW TO CITE THIS PAPER** : Sinha, Rekha and Sharma Bindu (2013). Nutrient analysis of selected home garden vegetable species. *Asian J. Home Sci.*, 8 (1): 96-99.