

Ka jingdonkam jong ki jhur (Importance of Vegetables)

1) Ka jingbam ban tei (Nutrition):

Ki jhur ki don shibun eh ki vitamins bad ki dawai ba tei ia ka met jong ngi. Ka jingbam ia ki jhur ka ai ka jingbang, pynbha ia ka jingkoit jingkhiah bad pynioh ruh ia ki fiber kiba iarap ban tylliat ia ka jingbam bad ban iada na ka jingdap kpoh (constipation). Ki iarap ruh ban neutralize ia ki acids ba mih na ka jingtylliat ki snier ia ka jingbam ba bun ka khlain (fat).

Ki katto katne ki jhur ki don shibun eh ka carbohydrates (phan karo, phan, piat, rynsun and methi) proteins (motor, Phrisbin, ki jhur jyrngam bad u rynsun) vitamin A (kajor, sohsaw, ki jhur jyrngam) Vitamin B (motor, rynsun bad sohsaw), Vitamin C (sohmynken, kubi, phulkubi, muli bad ki jhur jyrngam) minerals (ki jhur jyrngam). Katkum ka jingbthah jong ka Indian Council of Medical Research, donkam ban bam 75 - 125 g ki jhur jyrngam, 85 g kiwei pat ki jhur bad 85 g ki jhur thied kum u phan, kajor, muli ryngkat bad kiwei pat ki jingbam.

2) Ki donkam kum ka jingbam (Importance as Food):

Ka jingpynmih bam ka nangkiew man ka sngi. Lada donkam ban pynneh ia ka jingkiew ka jingpynmih bam nalor ka jingbam ba man la ka sngi jong ki briew, lah ban pynbun da kaba pynmih bun ia ki jhur kiba lah ban iarap ban pynduh ia ka jingduna bam namar ka jingmih na ki jhur ka long 4-10 shah ban ia u kba, u kew. Kumta ki jhur ki long kiba donkam bha namar ba ki long ki jingbam ba tad dor ba lah ban shim ia ka jaka jong u khaw, u kew (the main cereals) ha ka ri baroh kawei.

3) Ka jingdonkam ia u nongrep (Importance to a grower):

Ka mei ramew (Nature) ka ai ia ngi ia shibun jait ki jhur ban rep ha baroh shi snem. Shibun jait ki jhur ki ai ia ki sla, syntiew, soh bad ki shyieng ban bam. U nongrep u lah ban thung shibun jait ki jhur ha baroh shisnem ban pynmih pisa na ka bynta ka jingdonkam jong u. ki don shibun ki jhur kiba donkam tang khyndiat ka jaka bad ka por, ia kine lah ban thung hapdeng jong ki diengsoh (intercrop). Ki don ruh ki jhur kiba pynbha ia ka khyndew ha jaka ba thung ia ki

bad kumjuh ruh kiba lah ban long ka jingbam ia ki mrad. Kumta ki nongrep ki don ka lad ba iar bha ban jied ia ki jhur ban thung katkum ka por bad ka jaka jong ki.

4) Ka iohkam iohjam (Employment):

Ka jingrep jhur ka donkam shibun eh ka jingsumar naduh ba bet haduh ban die sha iew. Kumta ka jingrep jhur ka lah ban long ka lad ban ai kam ai jam ia ki samla bym iohkam iohjam shuh.

5) Industrial importance:

Ki jhur ki sniew noh tang hadien katto katne sngi naduh ba kheit. Ki dawa ka jingsumar ba bha naduh ka rukom kheit, jingkit, storage, processing, jingdie. Kumta ka jingkiew jong ki vegetable industry ki shaniah ha kiwei ruh ki allied enterprises kum storage, processing, marketing and maintenance and service enterprises ban pynshlur ia ka jingrep jhur.

Ia ka dor jong ki jhur ha ka jingbam ba man ka sngi la ithuh bad tip da ki bried ha kylleng satlak ka pyrthei ha kip or ba dang shen. Ngi ioh shibun ki dawai ba ka met jong ngi ka donkam ban heh ban san bad ban ioh ia ka met ba koit ba khiah. Ki jhur ki iarap na ka bynta ka jingbha ha kine ki nongrim:

1. Ki don shibun eh ki dawai kum ki minerals, vitamins bad kiwei pat ki jait dawai kiba ka met jong ngi ka donkam ban iada na ki jingpang.
2. Ka jingioh na shibynta ka jaka kaba bun.
3. Ki dei ki lad ban kamai spah.
4. Ki lah ban pynitynnad ia ka sawdong jong ngi.
5. Shibun ki jhur lah ban rep ha ka shisnem.
6. Ki iarap ban pynbha ia ka ioh ka kot jong ki nongrep.

6) Ki jhur ki long ki dawai (Importance of vegetables Production for medicinal properties):

Shibun ki jhur ki long ki dawai ba lah ban pynkoit na ki jingpang. Kum ka nuksa, u piat bad rynsun ki lah ban iada na ki bacteria. U sohsaw, u soh baingon, sohmynten, pathaw, u klong, sohkhia (solanaceous and cucurbitaceous vegetables) ki don ka Vitamin D.

Kumta ka long kaba donkam eh ia ngi ban bam shibun ki jhur man la ka sngi khnang ba ngin ioh ia kine ki jingmyntoi ba ki jhur ki ai. Khatduh khatwai nga kyntu ia ki nongrep jong ngi ban nang pynbun ka jingrep jhur khnangba shisien ka sngi ngin lah ban pynmih dalade ialade khlem da wanrah shuh na ri dkhar.