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SELECTION OF VARIETIES OF VEGETABLE CROPS FOR DRYING

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INTRODUCTION

The most important tasks for providing nutrition to the population consist in expanding the range of products, updating the composition of diets and enriching it with products of increased nutritional value and preventive orientation.

Keywords: increased nutritional value, range of products, updating the composition.

Currently, the objects of industrial drying are juicy materials, which include vegetables and fruits. It is known that for the normal functioning of microorganisms water is necessary (at least 30% of moisture is required for the vital activity of bacteria, 15% of molds, and even higher humidity is needed for the germination of mold spores) [1, p. 312; 2, p.190].

The yield of the dried product depends, first of all, on such an indicator as the dry matter content in the initial product. But dry matter is, first of all, a framework consisting mainly of minerals and fiber. And in dried vegetables there is also water in which such valuable substances as carbohydrates and vitamins will be dissolved or chemically bound [4, p. 352].

The conditions for the preparation of a homogeneous dried product of competitive quality are that reliably selected, suitable for drying varieties are grown strictly in isolation and are not mixed with public varieties. For example, onions are used for drying only sharp varieties that contain at least 14% of dry substances, in carrots root vegetables are semi-long, truncated-conical or cylindrical, medium-sized, orange-red to red in color, without a noticeable core and without coarse vascular-fibrous bundles, with a dry matter content of at least 13%, of which sugars make up 4-6%, in beet varieties intended for drying, there must be at least 14% dry matter. of which sugars should be at least 8% [3, pp. 5-7; 5, 198 p.].

However, in Uzbekistan, the issues have been identified, the most suitable varieties of table carrots and beets, onions among the zoned varieties for drying, the influence of various methods and duration of heating on the quality of dried products, as well as the influence of the form of cutting raw materials and blanching on the quality of finished products.

RESULTS OF THE STUDY

In order to make a choice of varieties of vegetable raw materials optimally suitable for drying in the Khorezm region, data on the farms of the Urgench district were collected, which indicate which varieties of carrots and table beets, as well as onions, have the largest sown areas in the growing areas. It turned out that in the region mainly table varieties of root crops are grown, and onion varieties are mainly semi-sharp (with the exception of the Chalcedony variety). Then a comparative analysis is given. Then a comparative analysis is given. varieties according to

such criteria as yield, dry matter content, sugar content and individual vitamins. For comparative analysis, the data of Table 1 are given.

Therefore, the choice of varieties for drying will be made not only for the largest amount of dry matter in the raw materials, but also for the highest content of other physiologically valuable substances, such as vitamins and carbohydrates. In terms of the highest content of dry matter, the leaders are: carrot varieties - Shantane 2461, Ziinatli and Faravon; table beet varieties – Yagona, Bordeaux 237 and Boltardi; varieties of onions – Istibol, Chalcedony and Ellow Spanish.

The highest content of total sugar is observed in the following varieties: carrots - Ziinatli, Faravon and Shantane 2461; table beets – Boltardi, Jagon and Bordeaux 237; onions – Chalcedony, Sumbula andIsti bol.

Table 1. Chemical composition of varieties of vegetable crops with the largest sown areas in Khorezm region

Varieties of vegetable crops	Harvest, c / ha	Content			
		dry matter, %	total sugar, %	carotene, mg%	vitamin C, mg%
Carrot					
Mirozi dogwood 228	285	8,9	5,7	10,7	3,84
Shantane 2461	228	13,3	6,9	up to 17,2	4,05
Barack	356	10,9	6,5	up to 15,0	3,95
Ziinatli	412	10,8	7,0	up to 13,8	4,26
Фаравон	525	12,2	7,4	up to 12,1	4,00
Beetroot canteen					
Bordeaux 237	456	18,6	12,7	-	8,07
Boltardi	507	16,1	13,4	-	7,87
Bicores	412	14,0	8,8	-	7,56
Диёр	658	12,9	10,1	-	7,93
Ягона	680	19,0	13,3	-	8,44
Onion					
Chalcedony	454	11,1	6,3	-	8,59
Sameledpain	310	11,6	5,7	-	8,43
Banco	350	7,3	4,1	-	7,54
Jellow Spanish	380	8,7	5,0	-	7,81
Sumbula	420	7,5	6,7	-	7,40
Kaba 132	315	8,4	4,8	-	8,03

In terms of carotene content, the following varieties of carrots are leading - Shantane 2461, Baraka and Ziinatli. Naturally, it is advisable to obtain the largest commercial harvest on sown areas. The following varieties have the highest commercial yield: carrots - Faravon, Shantane 2461 and Ziinatli; table beets – Yagona, Bordeaux 237 and Dière; onions – Banco, Chalcedony and Ellow Spanish.

According to the totality of indicators, the best varieties for drying are: carrot varieties - Ziinatli, Shantane 2461 and Faravon; table beet varieties – Yagona, Bordeaux 237 and Boltardi; varieties of onions - Chalcedony,Isti bol and Ellow Spanish.

If we set a goal to select one optimally suitable variety for drying for each type of vegetables in

the Khorezm region, then this is certainly: the variety of table carrots - Ziinatli, the variety of table beets - Yagona, the variety of onions - Chalcedony. The characteristics of the selected varieties fully comply with the requirements for varieties of vegetables intended for drying.

FINDINGS

Thus, of all the types of dried vegetable products, the most popular are table onions, carrots and table beets, as well as from the varieties zoned and grown in the Khorezm region in terms of commercial yield, dry matter content, vitamins and sugars, the following varieties of vegetable crops are the best for drying: canteen carrots - Ziynatli, table beets - Yagon, onions - Chalcedony.

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