

POT VEGETABLES FOR CITIES

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I. ABSTRACT

With the growing population of cities the trend of utilization of the built and unbuilt area for growing food is gaining importance. The practice of homegarden is expanding where pot culture has occupied an important place because of its intensive culture, quality production and mobility of pots in- and out-side house including verandah, window and terrace. Solanaceous vegetable plants as well as cucurbitaceous vegetable climbers not only produce quality fruits but also decorate the households beautifully. Different kinds of vegetables with a range of nutritive values grown in pots are illustrated.

II. POT VEGETABLES

(A) Solanaceous vegetables



Tomato
(*Lycopersicon esculentum*)



Sweet Pepper
(*Capsicum annum* Var. *accuminatum*)



Hot Pepper
(*Capsicum annum* var. *grossum*)



Long Brinjal
(*Solanum melongena*)



Round Brinjal
(*S. Melongena*)

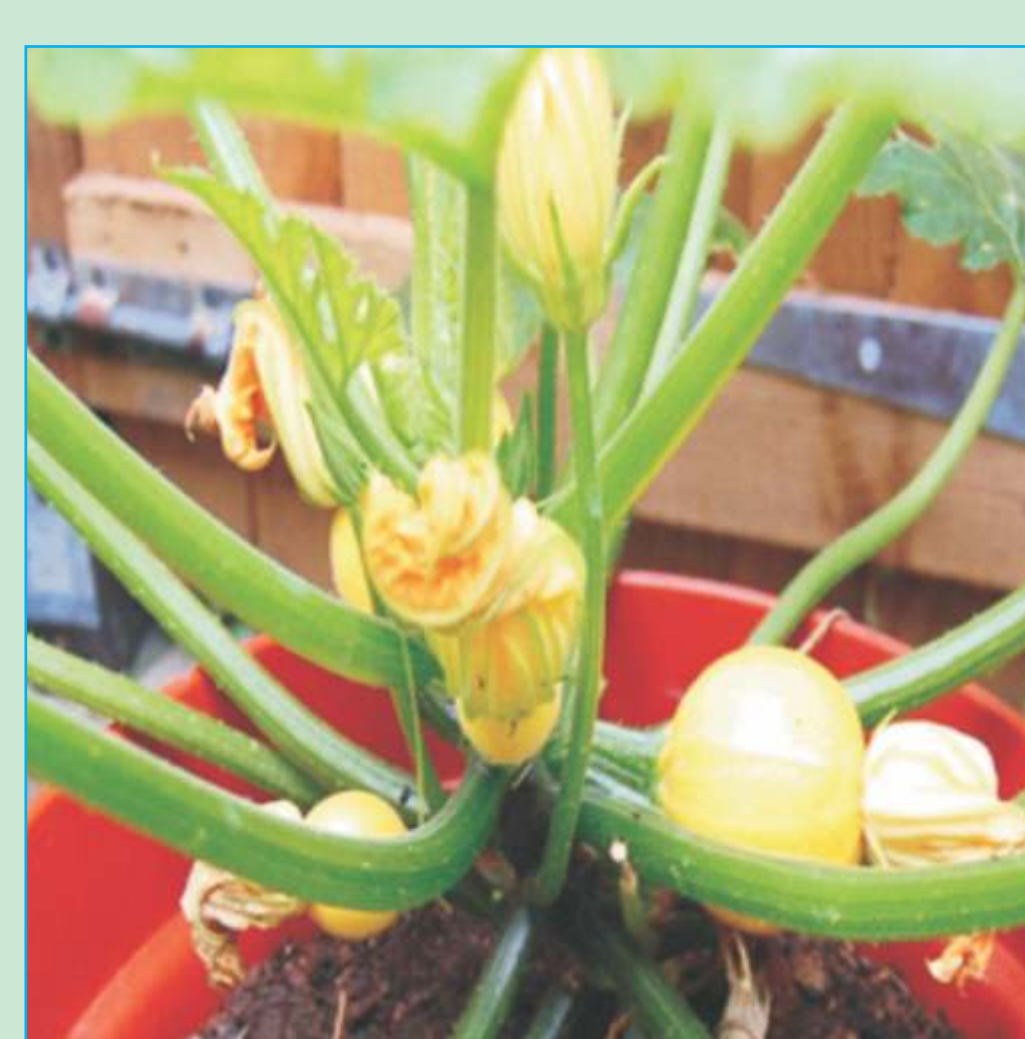
(B) Cucurbits



Pumpkin (*Cucurbita maxima*)



Pumpkin (*C. maxima*)



Squash (*C. pepo*)



Squash (*C. pepo*)



Squash (*C. pepo*)



Squash (*C. pepo*)



Sponge Gourd (*Luffa cylindrical*)



Cucumber (*Cucumis sativus*)

(C) Cruciferous Vegetables



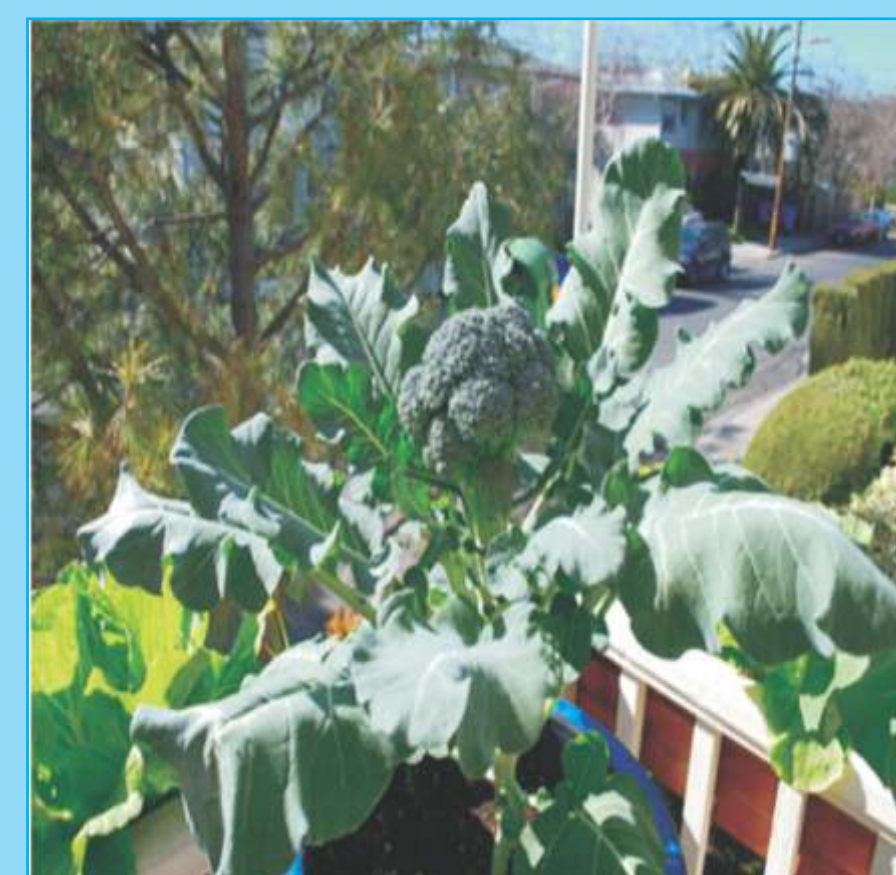
Mustard (*Brassica juncea*)



Cabbage (*B. oleracea* var. *capitata*)



Turnip (*B. campestris* var. *rapa*)



Broccoli (*B. oleracea* var. *italica*)



Turnip (*B. campestris*)



Knol-khol (*B. caulorapa*)

(D) Other Vegetables



Onion (*Allium cepa*)



Leek (*Allium porrum*)



Garden Beet (*Beta vulgaris*)



Garden Bean (*Phaseolus vulgaris*)



Peas (*Pisum sativum*)



Carrot (*Daucus carota*)



Strawberry + vegetables



Strawberry
(*Fragaria visca*)

E. GROUP OF VEGETABLES ON TERRACE



III NUTRITIVE VALUES

- Fruit vegetables (tomato, eggplant, peppers): high in vitamin C, E and pyridoxine (B6), and powerful anti oxidants.
- Cucurbits (pumpkin, squash, gourds, cucumber): high in carbohydrates, vitamin A, C and minerals.
- Cruciferous vegetables (cabbage, cauliflower, knol-khol): Rich in phytochemicals and stimulates metabolic pathways.
- Bulb vegetables (onion, leek, shallots): High in organo-sulfur compound (interacts with metabolic activities and detoxification of cancer producing cells).
- Root vegetables (carrots, beets, radishes, turnip): Rich in vitamin A and dietary fibre.
- Leguminous vegetables (Beans and Peas): Rich in protein, dietary fibre, folic acid, calcium, iron, potassium and zinc.
- Leafy vegetables (amaranthus, palak and others): rich in vitamin A, E, K, theamine (B1), riboflavin (B2), pyridoxine (B6), proteins, minerals and fibers.

IV USEFULNESS

- Utilization of space in households
- Availability of fresh products
- Availability of and accessibility to food nutrients
- Augmenting food and nutrition security
- Supporting urban horticulture

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