

## FRESH VEGETABLES - VITAL SOURCES OF NUTRITIOUS FOODS

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**Summary.** Fresh vegetables are vital sources of minerals, vitamins, and dietary fibers. Both contain nutritionally important compounds, such as vitamins. Vegetables contribute over 90% of dietary vitamin C. Green vegetables are a rich source of vitamin A. Similarly, niacin and folic acid are present in significant quantity.

Because green vegetables are perishable products with high metabolic activity during the postharvest period, proper postharvest handling plays an important role in increasing their availability.

Many vegetables are grown on different continents.

The worldwide production of vegetables: potato, carrot, tomato, cabbage, cucumber, onions, garlic, beans, pears and melons. China, India, the United States, Turkey, and Italy are the major vegetable-producing countries in the world.

Tomatoes and potatoes are two major vegetables processed into a wide range of products.

Many tropical vegetables, such as sweet potato, melons, chilies, and pumpkins have good keeping quality. These vegetables are cultivated in tropical countries of Asia, Africa and South America.

**Keywords:** vegetables, cabbage, carrot, cucumber, garlic, onion, potato, tomato.