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# Curry leaf

*Minoo Divakaran, Nirmal Babu K and Peter, K.V.*

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*"Remember, riches bring in grief: Truly, no joy abides in them. A rich man fears his son; This is the position everywhere"*

*Bhaja Govindam of Sankacharya*

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*Murraya koenigii*, a tropical to sub-tropical tree, native to India and Sri Lanka, and commonly known as curry leaf or *kari patta* in Indian dialects, belongs to the family Rutaceae which represents more than 150 genera and 1600 species. It is an important export commodity from India fetching foreign revenue. Each part of the plant is a source of important chemical constituents and the most important responsible for its intense aroma is  $\alpha$ -pinene,  $\beta$ -caryophyllene,  $\beta$ -phyllandrene etc (Vandana *et al.*, 2012).



Fig 1. Curry Leaves

Curry leaf has been a 'green part' of every cuisine, across Asia. Diversity of the global flora, indicates extraordinary structural variability among leaves. Jeanne *et al.* (2013) demonstrated that across the globe, leaf nutrient concentrations and physiological rates of maximum photosynthetic carbon gain and respiratory carbon loss, change in proportion to leaf area, more strongly than they change in proportion to leaf mass. The



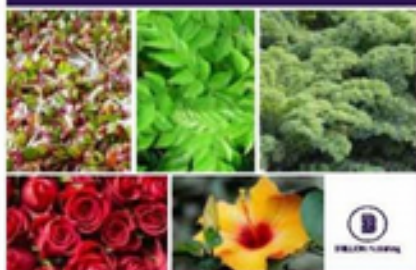
Fig 2. Fruits of curry leaf



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## GREENS SPROUTS AND EDIBLE FLOWERS

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# GREENS SPROUTS AND EDIBLE FLOWERS

The current burden of malnutrition leading to hidden hunger is unacceptably high. Stunted children (aged 0-59 months) is 22.2% of children globally (150.8 million in total), wasted children (7.5%-50.5 million), overweight children (obese) (5.6%-38.3 million). Every country in the world is affected by malnutrition. Adult high blood pressure, adult obesity, adult overweight, anaemia, childhood stunting, wasting, overweight and high salt intake are eight nutrition indicators.

The present edited book Greens, Sprouts and Edible Flowers throws open unprecedented opportunity to get back on track of health and wellness. More than 50 scientists from India and abroad have penned down 22 chapters dealing greens, sprouts and edible flowers. Greens include alliums, amaranths, brassicas, basil, radish leaf, curry leaf, drumstick, purslane, marjoram and lettuce. Sprouts and edible flowers are dealt in detail emphasizing nutritive value, absorption, availability and ease in cultivation. Forewords are by Prof. M S Swaminathan and Dr. R. S. Paroda, Founder Chairman of Trust for Advancement of Agricultural Sciences, New Delhi. Messages are from Dr. T. Mohapatra, President NAAS, New Delhi and Dr. Manju Sharma, Former President NASI, Prayagraj.

Editors are Dr. Brahma Singh Padma Shree Awardee and Prof. K V Peter FNAAS and FNASc.

*The book has been dedicated to Prof. M.S. Swaminathan on his 95th Birthday*

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