



Crop Regulation and Post-harvest Handling of Guava

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ABSTRACT

Crop regulation is the basis for the regular and quality crop. Crop regulation is practised to get quality fruit with high commercial value. The key principle of crop regulation is to force a tree to produce abundant blooms and fruits during particular seasons. On the basis of calculation of expected flowering, the branches of guava plants are bent down about 45-60 days before the expected date of flowering and produce fruits in the off season and Careful handling should be done during harvest to reduce bruising, scratching and punctures it is advisable to go for harvesting during the cooler hours of the day. The shelf-life of guava is very less because of its perishable nature, Proper packaging is required to maintain freshness and prevent quality deterioration as well provides protecting against physical damage during transportation. However, the shelf-life of guava can be extended up to 20 days by keeping them at low temperature of 5 C° and 75-85% RH.

Keywords: Crop Regulation, Post-harvest, guava, temperature

Guava is one of the wonderful fruits grown through the tropical and sub-tropical regions of the world. It is gaining popularity due to its nutritional facts and health benefits. Guava belongs to the family of "Myrtaceae" and originated from tropical America and spread across the globe. It is an ever green tropical tree which can reach up to 20 to 30 feet. This tree stem is thick and grows into multiple branches. The guava flowers have large stalks with 1 to 2 cm length with white petals. The guava flowers are usually pollinated by bees. Generally guava trees are productive for initial 15 years though they survive for 30 to 40 years guavas are very rich in vitamin C (100-260 mg/100g pulp), also are rich source of pectin. The fresh ripe fruits are used as table/salad fruits. The best quality jelly are prepared from guava. These fruits can be canned in sugar syrup or made in to fruit butter, juice preparation and in ice-creams. The leaves yield a dye and are used in

dying industry and also have some medicinal values for curing diarrhoea.

Benefits of Guava

Guava is a source of vitamins and minerals. This fruit is an excellent source of vitamin 'C', 'A' and antioxidants which helps in boosting immune system. It is also a good source of potassium. Guava fruit is low in calories and fat. Guava is rich source of soluble dietary fiber and hence helps in treating constipation. Consuming guava fruit regularly lowers the risk of cancer, guava fruits are good for Diabetic patients. Guava fruits help lower the levels of triglyceride's

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