

## Income generation of farmers through value addition in Varanasi district

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### Introduction

Food preservation is a scientific technique where food items can be preserved long period of time by adopting different preservatives methods eg. use of salt, use of sugar, dehydration etc. Food processing is process of changing raw food into some value added products.

The process of preserving the products fruits, vegetables, grains, pulses, milk, meat, fish, eggs, spices and other food for long term use by protecting them from spoilage and increasing their shelf life and value is called food processing. In modern times, processing of all types of food items is done on a large scale by adopting methods like pasteurization, thermal sterilization (canning/bottling), dehydration, deep freezing, aseptic packaging, use of natural preservatives like salt, sugar, vinegar, chemical preservatives like sodium benzoate, acetic acid, potassium metabisulphite etc.

### Utility and importance of food processing -

With the help of modern technology suggested by scientists, the production of food

items like fruits, vegetables, grains, spices, milk etc. is increasing day by day, but due to lack of simple food technology method of processing or storage of raw material a large part of this production is getting wasted. farmers/gardeners can get a fair price for their produce when their produce gets good marketing it is necessary to mention that a value added product will get more cost in items of profit to the farmers our country has started realizing the worth of processing as well as value addition that is why food processing is counted among the important national industry, which will be a necessity for the nation.

Its importance can be explained under the following points:-

1. Adds benefits to farmers by adding value to their raw products (crops).
2. To create a definite attitude to produce more.
3. Earning of foreign exchange.
4. To prevent wastage of food items.

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5. Makes food items and products made from them available out of season.
6. To add value to food items.
7. To provide good prices to food producers for their production.
8. Saving from use of adulterated food items.
9. Employment generation through industrialization.
10. Encouragement to other industries.
4. Along with the cleanliness of the kitchen, we should also pay full attention to the cleanliness of food items. Pickles, spices, pulses, rice etc. should be shown to the sun once in 15 days.
5. Full attention should be paid to the nutritional value of food items.
6. The utensils for preparing all the items and serving utensils should also be clean.
7. Fruits and vegetables should be washed several times with clean water and kept immersed in potassium permanganate solution for some time so that they can be protected from pesticides and bacteria.

### Food hygiene information

- Cleanliness contributes 80 percent to quality control. If a person takes care of cleanliness at all stages from production to consumption of food items, then man will be able to get safe food items for consumption.

People involved in the business of food production should take special care of the following things.

1. Cleaning the entire body thoroughly with soap every day.
2. Keeping nails short, not using nail polish and not wearing rings etc.
3. Entering the production room after washing hands and feet and wearing apron headwear/cap and gloves etc.

### Physical conduction of work place :-

1. The kitchen should be ventilated.
2. There should be proper lighting in the kitchen.
3. The kitchen should be cleaned daily.

8. Fruits and vegetables should be washed and cut, not cut and washed.

### Some common processing:-

(1) **Jam:-** Jam is a substance made from fruit pulp, sugar and acid, for its setting it is necessary to have pectin, acid and sugar present in the fruits in a certain proportion. It is also made by mixing many pulpy fruits and other fruits. Like- apple, pineapple, mango, guava, pear, peach, papaya and apricot etc.

### Method:-

- Wash the fruits thoroughly and cut them into small pieces.
- Heat the cut pieces with water until they become soft, then filter them through a steel strainer to obtain the analgin.
- Mix the prepared ingredient with sugar and cook on high flame and when it

starts thickening, add citric acid to it and keep stirring.

- 'Keep the prepared jam on a plate and let it cool and if it slides in the form of a push when the plate is tilted, then the jam should be considered ready.
- Fill the prepared jam hot in a clean jar and seal it after it cools down.

**(2) Jelly:-** Jelly is a transparent substance made from fruit juice, sugar and acid. It is said to be made from those fruits which contain high amount of good quality pectin. Like guava, orange, grapes etc.

**Method:-**

- Wash fresh fruits with water and cut them into 1/2 inch wide round slices.
- Add water to the cut slices and boil them so that the pectin present in the fruits gets absorbed into the water.
- Filter it through a cloth to get the pectin rich juice.
- Mix appropriate amount of sugar in the obtained pectin-rich juice, boil it and filter it.
- Now put it on high flame and cook it. When it is ready, add acid and light it.
- Remove the prepared jelly from the flame and fill it in jars when it is soft.
- When the jar cools down, seal it with a lid.

**(3) Navratan Chutney-** It is made from fruit pulp, sugar, dry fruits, and spices. The

preservation of chutney is done with the help of acetic acid.

**Method:-**

- Wash the fruits with water, peel them and grate them with a grater to remove the seeds.
- Add water to the grated fruits and boil them so that they melt.
- Add sugar, ground onion, garlic and chopped dill to the mashed pulp and cook while stirring. When the mixture becomes thick, remove it from the flame.
- Now add all the crushed spices and chopped dry fruits to it.
- Mix citric acid well in the prepared chutney and fill the chutney in a clean jar while it is still hot.

**(4) Sauce:**

It is a substance made from fruit pulp, various types of spices, salt and sugar. It is preserved with the help of citric acid and sodium benzoate. It can also be made from tomatoes.

**Method:-**

Wash the fruits thoroughly in water, cut them into small pieces and put them in a pan with ground onion, garlic and ginger and cook the puree. And rub it on a steel mesh to get the anus free from seeds and peels. Add measured sugar to the obtained pulp and heat it on flame. When it becomes thick, add ground

spices, salt etc. When the sauce becomes thick, remove it from the flame, mix sodium benzoate and citric thoroughly in the prepared sauce and store it in a clean bottle while still hot.

**(5) Drying, grinding and packing of spices:-**

**(a) Drying:-**The spices are dried in both sun and dryer. Fragrant and green spices are dried in dryers, so that their color and aroma remain.

**(b) Grinding:-** Dry spices are ground using a grinder.

**(c) Packing:-**The ground spices are packed in small plastic packs.

**Agricultural products such as food grains, pulses and oilseeds processed products :-**

**(a)** Flour is prepared from grains like wheat, rice, maize, gram, peas etc.

**(6) Manufacturing of chips, papad, badi etc.**

**(a) Chips:-** Usually potato chips are specially prepared. These are prepared with the help of machine. Add a little salt to the prepared chips in boiling water, keep them for 5 minutes, turn them in a strainer and then dry them by keeping them in the sun.

**(b) Papad:-** It is prepared from potatoes, urad, moong, rice etc. Pulses etc. are prepared by soaking and grinding them, adding asafoetida, cumin spices, salt etc. and drying them in the sun.