

BASMIA PLANT BIOLOGICAL PROPERTIES AND INTRODUCTION.

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Abstract: *Four thousand years ago, a new vegetable and fiber crop called basmia was introduced to Africa. From there, it was spread to European nations through ancient Egypt and the Arabs in the eleventh century. In India, the USA, Russia, Central Asia, and Ukraine, it was regarded as a vegetable and fiber crop prior to that. because the food business uses its early buds and fruit seeds extensively. Protein, oil, and carbs are all present in the fruit, and the seed can have up to 18% edible oil. The biological characteristics and historical background of the basmia plant are covered in this article.*

Key words: *basmia plant, vegetable, property, biological, introduction, industry, food.*

The leaves are used medicinally in food preparation, the raw seeds are substituted for green peas and, when cooked, for coffee. In the manufacturing process, mature fiber is removed from the stem and utilized to make ropes, bags, and both conventional and alternative medicines. The basmia plant, which grows from seeds and needs heat, light, and moisture, produces a good harvest in light, fertile soil, but it develops slowly in saline, swampy soils. It is effective to plant such varieties of this crop as "Visokorosliy-100", "Karlikoviy 117", "Belaya cylindricheskaya-127" created in Russia. It is still interesting for our farmers to grow basmia varieties "Lady Barmoq", "Green Barkhite", "White Cylindrical". This annual culture belongs to the mallow family. Dwarf varieties are grown for decorative purposes, their height does not exceed 40 centimeters. If you want to grow this culture for fruit, then you should choose medium varieties. Such plants can reach two meters in length. Cultivated basmia fruits, reminiscent of elongated pepper pods. One fruit can reach 5 to 25 centimeters.

If the fruits are not ripe, they can be cooked, baked, preserved, or salted. They can also be added to salads and soups. Fruits harvested after peas have hardened and taken on a brown tint. Butter and coffee hold the top spots among them because they are comparable to olives in terms of their qualities. Although the value of basmia is high in a variety of vitamins and minerals and coarse fiber, soft fiber is more beneficial to the body. Coarse fibers promote bowel movements, remove and eliminate toxins, and prevent avitaminosis while vitamins and minerals boost immunity and work performance. The fruits of basmia are recommended for many stomach diseases - they overcome inflammation of the mucous membrane released by them, envelopes, protect the walls of the stomach; against diabetes - low blood sugar level; for those struggling with weight - they contribute to weight loss. They are useful for strengthening venous capillaries, preventing atherosclerosis, chronic fatigue, and depression.

There is proof that uterine cataracts can be used effectively to cure cancer. Basmia is always beneficial to the body; any harm is only caused by a person's intolerance to the plant, which can result in a variety of allergic reactions. Smooth and light green in color, poplars should be no longer than 9 to 11 cm. They are not ingested, therefore they do not receive black, huge, and lengthy fruits. Cucumber pods are used in cosmetology to make hair strengthening balms as well as washing, refreshing, and coloring masks for the face and body. Despite being a summer crop, basmia is grown all year round in India. Lady Finger is eaten as a cooked vegetable in Indian cuisine. Basmia is a healthy food. It is also known for its antioxidant properties. One plant produces one to three fruits

every day for several days. Six to eight basmia plants are enough to meet the vegetable needs of a family of four for one meal.

Furthermore, organic container-growing of basmia is absolutely hassle-free. African-born ladies' finger is a close relative of the hibiscus. Basmia blooms have a lovely color and a hibiscus-like appearance. Its leaves feature a lovely star pattern. As a result, a lot of people cultivate basmia at home in little containers as an aesthetic plant. Although basmia are typically eaten mildly fried, you can consume them raw if you cultivate them naturally in your own. At least from what we can tell, basmia fruit ranges in color from green to dark green. However, there is a red variation of basmia known as red burgundy that has a stunning appearance due to its hue. In terms of taste, there is no difference between green basmia and red basmia.

In actuality, cooking causes red basmia to turn green. Red basmia, however, outperforms green as a decorative plant in the kitchen garden. Its seeds are more expensive as a result of this. In light of this, choosing red basmia while growing basmia in pots is not a bad choice if you have the extra cash available. In the proper container, a basmia plant can grow up to 10 feet tall. Switch to a dwarf type of basmia if you have available vertical space. The market offers a wide variety of basmia seed kinds. Verify the plant's typical height prior to seed purchase. The root of the Basmia plant prefers to delve far into the ground. So a bucket type container works well for basmia plants. A 20 liter container is good for a regular variety, a 15 liter container works well for a dwarf variety. To grow basmia in containers, you can choose a ceramic pot, a recycled paint bucket, or an old recycled plastic bucket. Use a smaller 10 liter container. This ensures that the root system is not fully developed and therefore the plant cannot reach the appropriate height.

In conclusion, basmia is an annual plant that belongs to the family of flowering plants. It is up to 2.5 m tall. It resembles cotton in appearance and flowering. Varieties are divided into vegetable and fiber groups. Fiber varieties are grown in India, Africa and the USA. Unripe cosaksim fruit is used as a vegetable in liquid food and salads. The fruit contains 3% protein, 0.5% fat, 8% carbohydrates, ripe seeds contain 18% oil. The fruit can be eaten raw, cooked, fried, canned. The stem gives a white coarse fiber; Artificial coffee is made from roasted seeds. In tropical and subtropical countries, Shim. America, Jean. It is grown mainly as a vegetable crop in Europe, Crimea, southern Ukraine, and partly in Central Asia.

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