

Training Impact on the Value Addition of Cauliflower

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ABSTRACT

Cauliflower is a popular and tasty vegetable. It contains high amount of vitamin c which acts as antioxidant. Prices are very high in start of season but in last season price is very low. A number of recipes such as pakora, pickles and mixed vegetables pickles etc. can be prepared from this vegetable. Products prepared from its leaf are (pakorka, pickles and sag), from root and stem (vegetables and pickles). Most of time wastage of cauliflower is seen. It can be dried in season to keep it to use in off season. Being a student of Food Science and Nutrition a survey was done by me in Village Ruphara dist. east Champaran Bihar in semester break in the month of March 2023 to know the use of cauliflower by village women. Generally it was used as vegetable and pakora. Cauliflower was not dried in scientific way. I analyzed the problem critically and found the solution in the form by way of training demonstration and awareness programme and this was done in the same month. Then survey was taken with the objective to find out the impact of these programmes. The sample size constituted of 50 beneficiaries women and same number of control group. Interview schedule prepared by me was used for data collection. Result showed that among beneficiaries maximum percentage of retention of knowledge has been observed in sag and pakora preparation from leaf (100%), pickles preparation from cauliflower (98%), mixed pickles preparation (96%), pickles preparation from leaf (93%), vegetables and pickles preparation from stem (90%), followed by vegetables and pickles preparation from root (89%), and drying of cauliflower by scientific way(78%). In control group knowledge of the woman was highest in pickles preparation from cauliflower(60%) followed by sag and pakora from leaf (55%), and mixed vegetable pickle (50%). In the other recipe it was nil. The knowledge gained and retained by the woman was based on their awareness, interest, and felt need. Women education, technical training, adequate extension facilities can create a positive impact leading to a better tomorrow.

Key Words : Men, Empowerment, Education, Technical training, Extension facilities

INTRODUCTION

Cauliflower is a popular and tasty vegetable. Its botanical name is *Brassica oleracea* and family is cruciferous. It contains high amount of vitamin C which acts as antioxidant. As a cruciferous vegetable it is an excellent source of fibre and B vitamins. It is fat free and cholesterol free. Cauliflower head or curd is made of a mass of apical meristems enclosed with floral buds. Due to diverse agro agro-climatic condition it is cultivated through out the year contributing to its significant production. Major cauliflower producing states are Bihar, Uttar Pradesh, Orissa, West Bengal, Assam, Haryana

and Maharastra. For early season variety June- July is best transplanting time, for main season variety transplanting time is August to mid – September and October to first week of November is best transplanting for late varieties. 45x45 cm spacing is done for main season crop whereas for early and late maturing crop spacing is 45x 30 cm. For preparation of seedling cauliflower seeds are germinated. It takes two weeks time to germinate. Young Cauliflowers are ready to be transplanted outdoors as soon as their roots fill the module in about six weeks. A number of recipes can be prepared from this vegetable. Product is also prepared from its leaf, root and stem. Prices are very high in start of season

but in last season price is very low. Most of time wastage is seen. Our honourable prime minister aim doubling farmer income cannot be achieved till wastage of agricultural product is not stopped. Women who constitutes half of the world population can play a good role to solve this problem. Without women development a country can not achieve its goal. It is well known that status of women is not well in the country. Most of them spend their time for family. For women development empowerment is necessary. Empowerment makes a person capable for own entrepreneur and capacity to take decision. Entrepreneurship on cauliflower processing is a good means for women empowerment. For this value addition of cauliflower is needed. Value addition is the extra value created over and above the original value of something. It improves the saleable value of commodity, enhances additional quality. There are many department which can help the women in this thing. KVK, NGO and Social organization is a good means for this. Scientist of this organization do the women empowerment through training, on farm trail, front line demonstration, goshies, Kisan Mela etc. So, the present research, based on survey, was taken with the objective to find out the impact of training and awareness programme for women on cauliflower processing so that suitable intervention can be planned.

METHODOLOGY

The study was taken up in villages Ruphara district east champaran Bihar. The subject of the study comprised fifty female who have attended the training, demonstration and awareness programmes conducted by researcher on cauliflower processing and same number of control group. The data was collected in the month of March

2023 through personal interview schedule developed by researchers. The data collected included the information related to retention of knowledge from the product preparation from cauliflower. Collected data was processed, tabulated and presented in the form of Table 1.

RESULTS AND DISCUSSION

The present study focused about the knowledge of women related to the field which can help them in entrepreneurship development based on cauliflower processing. It varied from one activity to another. Table 1 shows that hundred percent women in beneficiaries group has knowledge about the sag and Pakora preparation from leaf and pakora from cauliflower. It is well known that pakora preparation is a good means for economic empowerment of women. Pakora preparation is not a job but means to survive. Our honourable prime minister says that people selling pakora also constitutes employment. Pakora are made by coating ingredients usually vegetables in a spiced batter and deep frying them. It is a tasty and a great snack choice in india. It is healthy snack rich in fibre. Products such as pickles, mixed pickles are prepared from cauliflower and its root, stem and leaf. For pickles preparation fruits and vegetables to be pickled are placed in a sterilized jar along with brine, vinegar or both as well as spices and then allowed to mature till desire taste is obtained. Pickles is also prepared with spices and oils only. Pickles preparation in India is recorded from ancient time. Pickling preparation was an effective way to preserve the vegetable and fruit. Pickles was used through the year but in season when there was scarcity of vegetables it became substitute. Number of companies prepares pickles on commercial basis and

Sr. No.	Women's knowledge in the field	Beneficiaries group N=50	Beneficiaries group in percentage	Control group N=50	Control group in percentage
1.	Sag and pakora preparation from leaf and pakora from cauliflower	100	100	55	55
2.	Pickles preparation from cauliflower	98	98	60	60
3.	Mixed pickles preparation	96	96	50	50
4.	Pickles preparation from leaf	93	93	00	00
5.	Vegetables and pickles preparation from stem	90	90	00	00
6.	Vegetables and pickles preparation from root	89	89	00	00
7.	Drying of cauliflower by scientific way	78	78	00	00

has made importance of their products in market. Pickles prepared on local level has its importance also. It is preferred by local people as compared to company products. If pickles is not prepared by proper way it will be destroyed. Scientific knowledge of preparation is necessary. Mild heat treatment of fruits and vegetables and half frying of Spices should be done. Oil should be heated and cooled for use. Twenty to twenty five per cent salt is recommended. Food preservative should be used if needed. It is clear from Table 1 that due to the activities conducted by researcher beneficiaries group has good knowledge about preparation of scientific way of pickles preparation whereas in control group the percentage of pickle preparation from cauliflower is sixty per cent and mixed pickle is fifty per cent and in other it is negligible. Control group have no knowledge of scientific way of pickles preparation. This training will help the women in starting of their own entrepreneurship. With respect to drying of cauliflower women in village generally cut this and dry in sun light. Spoiling of dried cauliflower is observed. Bad odour is recorded. Problems will be removed if it is done by scientific way. Blanching that is mild heat treatment should be done. Drying of cauliflower will help to reduce the loss in season and people can enjoy this vegetables in off season. Beneficiaries group has also the good knowledge about the drying of cauliflower by scientific method but negligible in control group. This will help them in economic and social empowerment. This effect is due to activities conducted by researcher. This is in line of agreement with that reported by Shrivastava *et al.* (2018), Shrivastava and Singh (2019) from their study in Ballia and Pandey *et al.* (2018) from Gazipur and Renu *et al.* (2018) from Barabanki, Less involvement of women of

control group in cauliflower processing could be attributed to illiteracy, ignorance and less participation in extension programme. Study is in conformation of Baba *et al.* (2010) in their study in Jammu Kashmir.

Conclusion:

The study showed that activities conducted by researcher has given significant contribution for women empowerment. Woman education, technical training, adequate extension facilities for woman can create a positive impact leading to a better tomorrow.

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