

USEFUL PROPERTIES OF NON-TRADITIONAL VEGETABLE CULTURE
ARTICHOKE (CYNARA SCOLYMUS L)

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Annotation. In addition to the plants that are constantly used throughout the human life, it is advisable to use fresh taste and flavor, in addition to other types of products that are naturally rich in nutrients that enter the body in small quantities, without interruption. One such product is the prickly Artichoke (*Cynara Scolymus L*), which belongs to the tetanus family. Artichoke (*Cynara Scolymus L*) has been unconventional for the Republic of Uzbekistan, but in many other countries it has been cultivated for several centuries as a favorite vegetable crop, medicinal crop and good fodder hashak crop.

Keywords: Artichoke, unconventional, medicinal, protein, protein, inulin, vitamin, sugar, ash, klechatka.

One of the global problems facing humanity today is to provide the population with the need for food. Vegetables make up the bulk of food. There are more than 80 species of vegetables on Earth, about 40 of them are grown in our country. This means that as long as 50% of the species are only grown in our country, the rest of the species will enter from abroad or there is not even a single one that has not yet arrived at all. Even in the composition of species that have not yet been planted, we have many useful substances for the human organism. One such vegetable crop is Artichoke (*Cynara Scolymus L*), which belongs to the tetanus family. Today, the cultivation of herbivorous medicinal plants worldwide, the more complete use of their medicinal and nutritional properties, is a natural medicine based on its raw materials particular attention is paid to expanding the production of drugs. Prickly artichoke (*Cynara scolymus L*) is a new medicinal and food plant for Uzbekistan. Artichoke is a promising valuable plant that is unconventional for Uzbekistan, which in its green form is used as silage, senage and dry fodder, and is important for the food, pharmaceutical industries as raw materials and feed for livestock. The wet weight of the artichoke contains 18% protein, 15% protein, 1.92% inulin and, in addition, vitamins and other organic substances necessary for the development of livestock. Under the influence of these and other substances, it is of great help for the human body in constipation and stimulates the digestive system of organs, in addition, it removes harmful cholesterol from the intestines and prevents the risk of colon cancer by eliminating toxic compounds from the intestines. Scientific studies carried out by scientists have shown that the lactones contained in artichokes help to reduce the level of cholesterol in the blood, prevent its synthesis and carry out

the excretion of cholesterol with bile. So artichoke is considered to be beneficial in Judah to people who have high cholesterol in their blood. But this is not yet the case, the artichoke retains 68 mg of folic acid in every 100 grams of its own. Folic acid, on the other hand, acts as a cofactor for DNA synthesis, in a simple way, which leads to the appearance of neural tube defects in newborns due to folic acid deficiency in the first months of pregnancy. That is why the high content of folic acid is an important beneficial property of Artichoke, which is a Judas drink for women of childbearing age. In addition, artichoke is a vegetable with low calories but a source of vitamins and antioxidants, which stores vitamins belonging to Group B in itself, being among them nicotinic acid, vitamin B6 (Pyridoxine), thiamine and pantothenic acid. All these vitamins, activating the optimal metabolic function, serve the correct conduct of digestive work and are the same deadline for those who want to become halos from excess weight. Another of the beneficial properties of artichoke is its vitamin C content, which increases the body's resistance to various infectious diseases and various viruses through regular consumption of artichokes. Artichoke, meanwhile, contains strong oxidants such as silymarin caxvanic acid and feriolic kyoslota, which fights the negative effects of free radicals on the body and, due to this, prevents the development of cancer cells. Vitamin K in artichokes is important for bone and joint health. Through this vitamin, it prevents osteoporosis and similar diseases. A sufficient amount of vitamin K in the diet of food makes it possible to limit neuronal damage in the brain, so artichoke has an effective effect in the treatment of patients with Alzheimer's disease. In artichokes, copper and iron substances help the body produce red blood cells and therefore prevent the appearance of various cardiovascular diseases. Artichoke is found in the upper part of the Earth about 3% protein, from 7 to 15% carbohydrates, 0.4 mg% carotene, 3-11 mg% vitamin C, fats, nucleic acids, vitamins B1, B2, P, PP, K, E, kletchatka 1.27%, excipients, macro-and microelements. Carbohydrates contain inulin, which is used in the treatment of diabetes mellitus. In a word, the beneficial properties of artichoke are obvious and relevant for everyone for therapeutic or prophylactic reasons. We are not wrong to say that every family will have taken care of their health by including the artichoke vegetable in their diet. Artichoke is also used as a fodder fodder plant in England, France, Italy, Hungary, Bulgaria, Sweden, Albania, USA and Azerbaijan. In Western Tajikistan, the total harvest weight of the green leaf in the third harvest of the growing season has reached from almost 800 to 1500 ts/ha. The third harvest of artichokes in the regions of the Caucasian rear was the total green weight, which was from 650 to 1500 ts/ha. Prickly artichoke is a perennial herbaceous plant with large leaves and purple large flowers, a plant that forms beautiful bowls. As an ornamental plant, artichokes are also used in the decoration of campsites, gardens, along the edges of roads, areas of schools and other organizations. Artichoke is a stable and resistant plant to disease. Artichoke is

widely used in the food industry, consumed raw, roasted and canned in appearance. Its soft peel inside the Flower Cup has a very pleasant flavor and is considered a low-calorie dietary product, it can be used in the preparation of salads or in a roasted state, in various eaten in combination with various sauces. Artichoke is considered a much more useful product for adults and children, helps patients with high stomach acidity, participates in the normalization of the amount of potassium and sodium salts in the body.

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