

THE IMPORTANCE OF CULTIVATED PLANTS IN HUMAN LIFE (EXAMPLE OF BEETS)

Ahror Abdusalimov

Student of Chirchik State Pedagogical University, Chirchik City

Tolqin Normuratovich Absamatov

Teacher of Chirchik State Pedagogical University, Chirchik City

Abstract:

This article provides information on the history of the beet (Beta) plant, its distribution area, its biology and varieties, cultivation technology, the nutritional value of its root, its importance in human life, and its negative aspects.

Keywords: Beet plant, root fruit, "LenDuragay", "Astro", "Gina", "Sermo", "Serious", Agrotechnical method.

INSON HAYOTIDA MADANIY O‘SIMLIKLARNING AHAMIYATI (LAVLAGI MISOLIDA)

Abdusalimov Axror Abdukarim o‘g‘li

CHirchiq davlat pedagogika universiteti talabasi, CHirchiq shahar

Absamatov To‘lqin Normuratovich

CHirchiq davlat pedagogika universiteti o‘qituvchisi, CHirchiq shahar

Annotatsiya:

Ushbu maqolada Lavlagi(Beta) o‘simligining tarixi, hozirgi kunda tarqalgan hududi,uning biologiyasi va navlari, yetishtirish texnologiyasi, ildizmevasining to‘yimliligi, uning inson hayotidagi ahamiyati va salbiy tomonlari haqida ma’lumotlar berilgan.

Kalit so‘zlar: Lavlagi o‘simligi, ildizmeva, LenDuragay, Astro”, „Gina”, Sermo”, Serioz”, Agrotexnika usuli.

The beet plant cultivated today is a two-year plant, and according to most scientific observations, its homeland is the Mediterranean Sea. By the 18th and 19th centuries, beet roots were cultivated for food, sugar and food. Sugar beet is a plant of average climate, it was brought



to Uzbekistan at the beginning of the 20th century, it was mainly planted for the production of products in sugar factories, it was not planted in large areas [3].



1-fig

At present, the beetroot (Beta) plant is grown in Uzbekistan on large acreage, and it is grown on large acreage for sugar production, canning, processing and use in the food industry. The beet root is formed due to the development of the lower part of the elbow of the seed and the upper part of the root. The root and fruit are located between vascular-fibrous ligaments. Due to the division of cells, the concentration develops forming a circle. Therefore, when looking at the cross section of the beet root, you can see rings formed by dark colored parenchyma tissues and light colored vascular-fibrous bundles. There are few rings in the flesh, dark red color is a positive sign of beet root-fruit. In the second year of the growing season, beets produce strongly branched buds. The flower is five-sided, small, bisexual, green, pollinated by wind from outside. Seed beets bloom in 50-60 days after planting in the soil, the flowering period lasts 30-40 days. First, the flowers of the branches of the first, then the second, third and other orders bloom. In Uzbekistan, two-year species (sugar beet, hashaki beet, soup beet) are mostly planted. At present, there are more than 50 varieties of beets, and the following varieties are recommended for planting in our republic: Astro, Gina, Claudia, Kresus, Lena, Maria, Romeo, Sermo, Sonya, Flora, Serioz [2]. Beetroot is a one- and two-year plant family, the edges of the leaves are wavy and the surface is smooth or layered.

The beet plant is planted in cropland that has been freed from winter cereals, fodder grass, alfalfa, and other crops in crop rotation. A temperature of $+5^{\circ}$ is sufficient for seed germination, and it will show its first sprouts in 3 weeks. At a temperature of $+10^{\circ}$, sprouts grow faster and germinate in 2 weeks. When there is enough moisture, heat, and air in the soil, the seed germinates quickly.

Knowing the effect of temperature on the germination of seedlings will greatly help the gardener to better know the date of planting seedlings. The best time to plant beets is mid-March. If unfavorable weather conditions occur (for example, due to prolonged cold weather), it is better to plant seedlings later. In the absence of weeds, late-planted seeds will grow quickly, especially if the weather is warm. After the growth of 2 pairs of leaves on the plant, they are singled out and cleaned of weeds. If yagana is delayed, it leads to a change in the root of the



plant and a decrease in the amount of sugar in the roots [1]. Therefore, plant care should be carried out on time.

Nutritional value of the root [3]

Indicator	Crop type
	Beetroot
Nutritional unit in 1 t of roots, kg	260
Protein, kg	15-16
Nutritional unit in 1 t leaf, kg	120-150
Protein, kg	18

At harvest, for example, sugar beets contain an average of 75% water and 25% dry matter, of which 17.5% is sucrose and 7.5%

sugar-free substances. Abu Ali Ibn Sina, evaluating the beneficial properties of red beetroot in his book "The Laws of Medicine", writes that "it opens harmful blockages in the liver and spleen, and cures kidney and bladder diseases."

Beetroot is one of the most abundant root vegetables in terms of vitamins B1, B2, B6, C, P, PP and iodine, and it has a high calorie content as a food product. A positive feature of its chemical elements is that they contain more than 50% sodium (Na) and 5% calcium (Ca). The amount of 20% potassium (K) contained in beets is important for all functions of the body, and 8% chlorine (Cl) is an excellent cleansing agent for the liver, kidneys and gall bladder [1].



2-Fig.

Beets are considered one of the most useful and vitamin-rich vegetables that improve digestion and metabolism. Its roots can be eaten raw or boiled. Its juice is considered stronger than other fruit juices and is widely used to protect the body from harmful substances, prevent premature aging, and lower blood pressure [5].



Benefits of Beets:

Raw beets are low in calories and high in fiber. It prevents constipation.

- Beet feeds the intestinal microflora with useful substances and helps fight dysbacteriosis.
- Due to substances that reduce fat infiltration in the liver, beets have a positive effect on fat metabolism and thus contribute to weight loss. But it's more of a weight loss supplement.
- Beets are rich in iron and magnesium. Currently, not everyone eats enough meat to get the required amount of iron. Vegetarians do not eat meat at all. Therefore, with the help of beets, they can get iron. Magnesium is an important element for the functioning of the nervous system, prevention of atherosclerosis and hypertension.
- Beets contain folic acid, which is indispensable for the normal functioning of the circulatory system. In addition, folic acid is necessary for pregnant women.
- Raw beets contain betaine, one of the most powerful substances in the fight against cancer cells.
- With its low-calorie content, beets provide a large volume in the stomach and cause a feeling of satiety. It suppresses appetite and reduces eating.
- It is rich in antioxidants that help dilate blood vessels and regulate blood pressure.
- Beetroot juice after exercise is very useful for athletes in building muscle mass.

The sugar contained in beets is quickly absorbed into the blood, as a result of which a sharp increase is observed. Therefore, boiled beets are not recommended for people with diabetes [6]. Beets are not recommended for people with high acidity in the stomach or weak stomach [7].

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