

Summary:

Fruit and Vegetables are an important source of both digestible and indigestible carbohydrates. Fruit and vegetables are also important sources of minerals and certain vitamins, especially vitamins A and C. The systematic harvesting, storage, processing and packaging of fruits and vegetables are very essential to avoid the spoilage and to access throughout the year. Fruit and vegetables have many similarities with respect to their compositions, methods of cultivation and harvesting, storage properties and processing.