

CITRUS, USEFUL SUBSTANCES AND PROPERTIES

1. Safarov Askarbek Asadullaevich
2. Anarbaev Muhammad Pardaboy ogli
3. Muydinov Boburjon Muzaffar ogli

1. **Doctor of Philosophy in Agricultural Sciences, Tashkent State Agrarian University**

2. **Master student of Tashkent State Agrarian University**

3. **Student of Tashkent State Agrarian University**

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Annotation: Citrus fruits are vitamin C, potassium, folic acid, bioflavonoids, fiber, essential oils - "solid vitamins". Citrus fruits got their name from the lemon, which in Latin is called citrus. In addition to the lemon, there are many other edible citrus fruits - and almost all of them are bred by humans from a dozen wild species.

Key words: Citrus fruits, grapefruit, orange, effect lime, tangerines.

The most popular citrus is the orange. Oranges contain a large amount of vitamins A, B2, PP, B1, C, magnesium, sodium, phosphorus, potassium, calcium, and iron. This fruit is the leader in the content of vitamin C among citrus fruits. A peeled fruit weighing about 150 g contains the daily norm of this vitamin. In addition, oranges have anti-inflammatory and antiviral properties.

One grapefruit, like an orange, also contains the daily requirement of vitamin C. In turn, thanks to grapefruit, a new original fruit appeared - tangelo. It's an easy-to-peel and sweet and sour blend of grapefruit and tangerine.

Grapefruit subspecies - pomelo. It has a dense pulp and a thick yellow-green skin, from which candied fruit and jam are made.

Lime got its name only in the 19th century, thanks to British sailors who carried a supply of lime on their ships to prevent scurvy.

The only citrus with a truly edible peel is the kumquat. It is considered a subspecies of the orange, although it is about the size of a small plum and tastes like a tangerine. Fresh kumquats are rarely eaten, more often jam or candied fruits are made of it.

Tangerines are a rich source of vitamins, antioxidants and other beneficial substances. Tangerines contain vitamin C, which is so necessary in the cold season. It activates immune cells, helping the body fight infections and viruses.

First of all, citrus fruits are a really excellent source of vitamin C. There is a myth that the citrus that is more acidic contains the most vitamin C, which means it contains more ascorbic acid. But in fact, the taste of its content does not depend. So, not at all sour parsley contains much more vitamin C than any citrus.

Tangerines are effective in combating anxiety, worry and stress. The B vitamins included in their composition protect the nervous system and gently soothe, and vitamin C regulates the adrenal glands, reducing the synthesis of the stress hormone cortisol. In addition, mandarin essential oil is one of the best natural remedies for insomnia and bad mood.

Despite the fact that tangerines are quite high in sugar, they are low in calories and promote weight loss. Potassium and calcium in their composition improve metabolism, and fiber causes a feeling of satiety and satisfies hunger for a long time.

Tangerines contain potassium, which removes excess water, normalizes blood pressure and strengthens the heart muscle. In addition, ascorbic acid helps in better absorption of iron. With its deficiency, the heart has to work overtime to provide oxygen to the whole body.

Tangerines are good for eye health. Vitamin A improves visual acuity, strengthens the cornea, helps to see better in the darkness and protects mucous tissues. Vitamin C is responsible for the blood supply to the visual organs, reduces eye pressure and reduces the risk of developing cataracts. To feel the maximum effect, tangerines are best eaten fresh. Under the action of high temperature, ascorbic acid is destroyed.

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