

## Abstract

Folic acid content was determined in fresh crataeva leaves, crataeva flowers, caravalla leaves, cauliflowers, mustard green, spring onions, swamp cabbages, cabbages, bean sprouts, bamboo shoots, cucumbers, kandan kathiris and ginger. The levels of folic acid varied widely among the vegetables tested, from a low of 19.9 in ginger to a high of 416.7 mcg/100 g of wet weight in crataeva leaves. The green-leafy vegetables contain more folate contents than those of non-green-leafy vegetables. Heat and time interaction was a significant factor of the vitamin loss during pickle processing. The determination of folic acid content in pickled vegetable demonstrated the retention of such nutrient to be about 50 per cent of their corresponding in raw vegetables after the fifth day and continuously declined to 10 per cent after one month of pickle processing.

## BIOGRAPHY

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