

# THE KING OF ANDHRA FOODS (ROSELLE)

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## INTRODUCTION

Roselle is a short day annual or perennial herb mainly used as a vegetable and traditionally valued for medicinal purpose which is grown in tropics and subtropics. Botanically it is called as *Hibiscus sabdariffa* belongs to the family Malvaceae and originated in Africa. Its cultivation is more in states like Andhra Pradesh, Telangana, Karnataka and in North east regions of India (especially in Assam). Because of its significant role in daily diet the people of Andhra call it as Andhra Matha.

Roselle is commonly known as Gongura (in Telugu states), Gorkura (in Odisha), Pulchakeerai (in Tamil), Mathippuli (in Kerala), Pundesoppu (in Karnataka), Ambaadi (in Marathi), Mestapat (in Bengal), Pitwaa (in Hindi), Mwitha (Assam) and Kudrum (in Bihar and Jharkhand).

Generally it is available in two varieties green stemmed and red stemmed leaf (more sour). Its farming is most affordable and easy in

India. It is normally a crop of summer during the hotter weather leaves get more sour taste.

## IMPORTANCE AND USES

In Telugu states it is most popular for its pickle (Gongurapachadi) which is described as king of all Andhra foods. It is valued for its leaves, leaves in combination with chillies, garlic and salt used to make chutney. In Karnataka roselle used along with ragi mudde and in Maharashtra the roselle used for worship goddess gauri.

In Assam the bodo community people used roselle to make curry along with fish (Mwitha-na), pork (Mwitha-oma) and prawns (Mwitha-nathur). The various dishes made with roselle are Pullagongura (with red chillies), Gongurapappu (with lentils) and Gongurachiken (with chicken).

In India roselle is mainly grown for its stem from which bast fibre is produced it is used in cordage. The red petal of fruit used to make sweet and sour taste chutney. The herbal tea (sugary) made from dried fruit (calyx) is sold in streets of Africa.

## NUTRITION (PER 100 GRAMS) AND MEDICINAL VALUES

100 grams of edible portion give 49 Calories energy, 11 grams carbohydrates, 0.6 grams fat, 1 gram protein, 14 micro grams vitamin-A, 12 mg vitamin-C, 215 mg Calcium, 50 mg Magnesium, 208 mg Potassium and 37 mg Phosphorous. It is a good source of folates and antioxidants. It is also effective for treating diabetes. The leaves and flowers have cooling effect have anti-inflammatory properties and have laxative effects.



## SOIL AND CLIMATE

Sandy loam to heavy clay soils with pH 5.5 to 6.5 suitable for cultivation of roselle. It requires warm humid climate with annual rainfall ranging from 150 to 200 cm. The crop is sensitive to frost and waterlogging conditions. More humidity at harvest and drying times can deteriorate the quality and yield. If day length is more than 13 hours the plant will not flower.

## PROPAGATION AND PLANTING

Roselle propagated through seeds (2 to 3 kg/ha) and cuttings (stem). Being photoperiod sensitive crop planting of roselle should be done during October so that flowering will coincide with cold months. Seeds germinated in 6-10 days and 5-6 weeks old seedling suitable for transplanting.

## HARVEST AND YIELD

Roselle generally start to give crop in about 3 months and cropping may continue upto 9 months. 3 weeks after flowering the fruits are ready for harvest. Fresh roselle yield about 10 to 15 tons per hectare and dried roselle yields about 2 to 3 t/ha. The seed yield is about 2000 to 3000 kg/ha. The percentage of recovery of dye from roselle is 1.97.

## CONCLUSION-

Rosella is valued for consisting various useful phytochemicals in it. Leaves, fruits, roots and seeds of roselle used as food and herbal medicine. Extracts of this plant used in treating diabetes, cardiovascular disorders and cancer. Being a high valued crop we need a lot of research in improvement of roselle in India.

