

Patisson (Cucurbita Pepo.Var.Melopepo) Plant Cultivation Technology and Consumption Methods

Kenjayeva Tolganoy Rahmonovna

Doctoral student of the 1st stage of the Research Institute of Vegetables, Pulse Crops and Potatoes

Nurmatov Norkobil Jorayevich

Scientific supervisor q.x.f.d

Khushbakova Marjona

3rd grade student Termez Institute of Agro technology and Innovative Development

Abstract: *Patisson is a highly intensive crop that can be grown in open and sheltered areas. In Uzbekistan, very little research has been conducted on the patisson (kulcha pumpkin) crop. 2 varieties of Patisson are included in the State Register. Zarkokil and Ak-13 varieties.*

Keywords: *Cucurbita, intensity, productivity, product quality, the importance of patisson.*

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Relevance and necessity of the topic. Vegetable products are becoming more and more important for the nutrition of the population, and for this reason, great attention is being paid to the development of this sector in the republic. In the Republic of Uzbekistan, the total area occupied by pumpkin and squash crops is 9,571 hectares, the gross yield is 180,000 tons, and the average yield is 18,8 tons. Therefore, it is of great scientific importance to increase the productivity of patisson.

Patisson is an annual plant belonging to the gourd family. Patisson palagi is an upright, shrub-like herbaceous plant. The root is well developed. Stem and leaf bands are relatively thick. The leaves are medium in size. The flowers are large, yellow in color, placed singly on the stems. The fruit is a pumpkin, small in shape. Fruits are consumed in 2-4 days and 6-8 days. Patisson is a heat-demanding plant. In April, it is appropriate to plant rows of vat up in a scheme of 70x70 or 80x80 cm. Patisson is a very demanding plant. The fruit contains 6.0-6.5% dry matter, 2.5-2.9% sugar and vitamins. The seed contains oil and santanin.



Zarkokil variety is an early variety and lasts 50-60 days. Palagi is straight. The leaf is heart-shaped, pointed. The fruit is leafy, star-shaped. The color of the fruit is green, yellow when biologically ripe, its weight is 25-30 grams. The yield is 6-7 t per hectare.

Patisson fruit, cut at 2-4 or 6-8 days old, is sweet and pleasant. It contains

Figure 1. Patisson Zarkokil fruit.

4% to 12% dry matter. Contains protein, pectin, fat, and sugar. Due to its rich content of vitamins, it is used in the preparation of diet foods. Dishes made from patisson improve metabolism. In the treatment of heart and vascular diseases, it prevents kidney and liver diseases. Patisson is recommended as a diet food in the treatment of atherosclerosis and hypertension. At this point, it is necessary to mention its harmful aspects to human health. Patisson has a risk of causing intestinal diseases. It is dangerous for children to eat patisson in a canned jar. It is not recommended for people with diabetes. It is not recommended for people with low blood pressure.

Ways to eat Patisson.

<https://www.youtube.com/watch?v=ZVaKtvMWeAE&t=35s>

I. Spicy caviar.

Recipe:

- 4 kilograms of patisson
- 1.2 kilograms of tomatoes;
- 800 grams of carrots and onions;
- 4 hot peppers;
- 130 grams of sugar;
- 75 grams of salat.
- Head of garlic;
- 60 grams of vinegar.



Patisson, tomatoes, carrots, onions, meat are passed through a grinder and cooked for 2.5 hours. Grind garlic, pepper, pepper and vinegar, add to caviar, cook for 15 minutes. It is placed in sterilized jars, and then it is closed tightly in the jar.

II. Canned patisson

Recipe:

Patisserie recipe for one liter jar:

- 600 grams of patisson;
- 12-15 grams of dill
- pepper, black peas;
- sweet pepper;
- 2-3 pieces of garli
- 400-450 grams of water;
- 30 grams of salt;
- 30 grams of vinegar 5%.



Young patissons with a diameter of 4-5 centimeters are suitable for canning. Washed fruits are held in boiling water for 4 minutes. Greens,

pepper, garlic are placed at the bottom of the jar, and patisserie is placed at the top. The containers are filled with hot water. Sterilize for 10 minutes. After adding vinegar, the mouth of the container should be closed immediately.

III. Winter salad

Recipe:

2 pickled patissons;

- 2 medium-sized potatoes;
- 350 grams of chicken meat;
- 2 carrots;
- 3 eggs;
- Mayonnaise or or sour cream. Potatoes, eggs, carrots are boiled, the ingredients are cut into slices or cubes, carefully mixed, seasoned with mayonnaise, salted.



You can make a lot of pastries from fried patisson

IV. Roulette with fried eggs

Recipe:

- 4 eggs;
- 20 grams of flour; 180-200 grams of any minced meat;
- 250 grams;• 50 grams of sunflower oil;
- 100 grams of cheese;
- Salt, dill and parsley.

Beat eggs with a whisk, add flour, cook in a

Pan. Separately, minced meat is fried with chopped onions and pumpkin



It is mixed until cooked. Salt and pepper are added and minced meat is put in the middle of the egg and it is wrapped on both sides to form a roll. When eating, cut into pieces, mix with shift, garnish with finely chopped dill and various spices.

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