

Benefits of Almond and its Varieties

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Abstract: A natural source of energy, almonds, like many other nuts, are rich in useful nutrients - a large amount of fiber, vitamin E, protein and other important components. According to scientists, there are approximately 130 different beneficial compounds in almonds.

Keywords: Bumajnoskorlupiy, Pervenets, Turkmenskiy, Svetliy, Ugamskiy, Valtinskiy, Malika, Bostonliq, Nikitin, Ugom, Yalta, Malika, Zarina, Qilichnuskha, Uzbek galviragi, Persian almond, Victoria almond, Victoria almond, White Sail, Nikitskiy 62, Dream, Slovenian Almond.

Benefits of almonds. Improves cholesterol levels and reduces the risk of heart disease. Almonds, as part of a healthy diet, improve glycemic status in patients with diabetes. Almond consumption Polyphenols (chemical compounds) in almonds have an antioxidant effect. Get an almond paste that's additive-free and sugar-free. Nut and almond butter should contain only nuts and salt. High-protein almond flour is the best alternative to other grain-free flours. Just 2 tablespoons of this product can provide up to 15% of the body's daily value of vitamin E. Almond flour is good for people with celiac disease or gluten deficiency, as it can easily replace wheat in breads and pastries.

Almonds were first found in North Africa, Western Asia, and the Mediterranean region. It is rich in vitamins and minerals, contains dietary fiber and unsaturated fats, and thus protects heart health.



Varieties of almonds.

In Uzbekistan, in 2022, almonds are grown on a total of 7.9 thousand hectares of farms of all categories, of which 6.2 thousand hectares are on farms, and 1.7 thousand hectares are on private farms. This is reported by the Ministry of Agriculture. In 2022, it is planned to establish 2.6 thousand hectares of almond orchards by farmers and agricultural enterprises, and in the spring of this year, 1.9 thousand hectares of almond orchards were established. The remaining 699 hectares will be planted in October-November.

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There are local varieties of almonds, such as "Bumajnoskorlupiy", "Pervenets", "Turkmensky", "Svetliy", "Ugamsky" and "Valtinsky", "Malika", which are recommended for planting in the territory of Uzbekistan and are included in the state register of agricultural crops. The following high-quality varieties are recommended for planting: "Gozal", "Tian-shan" local variety, late-flowering "Bo'stonliq", late-flowering "Nikitin", "Ugom", "Yupka pochok", "Yalta", "Malika", "Zarina", "Qilichnuskha", "Uzbek galviragi" etc.

Taking into account the soil and climatic conditions of the regions, special attention is being paid to the specialization of almond cultivation. Zharkurgan, Sariosia districts in Surkhandarya region, Gallaorol, Zomin in Jizzakh region,

In Tashkent, some areas of Ohangaron districts are specialized in almond cultivation. In 2021, 2.1 thousand tons of almonds worth 5.5 million dollars were exported, and by September 2022 this figure was 4.7 thousand tons worth 3.5 million dollars. The height of the almond tree is high, the branches are pyramidal or branched, the root system is strong and grows up to a depth of 6 meters. Almond trees are usually 6-8 meters tall. In some cases, the height of the tree can be up to 12 meters. It is very resistant to drought and grows well even on dry, rocky and infertile southern slopes of the mountain regardless of location. Plant almonds in autumn or early spring. is planted. Because it is light-demanding, it does not grow well in cool places, it develops well in loamy soils containing lime.

Almond is light-loving, very resistant to heat and drought. Almond blooms the earliest, before other fruit trees - in February and early March, so spring frosts in the plains damage it. Almond fruit ripens in August-September. Almonds begin to harvest from the age of 3-4, and give a good harvest from the age of 12-18 to 35-40 years. If it is well taken care of, it can live and bear fruit for 60-100 years. Despite the fact that almonds are resistant to winter frosts, it is more reliable to choose varieties that begin to bloom later in places where cold weather is constantly observed at the end of spring.

Harvesting. The harvesting period of almonds varies depending on the region and the cultivated variety. In the country, the almond harvest lasts mainly from mid-July to August and September. An important feature of the varieties is that the outer shell is easily separated from the ripe fruit, that is, it opens. In the fruits that are close to ripening on the tree, the green shell cracks and partially dries and changes color. Ripe fruits are good for shedding when shaken. Below are descriptions and photos of the best varieties of wild almond hybrids.

Often these are winter-hardy, edible nuts. They are grown for fruit and as an ornament for the area. The hybrid was created on the basis of Georgian almonds, it is not afraid of spring frosts, flower buds are resistant to temperature drops. Culture blooms in mid-May, fruits in September. It is suitable for cultivation in the territory of the Russian Federation, except for the dangerous farming zone.

It grows in the form of a tree up to five meters in height. The crown is compact, not spreading, dense, the ends of young shoots are slightly lowered. The plant is grown for fruit production. Nuts have a good taste and thin brown shells, ripen in July. Flowers are medium-sized, dark pink, sterile. Pollinating varieties allow to achieve high and stable productivity of trees.

Foros almond variety. This almond variety was created specifically for fruit production. As a result of hybridization of three species, the plants obtained drought-resistant species for cultivation in the North Caucasus region.

This is a tree of medium height (up to four meters) with a wide oval, spreading and dense crown. The fruit is large, the shell is soft, the core is well separated from the pericarp. The leaves are dark green, hairy. The tree blooms in May with medium-sized pink flowers. The variety refers to trees with an average ripening period, and the harvest is carried out in September.

Almond varieties of Slovenia. The hybrid of the new generation of Slovenia is the result of the work of Ukrainian breeders. It is given for cultivation in temperate climates. The plant is resistant to drought, and the generative flower buds remain dormant for a long time. It is in the experimental cultivation stage.



VictoriaAlmond. Seedling obtained from pollination of Nikitinsky 62 variety and Ledebour almond. The resulting hybrid has a high yield, good immunity to low temperatures. This is one of the few varieties listed in the State Register. Thermophilic culture tolerates drought well, it is located in the North Caucasus region. Available for cultivation in Central Russia. The variety produces fruit with good taste. Nuts are large, weighing up to 6 g. The stone is easily separated from the pericarp. It grows in the form of a tree with a dense, branched crown. Blooms with pink flowers in April, fruits ripen in August.

White sail. This variety was created for breeding in the southern regions. The plant tolerates drought well, even a slight decrease in temperature is harmful to flower buds. Flowering lasts 21 days from April. Nuts ripen in July. It is widely used in the design of various plots.



Nikitsky 62. A popular variety for temperate regions. The plant is the most frost-resistant among representatives of the species. Winter holidays are long. The culture blooms at the end of May. It grows in the form of a tree up to five meters in height. Cultivated to produce fruit. Nuts are sweet with a high concentration of oils. In July, the fruit in the 6th year of growth, the culture is unique, so pollinating varieties are required.

Dream. A decorative variety based on steppe species. A low-growing shrub up to one meter in height, valued for its flowering. Frost-resistant, with a regular spherical crown shape. It is used for the design solution in designing the area.

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