Food

Seabuckthorn leaves as a source of protein

The yellow to orange berries of Seabuckthorn are now-a-days used for making commercial beverage and for many medicinal purposes. The leaves of this abundantly growing shrub are used as animal feed and can be used as a source of unconventional protein for human food. Li & Wardle at Pacific Agri Food Research Centre, British Columbia studied the effect of harvest period on the protein content in *Hippophae rhamnoides* Linn. subsp. *sinesis* which are reported to contain an average of 17.1 and 16.2g protein 100g⁻¹ dried leaf. Essential amino acids such as lysine, threonine, valine, methionine and phenylalanine are also present in these leaves.

Based on the investigation it is concluded that Seabuckthorn leaves should be harvested from late July to early August since leaf protein content peaked around this period of time and started to decline significantly by the middle of August [Li & Wardle, *Can J Plant Sci*, 2003, 83(2), 409-410].

Fish consumption and its effect on serum lipid profile

Studies conducted in coastal town of Andhra Pradesh revealed that fish has beneficial role in altering the serum lipid fractions. Lower levels of serum total cholesterol, triglycerides, VLDL cholesterol and LDL cholesterol and higher levels of HDL cholesterol was observed with the intake of marine fish. Regular intake of fish may have a beneficial effect in preventing coronary heart disease; frequency of fish consumption has a definite role in regulating lipid fractions [Bharathi et al, *Indian J Nutr Dietet*, 2003, 40(6), 205-210].

Fruit

Storage of Muscadine grapes

Muscadine grapes, *Vitis rotundifolia* Michx. are grown primarily in the southern United States and grown on a small extent in India. The fruits are generally free of injury, decay and sunscald and are fully bronze or black in colour. Harvesting and marketing for fresh muscadines, manual harvesting, sorting and packaging are required. Muscadine grapes are normally marketed as individual berries because the fruit is easily separated from the stem during picking. Broken stem ends are usually evident, however, rendering the berries more susceptible to spoilage.

Recent studies on handling, storage and post-harvest physiology of muscadine grapes concluded that muscadine for table grapes should be stored in flexible polyethylene bags without holes, or better yet, hold berries in polyethylene pints trays with holes [Himelrick, *Small Fruits Rev*, 2003, 2(4), 45-62].

Medicinal potential of grape leaves

In Europe the grape leaves (*Vitis vinifera* Linn.), especially those varieties with dark grapes and red pulp, are used in traditional medicine in case of venous diseases. In clinical trial it was possible to prove the efficacy of preparations from the red vine leaf in the treatment of venous insufficiency. The leaves are also used as astringent, in the treatment of diarrhoea, bleedings, haemorrhoids and varicose veins. In the East-Mediterranean countries the grape vine leaves are used as an important ingredient for various recipes. Compared to the grape berries, grape leaves are richer in the content of carotenoids and vitamin C.

Biochemical analysis revealed that the red vine polyphenols are also present in the leaf, some of them like flavonoids, even in higher concentrations. For this reason, red vine leaves or preparations from these leaves, could be of interest for the development of new prophylactic or therapeutic agents in the field of coronary heart disease [Lardos & Kreuter, *Ingred Health Nutr*, 2002, 5(5), 12-14].