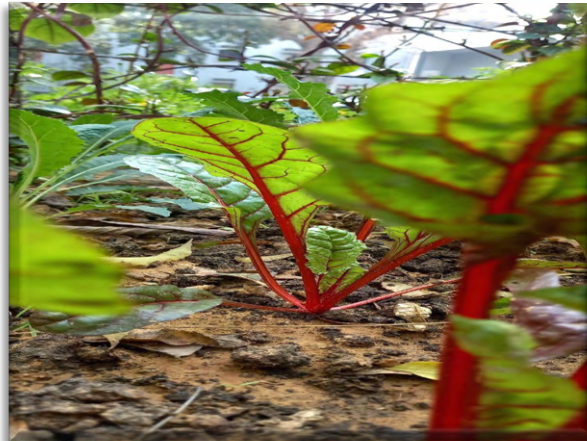


KRISHNA'S KITCHEN GARDEN AT GDANC





Janki Devi Memorial College

(University of Delhi)

ACCREDITED BY NAAC WITH B++ GRADE

SCIENTIFIC NAME

Name- *Spinacia oleracea*

Species- *S. oleracea*

Family- *Chenopodiaceae*

COMMON NAMES

पालक

SPINACH

Interesting Facts

A leafy green vegetable originating in Persia. Grows best in places with long, hot summers and cold winters. Contains vitamins A, C, folate, B6, E, and K. Excessive consumption causes kidney stones.

Photography / Data Collection:

Dr. Kanika Kakar, Asst. Professor, JDMC

Source: [wikipedia.org](https://www.wikipedia.org), [britannica.com](https://www.britannica.com)



Janki Devi Memorial College
(University of Delhi)
ACCREDITED BY NAAC WITH B++ GRADE

SCIENTIFIC NAME

Name- *Brassica oleracea*

Species- *Brassica oleracea*

Family- *Brassicaceae*

COMMON NAMES

पत्ता गोभी

CABBAGE

Interesting Facts

A wild plant originating in Europe and the Mediterranean. Grows in a cool, mild temperature and contains 93% water. Lowers the risk of colon cancer. Excessive consumption causes bloating, flatulence and goiter.

Photography / Data Collection:

Dr. Kanika Kakar, Asst. Professor, JDMC

Source: [wikipedia.org](https://www.wikipedia.org), [britannica.com](https://www.britannica.com)



Janki Devi Memorial College
(University of Delhi)
ACCREDITED BY NAAC WITH B++ GRADE

SCIENTIFIC NAME

Name- *Beta vulgaris*

Species- *Beta vulgaris*

Family- *Chenopodiaceae*

COMMON NAMES

चुकंदर

SWISS CHARD/SILVER BEET

Interesting Facts

A biennial plant but generally grown annually. It is a variety of beetroot, but does not produce edible root. Grown for green leaves and leafstalks. High in nutrients and fibre, it helps to maintain weight, lowers risk of certain cancers, and promotes heart health

Photography / Data Collection:

Dr. Kanika Kakar, Asst. Professor, JDMC

Source: [wikipedia.org](https://www.wikipedia.org), [britannica.com](https://www.britannica.com)



Janki Devi Memorial College

(University of Delhi)

ACCREDITED BY NAAC WITH B++ GRADE

SCIENTIFIC NAME

Name- *Coriandrum sativum*

Species- *C. sativum*

Family- *Apiaceae*

COMMON NAMES

धनिया

CORIANDER

Interesting Facts

Believed to be one of the oldest and most widely used herb. All its parts including leaves, seeds and roots are edible. Used to add flavour and aroma to food. Roots are important part of Thai cooking.

Photography / Data Collection:

Dr. Kanika Kakar, Asst. Professor, JDMC

Source: [wikipedia.org](https://www.wikipedia.org), [britannica.com](https://www.britannica.com)



Janki Devi Memorial College
(University of Delhi)
ACCREDITED BY NAAC WITH B++ GRADE

SCIENTIFIC NAME

Name- *Brassica oleracea*

Species- *Brassica oleracea*

Family- *Brassicaceae*

COMMON NAMES

गोभी

**KALE/CURLED KITCHEN
LEAVES**

Interesting Facts

A loose-leafed cruciferous vegetable, close to the cabbage family. Typically is blue-green in colour. Originated in the Eastern Mediterranean and Anatolia. It is rich in nutrients that have medicinal properties.

Photography / Data Collection:

Dr. Kanika Kakar, Asst. Professor, JDMC

Source: [wikipedia.org](https://www.wikipedia.org), [Britannica.com](https://www.britannica.com)



Janki Devi Memorial College

(University of Delhi)

ACCREDITED BY NAAC WITH B++ GRADE

SCIENTIFIC NAME

Name- *Raphanus sativus*

Species- *R. raphanistrum*

Family- *Brassicaceae*

COMMON NAMES

**लाल मूली
RED RADISH**

Interesting Facts

Fast growing annual, cool season edible root crop. Grown and consumed throughout the world as crunchy raw salad. Get their red colour from anthocyanin. Grows best in full sunlight and sandy loams.

Photography / Data Collection:

Dr. Kanika Kakar , Asst. Prof. JDMC.

Source: [wikipedia.org](https://www.wikipedia.org), [britannica.com](https://www.britannica.com)



Janki Devi Memorial College
(University of Delhi)
ACCREDITED BY NAAC WITH B++ GRADE

SCIENTIFIC NAME

Name- *Brassica rapa*

Species- *Brassica rapa*

Family- *Brassicaceae*

COMMON NAMES

चाइनिज पत्ता गोभी

BOK CHOY/ SPOON

CABBAGE

Interesting Facts

Among the oldest cultivated vegetables in the world. Is frost resistant. Has juicy and crunchy steams. Mildly sweet and faintly bitter in flavour. Favoured in Asian cooking and used in both cold and hot dishes.

Photography / Data Collection:

Dr. Kanika Kakar, Asst. Professor, JDMC.

Source: [wikipedia.org](https://www.wikipedia.org), [britannica.com](https://www.britannica.com)



Janki Devi Memorial College
(University of Delhi)
ACCREDITED BY NAAC WITH B++ GRADE

SCIENTIFIC NAME

Name- *Eruca vesicaria sativa*

Species- *E. vesicaria*

Family- *Brassicaceae*

COMMON NAMES

तारामीरा

**SALAD ROCKET/
ROQUETEE/ARUGULA**

Interesting Facts

Grown for the oil that is found in its seeds. Has pungent edible leaves. It is delicate and must be harvested by hand. Has spicy flavour, which repels some pests.

Photography / Data Collection:

Dr. Kanika Kakar, Asst. Professor, JDMC

Source: wikipedia.org, britannica.com



Janki Devi Memorial College
(University of Delhi)
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SCIENTIFIC NAME

Name- *Anethum graveolens*

Species- *A. graveolens*

Family- *Apiaceae*

COMMON NAMES

सावा

DILL

Interesting Facts

An aromatic herb with delicate, feathery green leaves. Used for its culinary and medicinal properties for millennia. Dill oil is used for manufacturing soap.

Photography / Data Collection:
Dr. Kanika Kakar, Asst. Professor, JDMC
Source: [wikipedia.org](https://www.wikipedia.org), [britannica.com](https://www.britannica.com)



Janki Devi Memorial College
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SCIENTIFIC NAME

Name- *Brassica juncea*

Species- *B. juncea*

Family- *Brassicaceae*

COMMON NAMES

सरसो

INDIAN MUSTARD

Interesting Facts

Requires rich organic nutrient-dense soils, sun and cool temperatures for efficient and fast growth. Seeds are used as spice and to extract oil.

Photography / Data Collection:

Dr. Kanika Kakar, Asst. Professor, JDMC

Source: [wikipedia.org](https://www.wikipedia.org), [britannica.com](https://www.britannica.com)



Janki Devi Memorial College

(University of Delhi)

ACCREDITED BY NAAC WITH B++ GRADE

SCIENTIFIC NAME

Name- *Brassica oleracea* var. *botrytis*

Species- *Brassica oleracea*

Family- *Brassicaceae*

COMMON NAMES

फूलगोभी

CAULIFLOWER

Interesting Facts

A form of edible flower, which is not fully developed. Its head is often called a curd. Remains white as its leaves shield it from sun and prevent the formation of chlorophyll. Has glucosinolates that help prevent cancer.

Photography / Data Collection:

Dr. Kanika Kakar, Asst. Professor, JDMC

Source: [wikipedia.org](https://www.wikipedia.org), [britannica.com](https://www.britannica.com)



Janki Devi Memorial College
(University of Delhi)
ACCREDITED BY NAAC WITH B++ GRADE

SCIENTIFIC NAME

Name- *Beta vulgaris*

Species- *B. vulgaris*

Family- *Chenopodioideae*

COMMON NAMES

**चुकंदर
BEETROOT**

Interesting Facts

The taproot portion of a beet plant. Overharvesting of its leaves effects the size of the beetroot. High in sugar content. Rich source of riboflavin. Helps in treating conditions related to digestion and blood. Used as red food colorant and for making wine.

Photography / Data Collection:

Dr. Kanika Kakar , Asst Professor, JDMC.

Source: [wikipedia.org](https://www.wikipedia.org), [britannica.com](https://www.britannica.com)



Janki Devi Memorial College
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SCIENTIFIC NAME

Name- *Lactuca sativa*

Species- *Lactuca sativa*

Family- *Asteraceae*

COMMON NAMES

लाल सलाद पत्ता
RED LETTUCE

Interesting Facts

High in vitamin A. Has a high water content and low calorie count, which makes it a great addition to a weight loss diet.

Photography / Data Collection:

Dr. Kanika Kakar, Asst. Professor, JDMC

Source: [wikipedia.org](https://www.wikipedia.org), [britannica.com](https://www.britannica.com)



Janki Devi Memorial College
(University of Delhi)
ACCREDITED BY NAAC WITH B++ GRADE

SCIENTIFIC NAME

Name- *Brassica rapa*

Species- *B. rapa*

Family- *Brassicaceae*

COMMON NAMES

तत्सोई

TATSOI/Tat choy

Interesting Facts

Native of Yangtze river region in China. Member of mustard family. Has spoon shaped leaves with thick rosette. Rich in vitamin C, folic acid, calcium and potassium. Prevents diabetes and cancer.

Photography / Data Collection:

Dr. Kanika Kakar, Asst. Professor, JDMC

Source: [wikipedia.org](https://www.wikipedia.org)



Janki Devi Memorial College
(University of Delhi)
ACCREDITED BY NAAC WITH B++ GRADE

SCIENTIFIC NAME

Name- *Lactuca sativa*

Species- *L. sativa*

Family- *Asteraceae*

COMMON NAMES

सलाद पत्ता

LETTUCE

Interesting Facts

A nutrient-dense and low-calorie food with 95% water content. Contains substances (Zeaxanthin) that promote eye health and some carotenoids with potential anti-diabetic action.

Photography / Data Collection:

Dr. Kanika Kakar, Asst. Professor, JDMC

Source: wikipedia.org, britannica.com



Janki Devi Memorial College
(University of Delhi)
ACCREDITED BY NAAC WITH B++ GRADE

SCIENTIFIC NAME

Name- *Lactuca sativa*

Species- *L. sativa*

Family- *Asteraceae*

COMMON NAMES

सलाद पत्ता

OAK LEAF LETTUCE

Interesting Facts

Like the oak tree has lobed leaves. Tender, sweet, and well-suited to salads. A cool-weather crop, which is best planted in the spring or fall.

Photography / Data Collection:

Dr. Kanika Kakar, Asst. Professor, JDMC

Source: [wikipedia.org](https://www.wikipedia.org), [britannica.com](https://www.britannica.com)



Janki Devi Memorial College

(University of Delhi)

ACCREDITED BY NAAC WITH B++ GRADE

SCIENTIFIC NAME

Name- *Apium graveolens*

Species- *A. graveolens*

Family- *Apiaceae*

COMMON NAMES

अजमोदा

CELERY

Interesting Facts

A herbaceous plant that belongs to the parsley family. First cultivated in Mediterranean regions in marshy soils. Celery seeds yield oil, which is used in perfume industry. It is 95% water and a rich source of vitamin K.

Photography / Data Collection:

Dr. Kanika Kakar, Asst. Prof, JDMC

Source: [wikipedia.org](https://www.wikipedia.org), [britannica.com](https://www.britannica.com)



Janki Devi Memorial College
(University of Delhi)
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SCIENTIFIC NAME

Name- *Allium fistulosum*

Species- *A. fistulosum*

Family- *Amaryllidaceae*

COMMON NAMES

हरी प्याज

SPRING ONIONS

Interesting Facts

Harvested when their tops are green and bulb underdeveloped. Milder than onions and hence, ideal for eating raw. Their green tops can be used like chives. Rich in vitamin C, which helps build immunity and fight flu.

Photography / Data Collection:

Dr. Kanika Kakar, Asst. Professor, JDMC.

Source: [wikipedia.org](https://www.wikipedia.org), [britannica.com](https://www.britannica.com)



Janki Devi Memorial College
(University of Delhi)
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SCIENTIFIC NAME

Name- *Petroselinum crispum*

Species- *P. crispum*

Family- *Apiaceae*

COMMON NAMES

अजमोद

PARSLEY

Interesting Facts

A popular herb plant. A native to Central and Eastern Mediterranean region. Used for garnishing and flavouring of food. Traditionally used to alleviate menstrual pain and as an herbal abortifacient.

Photography / Data Collection:

Dr. Kanika Kakar, Asst. Professor, JDMC

Source: [wikipedia.org](https://www.wikipedia.org), [britannica.com](https://www.britannica.com)



Janki Devi Memorial College
(University of Delhi)
ACCREDITED BY NAAC WITH B++ GRADE

SCIENTIFIC NAME

Name- *Trigonella foenum-graecum*

Species- *T. foenum-graecum*

Family- *Fabaceae*

COMMON NAMES

मेथी

METHI/ FENUGREEK

Interesting Facts

A clover-like herb native to the Mediterranean region, Southern eastern Europe, Western Asia and North Africa. Both its leaves and seeds are used in cooking and as medicine. Fenugreek extracts are also used in soaps and cosmetics.

Photography / Data Collection:

Dr. Kanika Kakar, Asst. Professor, JDMC

Source: [wikipedia.org](https://www.wikipedia.org), nccih.nic.gov



Janki Devi Memorial College
(University of Delhi)
ACCREDITED BY NAAC WITH B++ GRADE

SCIENTIFIC NAME

Name- *Raphanus sativus*

Species- *R. raphanistrum*

Family- *Brassicaceae*

COMMON NAMES

मूली

WHITE RADISH/DAIKON

Interesting Facts

Has fast growing leaves and a long white napiform root. Native to East Asia but harvested and consumed in South Asia as well. Also, planted to recover soil nutrients. Its storage length improves by cutting off its leafy tops.

Photography / Data Collection:

Dr. Kanika Kakar, Asst. Professor, JDMC

Source: [wikipedia.org](https://www.wikipedia.org), [britannica.com](https://www.britannica.com)



Janki Devi Memorial College

(University of Delhi)

ACCREDITED BY NAAC WITH B++ GRADE

SCIENTIFIC NAME

Name- *Allium tuberosum*

Species- *A. tuberosum*

Family- *Amaryllidaceae*

COMMON NAMES

लहसुन
GARLIC

Interesting Facts

Edible bulb from plant in the lily family. Native to Central Asia but grows wild in Italy and Southern France and is used in their national cuisines. Prevents high blood cholesterol and high blood pressure.

Photography / Data Collection:

Dr. Kanika Kakar, Asst. Professor, JDMC

Source: britannica.com, ncch.nic.gov



Janki Devi Memorial College

(University of Delhi)

ACCREDITED BY NAAC WITH B++ GRADE

SCIENTIFIC NAME

Name- *Daucus carota*

Species- *D. carota*

Family- *Apiaceae*

COMMON NAMES

गाजर

CARROT

Interesting Facts

A type of root vegetable. Originated in Persia and was originally cultivated for its leaves and seeds. Typically, orange in colour, although there are purple, yellow, red, black and white varieties also.

Photography / Data Collection:

Dr. Kanika Kakar, Asst. Professor, JDMC

Source: [wikipedia.org](https://www.wikipedia.org), [britannica.com](https://www.britannica.com)

STUDENT SUPPORT TEAM

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