

Soil minerals affect food nutrition

All of us are aware of the fact that fruits and vegetables are rich source of nutrition. Nutrition is assimilation of food for proper growth and development. Balanced and proper nourishment is the outcome of complete nutrition obtained in form of right amount of minerals and vitamins present in your daily diet.

Fruits and vegetables are considered to be an excellent sources of different minerals. These fruits and vegetables are grown in soil. Soil is considered to be rich with minerals, nutrition, water and all other necessary minerals needed for growth and support of plants. Soils of different geographic areas are rich in different types of minerals and elements. But looking to present scenario of soil degradation everywhere soils are devoid of one or the other essential minerals.

Role of these essential minerals pose a very important role in maintaining nutrition levels of vegetation which are cultivated on that soil. These essential minerals present in plants are not manufactured or synthesized by plants, rather they are absorbed by the plants from the soil. These minerals naturally present in soil are taken up by the plants in soluble form through roots.

"Particular plants have different morphology and physiology which enables them to absorb different minerals according to their profile. Thus nutritional content of food is determined by the mineral content of the soil. Minerals have to be absorbed from soils and if soils are deficient of particular minerals then plants cannot uptake required mineral."

For example **Banana considered to be an excellent source of Potassium needed for regulating blood pressure. In same way Peanuts are excellent sources of Zinc. We believe consumption of Banana will provide us with the necessary Potassium levels needed for our body and in same way consumption of Zinc will give us a dose of Zinc.** But if they are grown in soils which are devoid of Potassium and Zinc they won't be able to provide us with the same minerals.

The ultimate take away from the above discussion is that fruits and vegetables can be a good source of minerals they known for only if they are grown in soils rich with that specific minerals. Many methods have now been employed which can grow plants without the availability of specific minerals in plants. Peanuts grown artificially will look cosmetically as fresh as the natural ones but they will not have what they known for i.e. zinc.

Soil degrading human activities, increased use of chemical fertilizers poses a major threat for nutritional levels of soil. Rather the use of organic fertilizers provide all essential minerals to soil and thus the plants grown on organic soils have more chances of incorporating particular minerals depending on their profile. Balancing pH with use of organic fertilizers also facilitate uptake of desired minerals.

Organic fertilizers formed from natural ingredients are having trace of all these essential minerals and helps plant in healthy growth and development. Thus the need of the hour is to use organic fertilizer which will avoid further worsening of situation.