



Higher education institutions' contribution for development of sustainable agro-food production systems in Kyrgyzstan and Uzbekistan

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CHAMOMILE JAM (BIO JAM)

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Abstract

Chamomile has been used as a remedy since the time of Hippocrates in 500 B.C. It is used to treat fever, headache, kidney, liver and bladder problems, digestive disorders, muscle spasms, anxiety, insomnia, skin irritation, bruises, gout, ulcers, rheumatic pains, hay fever, inflammation, colic and menstrual disorders. Another advantage of chamomile is that it can be used all year round - in pharmacies it is sold in dried form. But we wanted to have a ready-made useful product with anti-inflammatory and antiviral action. And such an idea arose during the Covid19 pandemic. We prepared a "jam" from the medicinal plant with the addition of pectin and vitamin C.

Aim

Finding out how a person can harness the healing power of chamomile jam.

Tasks

1. Learn about the healing power of chamomile.
2. To learn how to properly harvest chamomile flowers.
3. Collect the best family recipes for treating colds and strengthening immunity and develop new recipes.

Materials and methods

- Questionnaire survey of students and teachers;
- Conducting experiments;
- Analyzing and summarizing the results obtained

Results

The product was developed together with students with the support of the JICA One Village One Product organization.

Table 1
Europe 2020 headline indicator – Employment, EU-28, 2008 and 2012-2016

Name ingredient	Qty (g)	Ratio %
dry chamomile	25.0	6.20 %
vitamin C	0.627	0.157 %
water	374.4	93.60 %
total weight	400.0	100.00 %
<i>Chamomile recipe</i>		
chamomile extract	281.2	18.74 %
suger	975.1	65.00 %
pectin	7.50	0.50 %
citric acid	4.50	0.30 %
water	231.8	15.45 %
total weight	1500.0	100.00 %

1. During the study for benignity, crushing, it was found that the tested samples of chamomile, bought in pharmacies in Naryn city, meet the requirements.
2. When conducting an organoleptic sample, it was found that all raw materials of chamomile in four indicators - taste, color, transparency, aroma - meet the criteria of GOST.



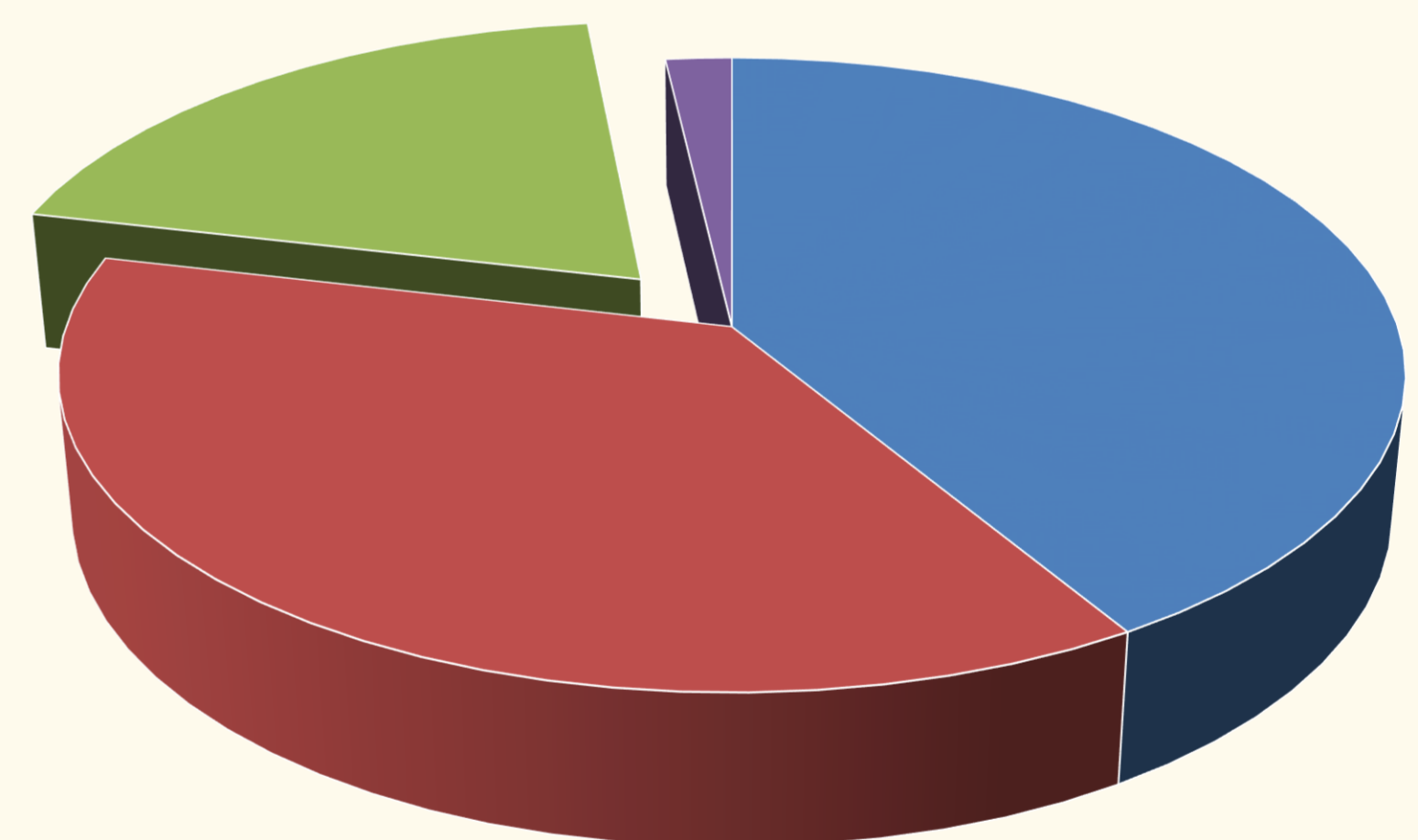
Questionnaire

To answer this question, we conducted a questionnaire among students and faculty. In our questionnaire we asked three questions:

- Do you know about the medicinal properties of chamomile?
- How often do you use chamomile in your family?
- Do you collect chamomile and dry it yourself?

And we got the following results:

Questionnaire results



- Number of participants 225
- Know about the properties of chamomile 203 people
- 106 people use chamomile
- Pick chamomile flowers themselves 10 people

Conclusions

1. If you know about the use of medicinal chamomile, you can cure many diseases.
2. It is important to know how to properly collect, dry, store and use as directed. Chamomile should be used correctly for effective and safe use.

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