

Role of fruits in developments of national economy

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ABSTRACT

Cultivating fruits is one of India's most significant and enduring customs, dating back to the dawn of time. Fruit crop farming has an enormous influence on the welfare of people and the economic health of the country. Fruit production and consumption per person in a nation has an immediate impact on the quality of sustenance of its population. Fruits are high in vitamins and minerals, which the human body requires to stay healthy and build resistance to diseases. Because of its wide-ranging soils and climatic circumstances, India is a perfect country for producing all of the key fruits. Since fruit growing is a labor-intensive activity, it creates job opportunities throughout the value chain, from planting and harvesting to transport and marketing. Exports of fresh and processed fruits are a vital source of foreign currency, helping in the national trade balance.

KEYWORDS: Fruits, farming, economic health, sustenance, vitamins, minerals, soils

INTRODUCTION

India is currently the second-largest producer of fruits in the world, producing 13% of the world's total fruit, and is home to a wide variety of fruits due to its diverse agro-climatic conditions (Singh *et al.*, 2021). Fruits are crucial part of human dietary habits, and it is generally believed that a country's standard of living can be assessed by its per capita production as well as consumption of fruits (Rejman *et al.*, 2021). The primary fruit-producing states in our nation are Uttar Pradesh, Andhra Pradesh, Bihar, Karnataka, Tamil Nadu, Maharashtra, Kerala, and West Bengal, while Gujarat, Assam, Madhya Pradesh, and Odisha are other states with sizable fruit-growing areas (Ravindran *et al.*, 2007). India's per capita fruit consumption is just about 400 g per day, well below 92 g per day minimum is advised by the National Institute of Nutrition in Hyderabad and the Indian Council of Medical Research (Sachdeva *et al.*, 2013). The leading exporters compete fiercely on the fresh fruit export market. For nations that export a lot, access to international markets is essential. One way to increase market access is through free trade agreements.

NEW OPPORTUNITIES FOR FRUIT EXPORT FROM ORGANIC FARMING IN INDIA

With the aim of expanding exports and enhancing returns, organic farming must be fostered in the production of various fruit crops. Imports of fresh fruits like dates, almond, peanuts, pistachio nuts, raisins, rubber, cocoa, and palm oils can all be substantially decreased. There needs to be more area under such commodities (Malik, 2020). With the economy becoming progressively transparent, it is more critical to have sufficient trustworthy and up-to-date data regarding the import of fruit commodities. Documentation regarding the quality, values, and other features associated with the goods imported into the nation should be accessible online so that the government and keen businesses may access this information for a variety of applications. Any novel technology can be the subject of a patent, which is a transitory legal monopoly that is awarded to the owner. An inventor and other people who derive advantages from inventions receive this right by the government. Through variety of products and innovations in technology, patents additionally

improve the technological process (Prashanth *et al.*, 2025).

THE SIGNIFICANT ROLE OF FRUIT CROPS

One of the significant and traditional practices that have been followed in India since its humble beginnings is fruit farming. Fruit crop cultivation contributes greatly to the long-term prosperity of humanity and the country. The production and per capita consumption of fruits influence the population of a country's standard of living.

Fruit crops produce the highest yield per unit of land than any other agricultural crop. Papaya, banana, and grapes yield ten to fifteen times higher than those of other commercial crops. Fruit cultivation renders the raw ingredients for a wide range of agro-based enterprises, including those that transport and pack goods, manufacture coir products (coconut husk), manufacture pharmaceutical products (aonla / Indian gooseberry, papaya, and jamun), and preserve fresh fruits. The cultivation of fruits is perennial in nature, allowing growers to maintain year-round agricultural operations and make full use of their resources & assets like land, labor, soil, water and machinery for the purpose of farming. A variety processed foods, fresh fruits, and spices are shipped to numerous nations, generating substantial amounts of foreign currency. Fruits are crucial for a healthy diet and lifestyle. Nutritionists recommend 60 to 85g of fruit daily. Fruits include a variety of nutrients, including pectin, cellulose, lipids, proteins, and vitamins and minerals that are essential for human health and the development of disease resistance. Due to its diverse soils and environmental variables, India offers the perfect environment to cultivate all the essential fruits. They can therefore be processed, conserved, and consumed throughout the off-season to prevent an overabundance on the market. Fruits can be used to create a variety of by-products. Fruits are cash crops, consequently help farmers to earn greater profits from their land via growing it. Only a relatively small portion of the overall cropped land is dedicated to growing fruits, which accounts for the low fruit consumption. India needs to increase fruit production to the point where it is self-sustaining and prices are reasonable for both the wealthy and the poor (Garande *et al.*, 2015).

Raising fruits in kitchen gardens helps families spend less on fruit purchases. Planting trees aids in preserving natural harmony and boosts local precipitation-driven levels. Fruit trees are another source of income for such planting programmes (Poulton & Poole, 2001; Schreckenber *et al.*, 2006). Establishing fruit trees minimizes air pollution, silting of tanks, and the deterioration of soil. Fruit farming is a highly specialized and demanding business; thus, it may generate opportunities even for people with no formal educational background. Most fruits are extremely perishable, have a short shelf life, and must be consumed immediately after harvest. One of the biggest barriers to fruit

expansion was a lack of a good transportation system. However, swift transit services by road, rail, and air are now available, allowing growers to ship fruits in good condition to long distant locations in a brief period of time. Cold storage facilities aid in the regulation of market supply and in the stabilization of price fluctuations. Precooling after harvest is required to improve shelf life (Gross *et al.*, 2016). The development of agro-based sectors to produce employment opportunities is essential in ensuring the longevity of our economy. unique horticultural practices such as grafting, ringing, notching, bahar treatment and high-density planting, have all contributed to greater production and the cultivation of larger lands. The development of high yielding cultivars of fruits with specifically designed features such as disease and pest resistance, prolific producers, diverse adaptation, has increased the area under fruits (Elzer-Peters, 2018).

The agricultural sector requires additional highly trained labor forces to carry out routine duties. The labor source in the nation is cheaper than other countries, allowing greater potential to sustain the various farm activities.

Horticultural crops produce far more than grains, legumes, and other crops grown on the same plot of land. India has a variety of climatic conditions, including tropical, temperate and subtropical climatic conditions, which are suitable for the majority of fruit crops.

PRIMARY DEVELOPMENT PROGRAMS IN THE CENTRAL SECTOR

With a budget of Rs. 74 crores, the Central Sector Scheme on Integrated Development of Tropical, Arid, and Temperate Zone Fruits was initiated during the VIII Five Year Plan. This scheme's programmes include: the setting up of large nurseries in the public sector, the development of local district level nurseries in the private sector, the establishment of tissue culture units in both the public and private sectors, instructor training for farmers, the formation of oil extraction plants, area expansion, productivity improvement, and demonstration plots (Sengar & Rani, 2020).

The National Horticulture Board (NHB) is focusing on improving post-harvest and marketing facilities. NHB implemented the strategies for improving post-harvest infrastructure to reduce losses, giving assistance in the construction of a national grid for marketing purposes, encouraging advanced technical input for enhancing productivity and quality of horticultural production, particularly through high-tech projects for greater economic returns to farmers in domestic and international markets (NHB, 2019).

CONCLUSION

Fruit cultivation is crucial for the success of any country. The overall production and intake of fruits can be used for evaluating people's standard of living. Fruit crops have a tremendous potential for

contributing to national economic prosperity. The nation's achievements are dependent on increasing its reserves of foreign currency. As a country with a variety of climates, India has enormous potential for the cultivation and export of various fruits. Lower prices and year-round availability of produce, combined with rising incomes, have expanded the variety of fruits in the worldwide consumer's basket of products.

Concerns about nutrition and improved handling and transportation, have contributed to the globalization of the fruit sector. Market globalization is projected to continue as basic supply variables mix with technological breakthroughs and reduced trade barriers, allowing suppliers to fulfil the tastes of a more sophisticated customer.

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