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News: Five agricultural products of Kerala get GI tag, taking the total count to 17.

- Attappady Attukombu Avara (beans), Attappady Thuvara (red gram), Onattukara Ellu (sesame), Kanthalloor-Vattavada Veluthulli (garlic), and Kodungalloor Pottuvellari (snap melon) are the latest Geographical Indications that have been registered.

Attappady Attukombu Avara (Beans)

- Attappady is located in the **Palakkad district of Kerala**.
- Attappady Attukombu Avara (Beans) is **curved like a goat's horn** as its name indicates.
- Its **higher anthocyanin content compared to other dolichos beans imparts violet colour in the stem and fruits**.
- Anthocyanin is **helpful against cardiovascular diseases** along with its **anti-diabetic properties**.
- The **higher phenolic content of Attappady Attukombu Avara imparts resistance against pest and diseases, making the crop suitable for organic cultivation**.

Attappady Thuvara (Red Gram)

- Attappady Thuvara (Red Gram) is **having seeds with white coat**.
- Compared to other red grams, **Attappady Thuvara seeds are bigger and have higher seed weight**.

Onattukara Ellu (Sesame)

- Onattukara Ellu is cultivated in the **Alappuzha district of Kerala**.
- Onattukara **Ellu and its oil are famous for its unique health benefits**.
- Relatively **higher antioxidant content in Onattukara Ellu helps in fighting the free radicals, which destroy the body cells**.
- Also, the **high content of unsaturated fat makes it beneficial for heart patients**.

Kanthalloor-Vattavada Veluthulli (Garlic)

- Kanthalloor-Vattavada Veluthulli (Garlic) is **cultivated in the Idukki district of Kerala**.
- Compared to the garlic produced in other areas, **this garlic contains higher amount of sulphides, flavonoids, proteins and also rich in essential oil**.
- It is **rich in allicin, which is effective against microbial infections, blood sugar, cancer, etc**.

Kodungalloor Pottuvellari (Snapmelon)

- Kodungalloor Pottuvellari is cultivated in the **Thrissur district of Kerala**.
- This snap melon, which is **harvested in summer**, contains **high amount of Vitamin C**.
- Compared to other cucurbits, **nutrients such as calcium, magnesium, fibre and fat content are also high in Kodungalloor Pottuvellari**.