HOW MUCH POMEGRANATES CAN BE STORED IN THE REFRIGERATOR

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**Annotation**: The composition of pomegranate contains a whole set of vitamins and minerals that contribute to blood formation and proper heart function. Many people stock up on this southern fruit, so it's worth learning how and where to store pomegranates at home. We will also consider the questions of which fruits should be chosen and whether pomegranate can be stored in the refrigerator. How to choose a pomegranate

**Keywords**: Pomegranate, pomegranate juice, freezing pomegranate, shelf life.
How much pomegranate can be stored depends on the condition of the fruit. For long-term storage, select high-quality, undamaged large-sized fruits. The color of the pomegranate skin depends on its variety. It can be very diverse: from the usual red to brown, greenish, yellow. The color of a ripe, healthy fruit is uniform and uniform, while its skin has a slightly woody structure and a little shine. There should be no rotted areas, dents and scratches on the grenade: it cannot be stored for a long time. You can understand that the fruit is fully ripe by the lid on the top of its head. In a ripe fruit, it is dry and fully open, in an unripe fruit it is green. The diameter of a quality pomegranate should not be less than 10 cm. And with a slight squeezing, a slight characteristic crunch should appear. When such a fruit is tapped, a "metallic" sound is heard. If the skin is moist and elastic, this is an indicator of artificial ripening of the fruit. It was removed from the branch while still green and matured in the process of laying. In terms of taste and usefulness, such a product is significantly inferior to those pomegranates that have ripened on a tree. Black rot is one of the main enemies of this fruit. Its presence can be recognized by brown spots on the surface of the peel. It is best to buy pomegranates for long-term storage in November.

**Storage period**

The conditions and shelf life of a pomegranate are closely related. In this case, the condition and quality of the fruits themselves plays an important role. The shelf life of pomegranates in various conditions is as follows:

- in natural conditions with a humidity of 30 - 40% - 7 - 9 days;
• in a cool, dry basement, cellar - up to 5 months;
• in a clay shell - up to 5 months;
• in the lower part of the household refrigerator as a whole and in a cleaned state - 2 months and 4 days, respectively;

Storage conditions
How to store pomegranates in an apartment so that they remain juicy and do not rot?
This requires a temperature within +1°C - +10°C. It is important to choose for them a dry place, closed from light, where sharp temperature drops do not occur.

**How to store pomegranates in the refrigerator**
How long can pomegranates be stored in the refrigerator? For high-quality, not rotten fruits in the peel, 50 - 60 days is far from the maximum shelf life. You just need to create the necessary conditions for them.
It is best to store pomegranates in the vegetable compartment, but do not keep them in airtight bags. The inevitable formation of condensation will occur, which will provoke the process of decay and lead to the formation of mold.
Each fruit is wrapped in paper or covered with a porous material that will absorb excess moisture. If the paper becomes damp, replace it with dry paper.

**Freezing.**
Storing a pomegranate in the freezer is the longest possible way. Freezing allows you to preserve the product for more than a year without significant loss of useful qualities. However, some vitamins still break down.
First, you should carefully remove the grains from the fruit, select the ripe and not spoiled ones and place them in portions in bags for freezing. There are other ways to
store peeled pomegranates at home, but freezing is easier and more effective than others.

**Balcony or cellar**
At +7C - +10C, pomegranate fruits can be stored for up to 2.5 months in conditions of moderate humidity (75 - 80%). At +1C, the storage time increases to 5 - 7 months. At room temperature, the fruits dry out quickly and lose their juiciness after a week.

- in household refrigerators and special cabinets for storing fruits and vegetables - up to 9 months. (+1C);
- frozen - more than 12 months.

You can keep your supplies in the cellar or on the glazed balcony, if it does not freeze in winter. The fruits are stored in boxes in one layer. Beforehand, each of them is wrapped in paper. To close them from light, use thick burlap or cardboard.

The condition of a useful product should be checked regularly. If necessary, replace the dry paper.

**In clay**
If you fill the “crowns” of fruits with clay, they can be stored longer due to the reduction of moisture loss. The clay is calcined in the oven for disinfection, after which it is diluted with water to a state of thick sour cream and each fruit is dipped in it. After drying, the procedure is repeated. Storage of pomegranate in clay is possible up to 5 months in a dry, cool place.

**Peeled pomegranate**
Damaged or slightly spoiled fruit cannot be stored for a long time. Whole grains should be removed from it, which can be put in the refrigerator for 3 to 4 days.

You can also use the shock freeze function, which helps to keep food for a very long time. To do this, the selected grains are placed in tight sealed bags and the instructions of the refrigerator are followed.

The pomegranate does not tolerate repeated freezing, therefore the grains should be distributed into packages in small portions. It is not recommended to store them for more than one year.
Pomegranate juice

How and how much to store pomegranate juice? Let's take a look at this question using a store-bought product with preservatives and an all-natural homemade beverage. Storage of pomegranate juice in a glass container or in a foil paper bag is possible for the period specified by the manufacturer. A freshly pressed product is best consumed immediately or, at most, within half an hour, while it contains the largest amount of vitamins and amino acids. Storing freshly squeezed pomegranate juice is possible only in the refrigerator for the next 24 hours. The container should be tightly covered with a lid to minimize contact of the drink with air. After opening the shop juice in a glass bottle, it can be stored no longer than 2 - 3 days. Conclusion. Proper storage of pomegranate fruits allows them to remain tasty and healthy for a long time. But it should be borne in mind that many people have an allergic reaction to this product. It is also not recommended for children to give it immediately in large quantities, especially if the baby is trying it for the first time. Even such a healthy fruit should be introduced into the child's diet gradually.

REFERENCES: