



## AN ABUNDANCE OF HEALTHY RICHES

THE Krishibid Institute of Bangladesh in the capital's Farmgate was decked out in a riot of colours from February 28-March 2, when the agriculture ministry staged the three-day National Vegetable Fair 2022 with the tagline "Safe vegetable cultivation for year-round health and nutrition". Pumpkins, different kinds of gourds, cabbages, carrots, green chillies, sweet potatoes, beans, broccoli and myriad other such bounties of nature were exhibited for visitors in attractive arrangements. It was also a venue for cultivators to showcase techniques on growing produce the year round. Vegetables are the gift that keep giving. They form the basis for many of the delicious dishes such as bhortas, bhajis and countless curries that are synonymous with Bangladeshi cuisine. Apart from their obvious appeal to tastebuds, a diet rich in vegetables is integral to health as it helps the body ward off many diseases and strengthens the immune system. In the Bangladeshi context, vegetables are also an important part of the export economy.

PHOTO: ANISUR RAHMAN

