

COV TXIV CURRANT

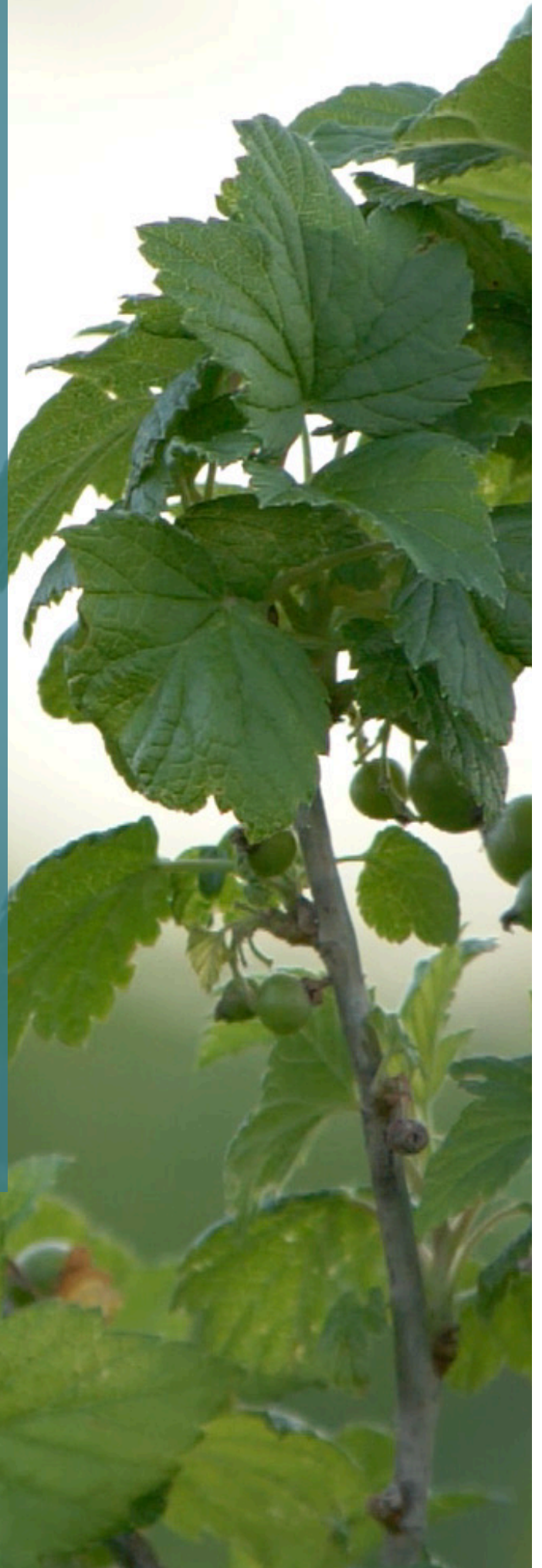
Ribes nigrum

Cov txiv currant dub tau npaj txhij kom dhau los mus ua ib hom qoob tshwj xeeb tshiab hauv Nruab Nrab Sab Hnub Poob (Midwest) thiab Koom Haum Savanna tab tom ua haujlwm kom paub txog nws lub peev xwm tag nrho. Hom txiv hmab txiv ntoo dub uas muaj txiaj ntsig rau lub cev zoo no loj hlob rau saum ib tsob ntoo txooj ntsug me me thiab muaj ntau yam txiaj ntsig zoo.

Cov neeg ua qoob loo txaus siab tias cov txiv currant dub nyob tau nrog huab cua no, nyob tau nrog ntau hom av, tsis yog cov khoom noj uas mos lwj dawb tw nyiam noj, loj hlob sai, phim rau kev siv tshuab sau, thiab muaj koob npe fab txiaj ntsig zoo rau lub cev tshwj xeeb tshaj plaws uas ua rau kev lag luam ntawm cov txiv thiab kua txiv muaj qhov yooj yim dua.

Cov neeg yuav khoom txaus siab rau hom xim tsaus ntawm cov txiv thiab kua txiv thiab qhov tseeb tias nws muaj cov txiaj ntsig zoo fab khoom noj ntau thiaj ua rau nws yog ib hom khoom noj tshwj xeeb tiag tiag. Ntxiv ntawd, cov qauv kev noj kom zoo rau lub cev, cov ntawv cim huv huv, cov zaub mov hauv zos, thiab cov dej haus ua kis las txhua yam mus raws txhawm rau txhawb kev lag luam yav tom ntej rau cov txiv currant dub. Kev tov cov txiv currant dub rau cov khoom lag luam uas twb muaj lawm tuaj yeem txhawb nqa tej khoom ntawd cov txiaj ntsig zoo fab khoom noj.

Nrog rau tag nrho cov txiaj ntsig zoo no, koj yuav npaj siab tias yuav muaj cov txee muag khoom uas muaj cov khoom txiv currant dub puv nkaus, tab sis qhov ntawd tsis yog qhov yuav muaj nyob hauv Teb Chaws Meskas. Muaj ob peb lub laj thawj rau qhov no. Ntau hom txiv currant dub thaum xub thawj muaj feem yog lub hauv paus ntawm ib hom kab mob uas tuaj yeem muaj qhov phom sij rau cov ntoo thuv dawb. Qhov no tau ua rau cov txiv no raug txwv nyob rau ntau lub xeev thiab tau ua rau nres txoj kev loj hlob ntawm cov qoob ntawd. Hmoov zoo, muaj ntau hom tshiab tuaj yeem tiv taus tus kab mob no thiab tau qhib tej kev ua tau tshiab rau kev tsim khoom txiv currant dub.



Muaj qhov tseem ceeb ntxiv uas txwv cov txiv currant dub yog qhov tseeb hais tias cov ntawd yog yam tshiab thiab muaj tus ntxhiab tsw muaj ceem vim cov txiv ntawd muaj txiaj ntsig zoo fab khoom noj ntau heev. Lwm lub npe rau vitamin C yog kua qaub ascorbic thiab qib siab ntawm vitamin C hauv cov txiv currant dub muab lawv cov kua qaub meej ntshiab rau lawv. Lwm txoj kev los mus piav qhia cov txiv no tus ntxhiab yog tsw qaub (tart). Qhov no muaj kev cov nyom rau cov neeg siv khoom uas yog neeg Meskas. Qhov ncauj noj ua rau dhau mus ua cov khoom noj uas muaj piam thaj siab ua rau muaj qhov poob siab los ntawm cov txiv currant dub.

Cov txiv currant dub muaj ntau yam txiaj ntsig zoo rau ib puag ncig, cov kab ke khoom noj hauv cheeb tsam, thiab kev noj qab haus huv ntawm tib neeg uas USDA, cov koom haum tsis muaj tsam ntxiv, cov chaw ua lag luam khoom noj, cov kws tshawb fawb hauv tsev kawm ntawv theem kawg, thiab cov neeg ua qoob loo tab tom ua haujlwm ua ke txhawm rau tsim cov txiv currant dub ua ib hom qoob rau hauv Midwest. Kev xav tau ntawm neeg yuav khoom yog yog tib yam uas tuaj yeem qhib yawm sij rau kev muaj feem ntawm cov txiv currant dub. Muab cov txiv no los xav hais tias yog ib hom txiv hmab txiv ntoo uas raug nqi siab heev.

Cov txiv currant dub yog ib qho ntawm cov hauv paus muaj txiaj ntsig zoo tshaj plaws hais txog cov tshuaj tiv thaiv kab mob ywj pheej (antioxidants) xws li vitamin C. Qhov tseeb, cov txiv no muaj vitamin C tshaj peb npaug ntawm cov txiv kab ntxwv. Qhov ntawd txhais tau hais tias ib nrab khob txiv currant dub yog qhov pom zoo rau koj noj txhua hnuv.

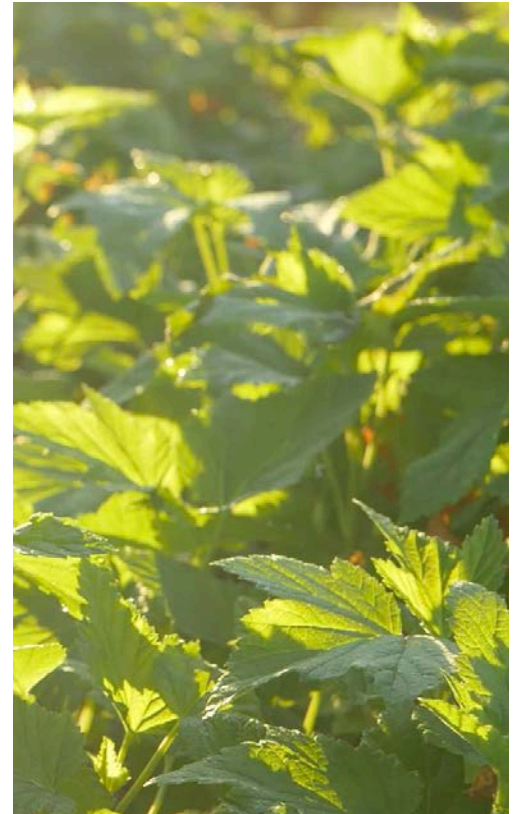
Cov txiv currant dub muaj cov anthocyanins ntau, uas yog ib hom tshuaj tiv thaiv kab mob ywj pheej (antioxidant) thiaj ua rau cov txiv currant muaj xim liab doog.

Cov txiv currant dub muaj fructose thiab piam thaj (glucose) los mus muab lub zog rau koj thiab cov txiaj ntsig zoo fab khoom noj ntawd muaj fiber ntau, uas ua rau muaj kev nqus nkag qeeb thiab pab txo cov ntshav qab zib nqis.

Cov txiv currant dub pab nce qib ntawm cov bacteria zoo hauv tej plab hnyuv.

Cov txiv currant dub tau ua rau pom tias txo nqis kev tsim lactate thiab txhim kho kev ua kis las.

Cov yam ntxwv tiv thaiv kev ua paug, tuaj yeem muab pomace siv tau rau cov tsos xim thiab cov khoom muab txiaj ntsig zoo fab khoom noj, txo cov ntshav qab zib, txo cov kab txoom ntawm daim tawv nqaj.



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