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The food & drink guide for Sri Lanka ,2025-09-25

Tropical and Subtropical Fruits Muhammad Siddiq,Jasim Ahmed,Maria Gloria Lobo,Ferhan Ozadali,2012-08-07 Tropical and sub-tropical fruits have gained significant importance in global commerce. This book examines recent developments in the area of fruit technology including: postharvest physiology and storage; novel processing technologies applied to fruits; and in-depth coverage on processing, packaging, and nutritional quality of tropical and sub-tropical fruits. This contemporary handbook uniquely presents current knowledge and practices in the value chain of tropical and subtropical fruits world-wide, covering production and post-harvest practices, innovative processing technologies, packaging, and quality management. Chapters are devoted to each major and minor tropical fruit (mango, pineapple, banana, papaya, date, guava, passion fruit, lychee, coconut, logan, carambola) and each citrus and non-citrus sub-tropical fruit (orange, grapefruit, lemon/lime, mandarin/tangerine, melons, avocado, kiwifruit, pomegranate, olive, fig, cherimoya, jackfruit, mangosteen). Topical coverage for each fruit is extensive, including: current storage and shipping practices; shelf life extension and quality; microbial issues and food safety aspects of fresh-cut products; processing operations such as grading, cleaning, size-reduction, blanching, filling, canning, freezing, and drying; and effects of processing on nutrients and bioavailability. With chapters compiled from experts worldwide, this book is an essential reference for all professionals in the fruit industry.

Sri Lanka Nanda Pethiyagoda Wanasundera,2002 Describes the geography, history, government, economy, social life and customs, religion, culture, and more of this island country in the Indian Ocean. Includes a recipe for milk toffee.

Coconut Water P. Rethinam,V. Krishnakumar,2022-10-14 Coconut water, a naturally-canned tropical beverage, has been gaining popularity in recent years and has drawn the attention world over as a natural and nutritional wellness beverage. The research published thus far on coconut water has mainly focused on its specific uses, biochemical composition and health benefits as well as processing and preservation techniques and has been published mostly in journal articles. Only a few books covering a wide spectrum of coconut water for health and wellness are currently available. This work offers a comprehensive and fully updated overview of coconut water from processing techniques to value addition to safety to nutritional benefits and beyond. *Coconut Water: Processing, Distribution & Nutritional Benefits* provides in-depth details on all of the major processing techniques required to produce and maintain a quality product free of contamination and adulteration. The book covers the standards of coconut water production and distribution in various countries enabling the processors and exporters to manufacture and export for better revenue realization. The book also provides details of patents related to coconut water granted to researchers. Another important aspect of this work is comprehensive coverage on the various nutritional and health benefits of coconut water consumption as well as on the value addition (traditional and innovative products). In markets across the world, consumers of all ages have been turning to coconut water for its taste and nutritional benefits. This book will provide researchers, processors and exporters the comprehensive information needed to produce and market quality, nutritional coconut water for consumers.

The Coconut N Madhavan Nayar,2016-12-27 *The Coconut: Phylogeny, Origins, and Spread* comprehensively covers the botany, phylogeny, origins, and spread of the coconut palm. The coconut is used primarily for its oil, fiber, and as an article of food, including its tender-nut water. Until the 1950s, coconut oil used to rank first in the world in production and international trade among all the vegetable oils. Since then, lower-cost sources such as the African oil palm, soybean, canola, and others have overtaken the coconut in oil production and trade. The coconut, *Cocos nucifera* L. (Arecaceae), is a dominant part of the littoral vegetation across the tropics. In addition to discussing the origins of the coconut and its use as a crop, the book covers the resurgence in the use of the coconut in food, pharmaceuticals, and nutraceuticals. - Presents the phylogeny, origins, and spread of the coconut - Explores the broad-based use of coconut from basic food source to nutraceuticals - Provides ethnobotanical information on cultivation and use of this tropical crop

Agricultural Research for Sustainable Food Systems in Sri Lanka Buddhi Marambe,Jeevika Weerahewa,Warshi S. Dandeniya,2020-03-30 A food system comprises the entire range of actors and interlinked activities related to food production, processing, distribution, marketing and trade, preparation, consumption, and disposal. When a food system operates without compromising the needs of future generations, it is considered to be a "Sustainable Food System." The

present-day food systems in Sri Lanka are diverse, and the natural and physical environment, infrastructure, institutions, society and culture, and policies and regulations within which the food systems operate, as well as the technologies employed, have shaped their outcomes. Agricultural research is a key factor in terms of innovation and technological advances. Innovation has been the main driver of food systems' transformation over the past few decades and will be critical to addressing the needs of a rapidly growing population in a context of climate change and scarcity of natural resources. In addition, agricultural research must help meet the rising demand for food at affordable prices. Comprising 17 chapters written by specialist(s) in their respective subject-areas, this Contributed Volume on "Agricultural Research for Sustainable Food Systems in Sri Lanka: A Historical Perspective" shares the scientific knowledge accumulated by the National Agricultural Research System of Sri Lanka, including universities, and offers recommendations on how to make food systems more sustainable in order to address the current needs of Sri Lankan society. It presents perspectives on four key thematic areas, namely: (i) Crop and animal production, management, and improvement, (ii) Agro-product processing technologies, (iii) Natural resource management, and (iv) Socio-economic development and agri-business management.

Biodiversity and Climate Change Adaptation in Tropical Islands Chandrakasan Sivaperuman, A. Velmurugan, Awnindra Kumar Singh, I. Jaisankar, 2018-04-05 *Biodiversity and Climate Change Adaptation in Tropical Islands* provides comprehensive information on climate change, biodiversity, possible impacts, adaptation measures and policy challenges to help users rehabilitate and preserve the natural resources of tropical islands. While biodiversity and climate change of tropical islands has previously received less attention, it is ironically one of the most vulnerable regions in this regard. The core content of the work derives largely from the ideas and research output from various reputed scientists and experts who have recorded climate change impacts on aquatic and coastal life in tropical regions. Contributors have direct working experience with the tribes in some of the tropical islands. All of their expertise and information is compiled and presented in the work, including coverage related to climate change. This work highlights the ever-growing need to develop and apply strategies that optimize the use of natural resources, both on land and in water and judicious use of biodiversity. It functions as a critical resource on tropical island biodiversity for researchers, academicians, practitioners and policy makers in a variety of related disciplines. - Covers a huge range of biodiversity documentation, conservation measures and strategies that can be applied to various sectors, from forests to agriculture - Brings together expertise from researchers in the area who have direct experience in the regions described - Contains a wealth of field research related to biodiversity conservation and its applications from a variety of tropical islands

Traditional Trees of Pacific Islands Craig R. Elevitch, 2006 This book is for the person who lives in the tropics or subtropics and is interested in native plants, who wants to know about plants that are useful, who loves to watch plants grow, and who is willing to work with them. Such a person might ask questions like, Where will they grow? How do I grow them?

Are they good to eat? How are they used? What are their names? These questions and more are answered here.--Préface

Sri Lanka in Pictures Sara Hoffmann,2005-12-30 Describes the history, government, economy, people, geography, and cultural life of Sri Lanka.

Sri Lankan Cooking at Home StoryBuddiesPlay,2024-04-15 Embark on a Culinary Adventure: Explore the Vibrant Flavors of Sri Lanka Sri Lanka, the resplendent island nation nestled south of India, boasts a cuisine as captivating as its landscapes. This SEO description serves as your gateway to a world of fragrant curries, fresh seafood delights, and unique vegetarian specialties. Unveiling a Culinary Tapestry: Forget the one-dimensional curries you might be familiar with. Sri Lankan cuisine is a symphony of flavors and textures, with dishes ranging from fiery devilled dishes to creamy coconut milk curries. This comprehensive guide delves into the art of crafting the perfect curry base, explores the diverse regional variations, and equips you with the knowledge to create mouthwatering curries at home. Beyond the Curry: A Celebration of Staples and Sides Sri Lankan cuisine goes far beyond its curries. Dive into the world of fluffy basmati rice, the comforting heartiness of dals (parippu), and the tangy and spicy spark of sambols. This guide explores these essential accompaniments, offering recipes and tips for creating the perfect symphony of flavors on your plate. A Vegetarian Paradise: Sri Lanka boasts a vibrant vegetarian tradition, offering an abundance of flavorful and satisfying dishes that celebrate the island's fresh produce. From hearty jackfruit curries to creamy eggplant stews, this guide explores the versatility of Sri Lankan vegetarian cuisine, providing recipes and inspiration for plant-based feasts. A Bounty from the Sea: Blessed with a vast coastline, Sri Lanka offers a bounty of seafood that takes center stage in many culinary creations. This guide explores the world of fragrant fish curries, succulent prawn dishes, and unique coastal specialties like Isso Wade (prawn fritters). Learn how to unlock the fresh flavors of the Sri Lankan seas with easy-to-follow recipes. More Than Just Food: Unveiling Sri Lankan Food Culture Sri Lankan cuisine is deeply intertwined with the island's culture and traditions. This guide goes beyond recipes, offering insights into regional variations, the importance of seasonal ingredients, and the true essence of sharing a meal with loved ones. Learn about Sri Lankan dining etiquette and create a memorable culinary experience that celebrates the vibrant flavors and traditions of this incredible island nation. Keywords: Sri Lankan Cuisine, Sri Lankan Recipes, Curry Recipes, Vegetarian Sri Lankan Food, Sri Lankan Seafood, Sri Lankan Food Culture

Production and Management of Plantation Crops Mr. Rohit Manglik,2024-04-04 EduGorilla Publication is a trusted name in the education sector, committed to empowering learners with high-quality study materials and resources. Specializing in competitive exams and academic support, EduGorilla provides comprehensive and well-structured content tailored to meet the needs of students across various streams and levels.

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Lonely Planet Sri Lanka Lonely Planet,

Devas, Demons and Buddhist Cosmology in Sri Lanka Achala Gunasekara-Rockwell, 2022-08-19 This book examines the worship of devas and demons in Sri Lanka, illustrating how diverse influences interacted to create the Sinhala Buddhist cosmology. The work explains the processes by which apotheosis plays an important role in revitalizing that cosmology. The author offers an examination of holy sites associated with the worship of Hūṇiyam. These sacred spaces each have a unique background historically, and the ritualists associated with these sites have divergent understandings concerning Hūṇiyam. Building upon the examination of the temples, the book delves into the iconography of Hūṇiyam, illustrating his transformation from demon to deity in the manner that he is depicted in imagery associated with his worship. The book moves to a discussion of Aritṭa Kivenḍu Perumāl, a South Indian adventurer, demonstrating the likelihood that he is the historical figure later apotheosized as Hūṇiyam. Sri Lankan society felt his impact so strongly that in death he became a demon in the Sinhala Buddhist cosmology. Finally, the book demonstrates that the same apotheosis processes are at work today. This book will be of interest to researchers and students engaged in the study of religion, anthropology, folklore, and history, specifically in the South Asian context.

Coconut Culinary Uses Dylan Wright, 2025-02-27 Coconut Culinary Uses explores the amazing versatility of the coconut palm, highlighting its profound impact on cultures and cuisines across the Pacific and Indian Oceans. This fascinating exploration reveals how a single plant has provided sustenance, shelter, and countless resources for generations. Did you know that coconuts aren't just a food source, but also a cultural keystone, deeply intertwined with the identities and practices of those who rely on them? The book delves into the diverse culinary applications, from refreshing coconut water to rich coconut oil, and their central role in cultural traditions. This book emphasizes the intersection of food, culture, and sustainable living. It progresses by first introducing the botany and cultivation of the coconut palm, then exploring the diverse culinary uses in different regions and concludes by investigating the socioeconomic and environmental impact of the coconut industry. This unique approach combines culinary arts and ethnobotany, with recipes contextualized by regional and cultural differences, making it valuable for food enthusiasts, chefs, and anyone interested in plant-based diets and sustainable agriculture.

Lethal Yellowing: Research and Practical Aspects C. Oropeza, F.W. Howard, G.R. Ashburner, 2012-12-06 When I received an invitation to attend the International Symposium on Lethal Yellowing being organised by the Centro de Investigacion Cientifica de Yucatan (CICY), I was excited and a little nostalgic. During the 1970s, a series of similar symposia had been held under the auspices of the loosely-constituted International Council on Lethal Yellowing (ICLY). These were the years when the MLO cause for LY was first proposed, a vector was found, the disease was racing across mainland Florida, USA and it was suspected of having jumped to Cozumel. Analogous diseases were also reported to be spreading in Africa and elsewhere. The ICLY meetings, held approximately every two years, proved to be an immensely valuable forum for all involved in the

research and control of L Y. They attracted a very wide cross-section of scientists and practitioners working on L Y, on related diseases, and on palms in general. Many participants of those ICL Y meetings also attended this CICY Symposium. Unfortunately, during the 1980s, as countries learned to live with L Y, most of the national and international funding for L Y research dried up, and so did ICL Y. The present symposium is the only international meeting to have been devoted to L Y since the last meeting of rCLY in 1979. Its convening in Merida is timely.

Harmonic Healing Linda Lancaster, 2019-04-16 From “a pioneer in integrative medicine” comes “a simple, intuitive program to create lasting, vibrant health” (#1 New York Times bestselling author Mark Hyman, MD), anchored in Ayurveda, yoga, energy medicine, homeopathy, and nutrition “Harmonic Healing has helped me to create more balance in my life.”—Miranda Kerr, founder and CEO of Kora Organics After guiding thousands of patients on their journeys back to health, Dr. Linda Lancaster has seen that it is the interplay of invisible forces, including chemicals, heavy metals, radiation, and opportunistic parasites—worms, fungus, candida, bacteria, micro-parasites, and viruses—that causes many of the health struggles we experience today. This fundamental dynamic is the origin of most of the symptoms she has seen, including chronic exhaustion, digestive distress, painful joints, infertility, eczema, and mysterious conditions like Lyme disease. If you have experienced any of these symptoms, you know how the physical experience affects your emotional well-being. But it doesn’t have to be that way. You can begin to take your life back with Harmonic Healing. In this six-week foundational program, you will learn how to cleanse your liver, neutralize environmental pollution, revitalize your energy, and return to a balanced state of health, using solely nontoxic, inexpensive, and natural protocols. With nourishing recipes, therapeutic baths, and gentle homeopathic and household remedies, Harmonic Healing helps clear the path for your journey back to health. Praise for Harmonic Healing “A real trailblazer for physicians and laymen alike, Harmonic Healing unlocks the real secrets of natural healing by tapping into the subtle, powerful forces of energy medicine. I urge everybody to read this book and learn how the invisible force that permeates all of life must be nourished and balanced—more so today than ever before—to transform our increasingly toxic and polluted bodies into vital and loving fortresses of peace, wellbeing, and enlightenment.”—Ann Louise Gittleman, PhD, CNS, New York Times bestselling author of The New Fat Flush “Dr. Linda keeps me connected to what my body needs and why in a completely natural way. I look to her first when dealing with everything from diet to herbs to homeopathic remedies and all things healing.”—Amanda Seyfried, award-winning actress

Utilization of Tropical Foods: Trees Food and Agriculture Organization of the United Nations, J. F. Redhead, 1989-01-01

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King Coconut Sri Lanka Introduction

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