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Title: Ancient Vegetables from Campeche between Disuse and Oblivion of the Current Consumer

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Introduction (1)

- Home vegetables have disappeared due to the lack of usage continuation when people prefer the new selections
- The purpose of the investigation has to do with ancient vegetables that are considered, worldwide, exotic fruits of limited use, little available in markets and their consumption (usually) restricted to regional and local markets nationwide.



Introduction (2)

- Populations, inhabiting large cities, consume very little and they are usually associated with high income sector.
- These vegetables have been cultivated in Campeche since the ancient times for personal consumption as well as corn and bean, they have always been part of people's diet, which could positively improve and complement the nutrition since they are vegetables taking advantage of the consumption of their seeds (Ruelas, Aguilar, García, Valdivia & López, 2015: 1846).

Introduction (3)

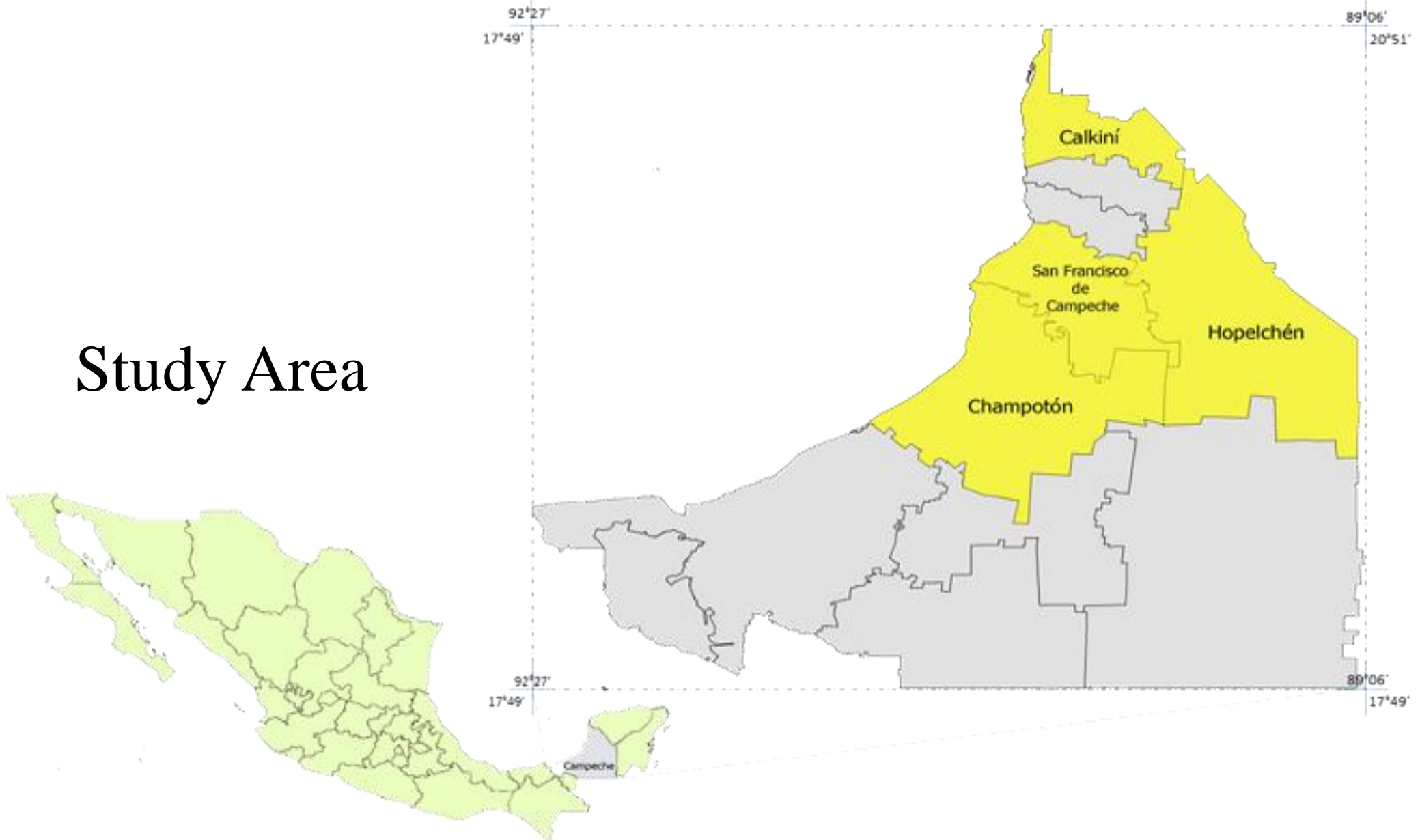
Objectives:

- Exemplifying the traditional vegetables which are replaced in the diet of the people in Campeche and
- Synthesizing the consumption of the plant resources that these people have.



Methodology (1)

Study Area

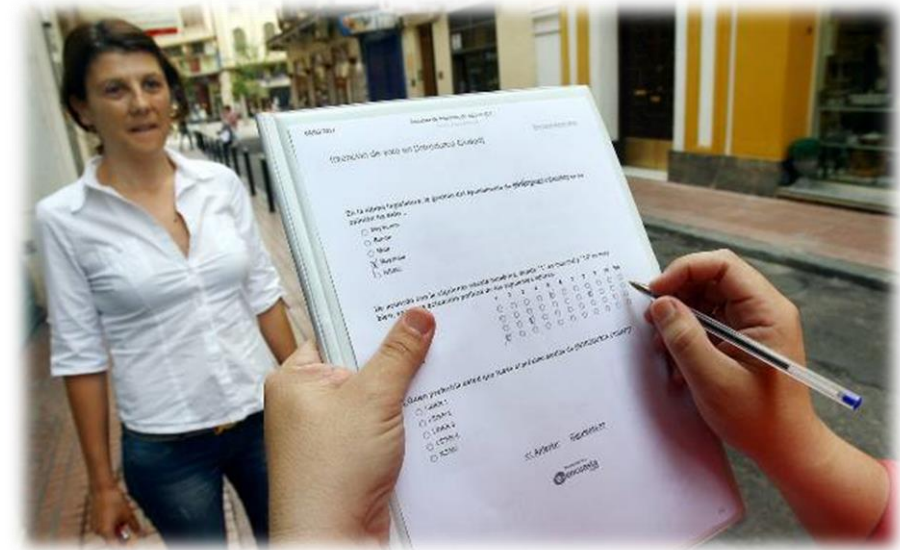


Methodology (2)

- Firstly, an office work was carried out through consultation of digital and printed literature of topics as a strategy to preserve the natural heritage (Valencia, Bolívar & López, 2013).
- Floral species that became obsolete by future generations (Romero, Valencia, López & Bolívar, 2013)
- And loss of traditional trees and intangible heritage in the city of San Francisco de Campeche (Bolívar & Valencia, 2014).

Methodology (3)

- Secondly, a work of field out for the achievement of the objectives raised in such way that some face-to-face surveys were also carried out in the four municipalities of the State of Campeche, during the period between september 2011 and february 2015.
- Questionnaires:
- Calkiní 100 persons
- Campeche 250 persons
- Champotón 75 persons
- Hopelchén 75 persons



Results (1)

➤ In the Study área:
The consumers prefer drinking artificial beverages rather than the natural ones.

Table 1. Level of knowledge of fruits in elementary students Source: Own Elaboration, 2012-2015.

Year	2011	2012	2013	2014	2015
Fruits	Grapes	Tangerines	Oranges	Grapes	Oranges
	Strawberries	Grapes	Cantaloupes	Oranges	Apples
	Pears	Oranges	Grapes	Apples	Strawberries
	Apples	Apples	Pineapples	Cantaloupes	Pineapples

➤ Findings showed that elementary students in the State of Campeche do not know the local fruits.



Results (2)

- sorted by frequency in descending order:
- show the knowledge of fruits in secondary students
- in the state of Campeche, they barely know local
- fruits and consequently their consumption is
- minimal, so they prefer temperate and cold fruits,
- such as apples, pineapples, strawberries, and oranges.
- In this group of students, we found out that they consume the local fruits (papaya, watermelon and banana), although these do not represent the traditional fruits, they grow in Campeche

*Table 2. Level of knowledge of fruits in secondary students
Source: Own Elaboration, 2012-2015.*

Year	2011	2012	2013	2014	2015
Fruits	Apples	Pineapples	Strawberries	Apples	Oranges
	Strawberries	Apples	Papayas	Pears	Watermelons
	Pears	Oranges	Grapes	Pineapples	Apples
	Grapes	Tangerines	Oranges	Papayas	Bananas

Results (3)

Having analyzed the results:

- a) We could notice that unlike most school-children
- b) Adults over 40 years old and under 60 years old, still prefer and consume local products, as demonstrated in 2011 with fruits like mamey-papaya, chi-abal plum and sapodilla.
- c) In 2012 the cornfield melon, the cantaloupe and the watermelon, and in third place the orange.
- d) In 2013 the first two places were occupied by the citrus fruits, in third place the chi-abal plum.
- e) In 2014 and 2015 the coconut in third place, noting that the Zapotaceas: tauch and sapodilla were not preferred by people in 2013, 2014 and 2015, which was interpreted as a lack of knowledge of these fruit trees.

Results (4)

*f	Kinds of bread	*f	Cold desserts	*f	Traditional desserts
280	Cake	210	The Mashed candies	36	Sweet fritters
123	Cheese pie	133	Ice cream	25	Plum candy
111	Upside down pineapple cake	131	Gelatin	25	Pumpkin candy
24	Doughnuts	84	Crème caramel	19	Sweet potato candy
19	Vol-au-vents	45	Strawberries & cream	18	Yucca
16	French toast	10	Yogurt & banana	8	Liquor-filled Nance
13	Corn cake	10	Condensed milk candy	6	Marzipan
4	Cherry cake	3	Chocolate cream	6	Meringue
4	Honey pudding	2	Pecans covered with chocolate	2	Little coconuts
				2	Coconut candies

*Table 3. Level of preference for desserts in adolescents and adults, with frequencies
Source: Own Elaboration, 2011-2015. * f =frequency of consumption*

Results (5)

f) That adults over 60 years old still prefer and consume local products, the most important ones were: in 2011 mamey-papaya, chi-abal plum and sapodilla

g) In 2012: manila-mango, sapodilla and chi-abal plum in third place.

h) In 2013: sapodilla, redcurrant, chi-abal in third place.

i) In 2014: nance, soursop and coconut.

j) In 2015: pitahaya, mamey, and soursop in third place

Summary: observing that adults prefer the region fruits. To our certain knowledge, these products are widely regarded as their natural heritage.

Results (6)

*f	Traditional Drinks	*f	Artificial Drinks	*f	Fizzy Drinks
33	Pozol	115	Nestea (tea)	458	Cokes
20	New Cornflour Drink	54	Fresky Bon	423	Sodas
14	Tepache	48	Zuco		CHOCOLATE
	NATURAL WATER	45	Tang	42	Soldadito (Little Soldier)
400	Orange & Lemon	38	Hibiscus Flower	39	Bevi
223	Melon, pitahaya, cashew				TEA
	WATER	27	Be Light Fruit Max Drink	240	Reca
235	Purified water	19	Frisco	47	Nestea
19	Rain water			38	Arizona

*Table 4. Level of preferences for drinks in adolescents y adults, with frequencies
Source: Own Elaboration, 2011-2015. * f =frequency of consumption*



Conclusions (1)

- a) In general, Campeche's younger population is unaware of many local natural resources and does not consume traditional food, which means losing of intangible heritage that converges to the loss of natural heritage.
- b) It is necessary to inform the future generations about the natural resources and ways of using them, so that they can gain knowledge, as development prospects should steer towards the consumption of local products in order to contribute to biodiversity conservation, reduce the consumption of fossil fuels, give an added value to the work of the peasant and rescue the culinary traditions.

Conclusions (2)

C) With this study, we managed to statistically know that in the four municipalities of Campeche, the current consumers prefer to include Italian Grey Zucchini in their diet instead of the caita Zucchini and the traditional cornfield melon was replaced by the cantaloupe.





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