

BOOK OF ABSTRACTS

IV INTERNATIONAL SYMPOSIUM FOR AGRICULTURE AND FOOD

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Faculty of Agricultural Sciences and Food - Skopje
Ss. Cyril and Methodius University in Skopje

BOOK OF ABSTRACTS

In this Book of Abstracts you will find more than 250 abstracts classified in 10 thematic sections. The abstracts are published in their original form as provided by the authors. Double-blinded review will apply for the submitted full papers following the Instructions for Authors available at the ISAF 2022 web site. Looking forward to receive your full papers.

On behalf of the Secretariat of the 4th International Symposium for Agriculture and Food - ISAF 2022,

Ivana Janeska Stamenkovska
President of ISAF 2022 Secretariat

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THE MEDICINAL PROPERTIES OF BUCKWHEAT HONEY IN COMPLIANCE WITH FOOD SAFETY REGULATORY REQUIREMENTS. HONEY VARIETY 'NOVOSADSKA'

Popovic, Vera¹; Burić, Marko²; Mihailović, Andreja³; Aćimić-Remiković, Milena⁴; Vukeljić, Nataša⁵; Batrićević, Mila⁶; Petrović, Bojana⁷

¹Institute of Field and Vegetable Crops, Novi Sad, Serbia, Serbia; ²University of Montenegro, Faculty of Medicine, Podgorica, and Health Center, First Bokel brigade bb, Danilovgrad Montenegro; ³University of Montenegro, Faculty of Law, Podgorica, Montenegro; ⁴University of Montenegro, Faculty of Law, Podgorica, Montenegro; ⁵University of Montenegro, Faculty of Law, Podgorica, Montenegro; ⁶University of Montenegro, Faculty of Philosophy, Nikšić, Montenegro; ⁷Medical Sanitary School of Applied Sciences "Visan", Belgrade, Serbia;

vera.popovic@nsseme.com

Abstract

Buckwheat (*Fagopyrum esculentum* Moench) is a gluten-free pseudo-cereal and honey plant. Buckwheat grain yields vary greatly and depend on the genotype, agro-ecological conditions of production and harvesting method. The grain yield of the 'Novosadska' variety varies 1.5-3 t/ha and the honey yield amounts and more than 300 kg/ha. Buckwheat grain contains: carbohydrates, proteins, fats, organic acids and rutin (quercetin-3-rutinosid), minerals (potassium, phosphorus, calcium, magnesium, sodium, iodine, zinc, bromine and iron), vitamins (D2-ergokalciferol, D3-holekalciferol, P-bioflavonoids, vitamins group B: B1-Thiamine, B2-Riboflavin, B3-niacin, B4-Choline, B5-Pantothenic acid, B6-Piridoxin, B9-Folate; and vitamin E-Tocopherols. 'Novosadska' buckwheat contains the highest level of phenolic acids, proanthocyanidins, flavones and flavonols. Buckwheat honey is dark color, which it gets from polyphenols. Polyphenols is antioxidants, organic compounds which affect the quality of food, especially the color and taste. In accordance with the law on food safety, the interests of consumers must be ensured the highest level of protection. Phenolic antioxidants from honey are bioavailable and increase the antioxidant activity of plasma. Buckwheat honey has a beneficial effect on bronchitis and cough, hypertension, arteriosclerosis, of heart disease, liver and intestinal diseases and has antibacterial effects.

Keywords: buckwheat, medicinal plants, variety Novosadska, honey, healing effects



Универзитет „Св. Кирил и Методиј“ во Скопје
Факултет за земјоделски науки и храна - Скопје

Ул. 16-та Македонска бригада бр. 3,
1000 Скопје, Република Северна Македонија



Ss. Cyril and Methodius University in Skopje
Faculty of Agricultural Sciences and Food - Skopje

St. 16th Makedonska brigada No. 3,
1000 Skopje, Republic of North Macedonia

Тел/Tel: +389 2 3255100; Факс/Fax: +398 2 3134310,
contact@fzh.ukim.edu.mk
www.fzh.ukim.edu.mk