



Tara Government College Sangareddy (Autonomous)



An ISO 9001: 2015 certified college

Department of Botany

CULTIVATION OF WHEATGRASS

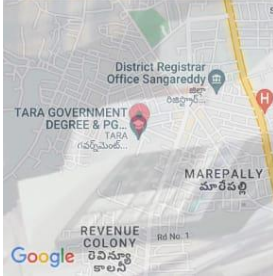
The faculty members of the department have taken an initiative in cultivation and growing of the wheatgrass-*Triticum aestivum* in the college premises. Wheatgrass is the freshly sprouted first leaves of the common wheat plant.

As the wheatgrass is low in calories but high in nutrients, including antioxidants such as glutathione, vitamin C and vitamin E. It is used as a food, drink or dietary supplement. It is served freeze dried or fresh.

Objectives :

1. To know the nutrient values of the wheatgrass.
2. To serve the people as it has lots of health benefits.

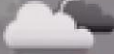




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