

An Accumulation of Heavy Metals on the Planting Pumpkins After COVID-19 in Ho Chi Minh City

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Abstract

Vegetables are foods everyone, very nutritious and necessary for the men in life, they can't be insufficient, especially, vegetables cure the diseases, too. Here, we want to speak to the pumpkins. This is a kind agricultural produce which are planted generally in Vietnam country, the flowers, leaves, buds and fruits are used in order to eat, too. Pumpkins have the vitamins A, vitamins B and another nutrient, delicious. Fruits of pumpkin are not only eaten but also cure diseases such as: Brighten eyes, headache, tonic, help a strong memory; and grains can cure the worms. Pumpkins – vegetables, everyone provides the from the suburbs district such as: Binh Chanh, Hoc Mon, Cu Chi, Go Vap ... and the provinces such as: Long An, Tien Giang, Tay Ninh... very much. In a season of epidemic Covid-19 ago, at the year 2021, the population of Ho Chi Minh City have many, many hard works because they are an insulation, the market assembles, it is that the autos do not run, the population of many provinces do not can transmit to the city, total works hold back many activities are stopped, the foods are rare, vegetables do not remain because they are destroyed, especially, there are only the kinds of Autumn Squash, the gourd family, which the pumpkins they have money nutrient to eat, can to get many days, they do not destroy or they are destroyed rarely, everyone can put them many days in the house, the population likes eat the pumpkins, these are reasonable foods for the pours. In the report, we present food to plant, observe, analyze and study about heavy metals, insects, epidemics on the pumpkin in order to sure the health and give the nutrient for the persons.

Keywords

Vegetables, Heavy Metals, Nutrients, Pumpkins, Persons