



ISSN (E): 2277-7695
ISSN (P): 2349-8242
NAAS Rating: 5.23
TPI 2022; 11(6): 2222-2227
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www.thepharmajournal.com

Received: 01-04-2022

Accepted: 08-05-2022

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A review on effect of pre and post-harvest treatments on tomato fruit shelf life

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Abstract

In most of the developing nations, tomato farming can provide a source of income for most of the rural and periurban producers. However, in these parts of the world, post harvest losses make production unprofitable. Tomatoes can lose up to 42% of their value after harvesting. There are two types of post harvest losses in tomatoes: quantitative and qualitative. Despite the fact that crop research is increasingly focusing on quality rather than quantity, there has been no progress in the quality of commercially produced tomato varieties, resulting in high quality losses. The various of the studies revealed that the post harvest quality of tomatoes was influenced by various pre harvest procedures used during production. Some of these characteristics include fertiliser application, cutting, maturity phase, cultivar choice, and watering. The life span of tomatoes can be enhanced by properly recognising pre and after harvesting elements affecting it, according to this review.

Keywords: Pre, post-harvest, tomato, fruit, shelf life

Introduction

Tomatoes (*Solanum lycopersicum*) are one of the most widely grown and consumed vegetable crops on the planet. It was first originated in South America and was domesticated in Central America. Tomatoes have $2n = 24$ chromosomes.

Tomato ranked 3rd after potato and onion in India. India ranks 2nd in production and productivity of tomato in world. Area of production of tomato in India 796.87 Thousand Ha. (2017-18). Major tomatoes growing countries are China, India, USA, Turkey, Egypt, Italy, Iran, Spain, Brazil, Mexico. Leading state in production of tomato in India are following AP, Karnataka, Orissa, Maharashtra, West Bengal, Bihar, Gujarat, Chhattisgarh, Tamil Nadu, Jharkhand. (NHB 2017-18).

(Grandillo *et al.*, 1999) ^[1] Tomatoes can be eaten in a variety of ways. Fresh fruits are used in salads, sandwiches, and salsa, whereas processed fruits are used in pastes, preserves, sauces, soups, juices, and drinks. Tomatoes and tomato-based foods are high in nutrients and have a number of health benefits. Tomatoes contain more lycopene, an antioxidant carotenoid that aids in the prevention of cancer and other cardiovascular issues (T. Alam *et al.*, 2007) ^[2]. In the areas where it is produced and consumed, it is a very important part of people's diets. Tomatoes are mostly made up of water, with only 5% of carbs and fibres. About 100 grammes of tomato has 18 calories, 95% water, 0.9 gramme protein, 3.9 gramme carbohydrates, 2.6 gramme sugar, 1.2 gramme fibre, and 0.2 gramme fat. Lycopene is a potent antioxidant and one of the most essential compounds in tomatoes. It is the red colour. Tomatoes contain beta carotene, an antioxidant that gives meals a yellow or orange colour. Chlorogenic acid is a potent antioxidant that aids in blood pressure reduction. Tomatoes are also a significant crop for industrial application, as they may be used to make a variety of goods such as tomato sauce, tomato chutney, tomato pulp, tomato concentrate, tomato juice, and so on. Tomatoes are also utilised in a variety of beauty products. Tomato exports totaled 47.45 thousand MT in 2017-18. APEDA has developed a number of Agri Export Zones for vegetables in Punjab, Uttar Pradesh, Gujarat, Bihar, Jharkhand, and West Bengal in order to promote vegetable exports and infrastructure is being built. In the 2017-18 fiscal year, India exported tomato to the United Arab Emirates (19960.65 MT), Nepal (18799.65 MT), Qatar (2670.57 MT), and the Maldives (1218.74 MT). 2017-2018 National Housing Budget.

There an attempt has been made to study the various factors affecting the shelf life of the tomato fruit

- A. Pre -harvest factors affecting shelf life of tomato
- B. Post - harvest factors affecting shelf life of tomato

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Use of Fertilizer

In recent decades, consumers have become increasingly concerned about the quality of the food products they consume. As a result, researchers investigated the impact of plant nutrition on the quality of fruits produced. The needed qualitative features or the purpose for which the crop is cultivated will guide the choice of not only the kind but also the quantity of fertiliser used during cultivation. In tomato agriculture, for example, a sufficient supply of potassium fertiliser increases fruit colour and reduces the incidence of yellow shoulder FAOSTAT 2014, while simultaneously boosting the fruit's titratable acidity. 2015, I. K. *et al.* Yellow shoulder is a physiological problem with tomatoes that causes discoloured spots along the stem scar. Ripening illnesses are also a possibility.

A deficiency of potassium in soilless tomato growing can potentially cause ripening illnesses. M. Rehman *et al.*, 2007 colour qualities 1992, A. A. *et al.*,^[9, 10]. When it comes to trace elements, the amount of boron used has the most impact on tomato fruit quality, with other micronutrients having an impact only when the plants are severely deficient. When boron levels are low, fruit firmness is reduced, which is a major concern during storage. G. O. Oko-Ibom and colleagues, 2007^[11]. Calcium supplementation in tomato production has recently been examined and found to aid in the prevention of certain illnesses as well as the reduction of fruit firmness loss during ripening. MA Salam *et al.* (2010) investigated the effect of boron and zinc on tomato quality under various NPK fertiliser levels, using twelve treatment combinations with four levels of boron and zinc. Commercial fruits at 30 days after storage (67.48 percent) and shelf life (16 days) were reported using a ratio of 2.5 kg B+ 6 kg Zn/ha and the recommended dose of NPK fertilisers (N= 253, P= 90, and K= 125 kg/ha).

Seed treatment

H. (Ruiz *et al.*, 2022) investigated the impact of combining hydrothermal and atmospheric treatment on tomato quality and shelf life. The goal of this study was to determine how soaking at 10, 40, and 55 degrees Celsius before cutting, in combination with atmospheres of 5% O₂ + 5% and 10% CO₂ and air as a control, influenced sensory, microbiological, and functional parameters during a 12-day period at 5 degrees Celsius. Before being chopped, the fruit was soaked in water at various temperatures for 5 minutes. The fruit was then sliced into little pieces and stored in plastic trays in various locations. Color, firmness, soluble solids, titratable acidity, total phenols, antioxidant capacity, ethylene formation, respiratory activity, microbiological counts, colour, firmness, soluble solids, titratable acidity, total phenols, antioxidant capacity, ethylene production, respiratory activity, microbial counts. In both trials, the physical, psychological, and sensory aspects were all assessed. The researchers discovered that HT at 55 °C with storage in 5% O₂ + 10% CO₂ reduced respiratory activity, ethylene production, and firmness losses. During the first three days of storage, total phenols and antioxidant capacity, on the other hand, increased. The slices treated with HT at 10 °C and kept in an air environment had the worst visual appearance and texture, as well as the greatest translucency scores. Slices kept at 5 °C for 9 days in atmospheres of 5% O₂ and 10% CO₂ showed the lowest numbers of mesophilic bacteria, psychrophilic bacteria, enterobacteria, mould, and yeast. As a result, the tomato slices

are kept at a high HT temperature of 55 °C combined with 5% O₂ and 10% CO₂. The effect of hot water treatment on ripening of tomato var. TA234 silenced with the TomLoxB gene was investigated by Wendy Marisol Mazón *et al.*, (2022). The goal of this study was to see how hot water treatment affected tomato fruits that had been genetically engineered to mute the Tomlox B gene (*Solanum lycopersicum* cv. TA234). Unmodified and genetically modified tomato fruits were submerged in water at 40°C for 10, 20, and 30 seconds. The fruits were then maintained at 25°C for 18 days. As part of the physiological examination, electrolyte leakage, lipoxygenase, and polygalacturonase activities were all assessed. The genetically engineered tomatoes were treated at 40°C for 30 seconds, which resulted in slower ripening, lower metabolic activity, and longer preservation of the features. prolonging the tomato's postharvest life to 18 days Lipoxygenase and polygalacturonase activity were also lowered to some extent.

Pruning

Pruning tomatoes to reduce the amount of blossoms, fruits, or fruit trusses is an effective way to reduce fruit rivalry. Pruning ensures that nutrients are directed to fewer fruit sinks, resulting in larger fruits and, in some cases, higher sugar content of fruits [J. M. Harvey *et al.*, 1978]. T. K. Hartz and colleagues, 2005. Reducing clusters to three fruits increased overall marketable production and fruit weight while decreased cull yield in all cultivars evaluated H. C. Passam *et al.*, 2007. Meanwhile, a range of characteristics such as the sink developmental stage, fruit to leaf ratio, truss position, and genetic background influence the impact of pruning on key fruit quality indices. 1978, J. M. Harvey *et al.* When grown in the proper environment.

Irrigation

Because tomato is not a drought-resistant crop, yields are dramatically reduced during cultivation when there are brief periods of water scarcity. As a result, in tomato cultivation, precise irrigation timing is important to the crop's growth. However, because water is a limited resource in most producing areas, growers have had to develop more effective water management strategies in recent years in order to maintain agricultural productivity while lowering moisture stress on their crops to a manageable level. Fruit water accumulation and fresh fruit yield were reduced by deficient irrigation, although total soluble solids in the fruit were increased. M. Parisi and colleagues, 2006. They also discovered that, while saline water irrigation had no influence on total fruit output, it did reduce the moisture content of the fruits by a small amount.

Potassium Chloride: Potassium Chloride Improves Fertigated Greenhouse Tomato Quality and Enhances Fruit Appearance. KCl-treated plants demonstrated a slightly higher (but not significant) K absorption than KNO₃-treated plants. The study also discovered that the cumulative absorption and leachate of NO₃ in the KCl treatment was lower than in the KNO₃ treatment. The treatment consisted of KNO₃ (0 percent KCl). As a result of this discovery, KCl should be used instead. KNO₃ could aid in the reduction of pollutants produced by NO₃ leaching in the environment. Based on current fertiliser prices, it is clear that there will be potential. Yamazaki, H., and colleagues, 2005^[16].

Calcium Nitrate

Tomato foliar fertilisation uptake of calcium nitrate and potassium phosphate. Because it is environmentally friendly and allows for high productivity and high-quality crops, this type of fertiliser should be utilised in integrated plant production. The findings demonstrated various effects of nitrogen and potassium as foliar nutrition, as well as the combination of these elements, on tomato output and quality. These variations could be due to soil and meteorological circumstances during the cultivation period. Environmental factors have a considerable impact on the influence of fertiliser nitrogen and potassium on the given parameters. The alteration of the interplay between foliar nutrition and climatic circumstances has a significant impact. Tomato crops treated with 6 mmolL⁻¹ nitrogen and 4 mmolL⁻¹ potassium had higher quality, according to the results of the experiment. Despite several studies on mineral fertiliser foliar spray, many elements of nutrient uptake and transportation inside a plant remain unknown D. Martínez-Romero *et al.*, 2007 [21]. The following section of this review study discusses the effects of several postharvest conditions.

After harvesting, the fruit remains alive and performs all of the tasks of living tissue. The climacteric surge of ethylene that makes the fruit appealing triggers senescence and subsequent ripening in the fruits. Any postharvest treatment or method seeks to limit the amount and timing of ethylene synthesis so that the fruit reaches the consumer in peak eating condition. The following elements can have an impact on tomato quality after harvest if they are not properly managed.

Temperature

Proper temperature regulation between harvest and consumption has been shown to be the most effective strategy for maintaining quality. Keeping harvested fruits cold, at 20°C, will slow down various metabolic processes that contribute to ripening, providing you more time to finish all postharvest procedures. A one-hour delay between harvesting and cooling a crop reduces the shelf life by one day. Cantwell, M. I., 1997. The temperature of the surrounding environment has a direct effect on the respiration and metabolic activities of climacteric fruits such as tomatoes that have been harvested. In fruits and vegetables that have been selected or stored, high temperatures can increase the rate of respiration (CO₂ production). CO₂ production in stored climacteric commodities like tomatoes can stimulate ethylene production. CO₂ generation in stored climacteric commodities like tomatoes can cause ethylene production, albeit this is dependent on other factors such as O₂ or CO₂ levels, exposure time, and ripening stage [H. P. J. De Wild *et al.*, 2003 [39]. Ethylene can cause ripening in fruits even at low concentrations of tens of nanoliters per litre. T. Pranamornkith, T. Pranamornkith, T. Pranamornki Heat accumulated in field-harvested fruits is the primary source of high temperatures in fruits. To minimise excessive field heat, which could cause the harvested fruits to decay more quickly, harvesting should be done at a specified time of day. Texture, nutrition, aroma, and flavour are non-appearance quality aspects that can be kept by storage at low temperatures. R. E. Paull and colleagues, 1999 [38]. Meanwhile, because tomatoes are a tropical fruit, they are also damaged by extreme cold. Chilling damage can occur when tomatoes are stored at temperatures below 10 °C. 1986, J. K. Raison *et al.* Freezing injury causes premature softening, uneven colour

development, surface pitting, seed browning, water-soaked lesions, off-flavor development, and increased postharvest degradation. K. Luengwilai and colleagues, 2012 [42]. As a result, determining what temperature is optimum for controlling tomato fruits during storage is crucial.

Relative Humidity

The amount of moisture in the ambient air, expressed as relative humidity, is the principal cause of water loss from harvested fruit products. M. N. Hong and colleagues, 1999 [43]. At high relative humidity, harvested fruits maintain their nutritional content, look, weight, and flavour while reducing the rate of withering, softening, and juiciness. Tomatoes contain a lot of water and are prone to shrinking after harvest. Even if only a small amount of moisture is lost, fruit might shrivel. The recommended relative humidity range for mature green tomatoes is 85–95 percent (v/v), but for harder ripe fruits, it's 90–95 percent (v/v). T. V. Suslow and colleagues, 2009 [44]. When evapotranspiration exceeds the required threshold, the fruits become shrivelled. Fungi can grow on tomato fruit that is stored at a lower relative humidity. Adding moisture (wetting fruits) to low-relative-humidity storage reduces weight loss and prevents shrivelling. Meanwhile, completely saturated environments with 100% relative humidity should be avoided, since moisture condensation on fruit surfaces may promote mould and fungal growth.

Combination of Gases

The combination of different gases in a storage environment is crucial for improving the storage life of tomato fruits. According to F. Artés *et al.*, 2006 [45], the ideal atmosphere for inhibiting senescence in mature green and ripe tomato fruit is 3–5 percent (v/v) oxygen, but 1–3 percent (v/v) and 1–5 percent (v/v) carbon dioxide in mature green and ripe fruit, respectively, while 94–96 percent (v/v) nitrogen gas is required. Sandhya 2010 [46]. Fruits can be harmed by anaerobic respiration, which occurs when there is a lack of oxygen. A. A. Kader and colleagues, 2003 [47]. Carbon monoxide (CO) has been explored as a gas for treating fruits and has been found to speed up the ripening process. Carbon monoxide must be balanced with low levels of oxygen to avoid senescence. To avoid senescence, carbon monoxide must be balanced with low oxygen levels. Carbon monoxide prevents the spread of postharvest illness while simultaneously increasing the quality of tomatoes. Tomatoes stored in 5–10 percent (v/v) carbon monoxide with 4 percent (v/v) oxygen had superior total soluble solids (TSS) and titratable acid (TA) profiles as compared to control samples stored in air. A. A. Kader and colleagues, 2003 [47]. However, because of the health concerns that carbon monoxide poses to humans, it must be used with utmost caution in the food industry. Application of Calcium Chloride After harvest, higher plants contain considerable amounts of calcium, usually in the range of 1–50 mg Ca g⁻¹ dry matter. Kirkby, E. A., *et al.*, 1984 [22]. Fertilisers containing calcium can assist. Calcium-based fertilisers can assist plants in avoiding calcium deficiency. After fertilisation, tomato plants with a calcium deficit become prone to a number of calcium-related illnesses, such as blossom end rot. M. C. Saure and colleagues, 2001 [49]. Calcium has been demonstrated to increase tomato yield when used as a fertiliser [A. Akhtar *et al.*, 2010]. Many fruits and vegetables have been shown to benefit from postharvest calcium treatment in terms of storage qualities. Many

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