

蕨菜的气调保鲜应用研究 Effects of Modified Atmosphere on the Preservation of *Pteridium aquilinum*

郭衍银 王相友 章耀

山东理工大学

关键词: 蕨菜 气调 保鲜 品质

摘要: 为研究气调对蕨菜贮藏期间保鲜效果的影响, 设置不同CO₂和O₂的体积分数, 对蕨菜采后SOD活性、POD活性、呼吸强度、乙烯释放量、蕨菜干鲜重以及丙二醛、叶绿素、可溶性糖、VC含量进行了研究。结果表明: 适宜的CO₂和O₂组合有利于采后蕨菜维持较高的SOD和POD活性, 减少了MDA的积累, 维持恰当的呼吸强度和乙烯释放速率, 减少蕨菜干鲜重的损失, 利于蕨菜采后叶绿素、可溶性糖、VC的保存。试验得出了最好的气体组合, 即CO₂和O₂体积分数为2%和6%, 其次为6%和10%, 这些组合能很好地保持蕨菜贮藏中的品质, 可使蕨菜保鲜期达15d以上。In order to research the effects of modified atmosphere on the preservation of *Pteridium aquilinum* during storage period, the SOD and POD activity, respiration rate and ethylene release, fresh and dry weight, MDA, chlorophyll, soluble sugar and VC content were studied by setting different CO₂ and O₂ proportion. Results showed that, proper CO₂ and O₂ proportion can maintain the higher SOD and POD activity, decrease the content of MDA, keep the respiration rate and ethylene release appropriately, reduce the loss of dry and fresh weight, eventually avail to the preservation of chlorophyll, soluble sugar and VC content. In this experiment, the optimal CO₂ and O₂ proportion is 2% and 6%, second is 6% and 10%. The combination could commendably retain the quality of *Pteridium aquilinum* up to above 15d.

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