

# CHAPTER 1

## INTRODUCTION

### 1.1 Background

Lemongrass is an aromatic storehouse of essential nutrients providing a wide array of health benefits. It is a source of essential vitamins such as vitamin A, vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin B3 (niacin), vitamin B5 (pantothenic acid), vitamin B6 (pyridoxine), folate and vitamin C. It also provides essential minerals such as potassium, calcium, magnesium, phosphorous, manganese, copper, zinc and iron, which are required for the healthy functioning of the human body. It offers no harmful cholesterol or fats (Anonymous, 2017).

Lemongrass contains antioxidants, flavonoids and phenolic compounds such as luteolin, glycosides, quercetin, kaempferol, elimicin, catecol, chlorogenic acid, and caffeic acid, all of which help in providing an impressive range of medicinal aids. The main component of lemongrass is lemonal or citral, which has anti-fungal and antimicrobial qualities, while also providing a distinct lemony smell. Some of the most well known health benefits of lemongrass include: cholesterol, detoxification, cancer, staphylococcus aureus, stomach disorders, insomnia, respiratory disorders, fever, infections, aches, nervous system, rheumatism, immune system, skin care, cellular health, edema, aromatherapy, obesity, body odor, and insect repellent.

Dates are a good source of various vitamins and minerals. Its also a good source of energy, sugar and fiber. Essential minerals such as calcium, iron, phosphorus, sodium, potassium, magnesium and zinc can be found in them. They also contain vitamins such as thiamin, riboflavin, niacin, folate, vitamin A and vitamin K. some of the most well known health benefits of dates include : constipation, bone health and strength, intestinal disorders, anemia, allergies, weight gain, energy booster, nervous system health, healthy heart, sexual weakness, night blindness, intoxication, diarrhea, and abdominal cancer. We know that lemongrass and dates have many benefit. So we present a new innovation to mis that ingredient. We will make jam from lemongrass and dates. (Anonymous, 2017)

## **1.2 Objective**

1. Presenting a new and high quality of jam
2. Combine between lemongrass and dates so it can produce more variants of Indonesian taste
3. Lemongrass jam are served without artificial preservation, and hygienically packed so that it can compete in the world food industry in Indonesia