



# Girnar 5



## A High Oleic Groundnut

### Salient features

- Girnar 5 is a high oleic and high yielding groundnut variety
- Girnar 5 contains 53% oil
- Girnar 5 contains more than 78% Oleic acid and Oleic to Linoleic acid ratio of 17
- Girnar 5 produce more than 3 tons of pod/ha in *kharif* season

### Where and when to cultivate

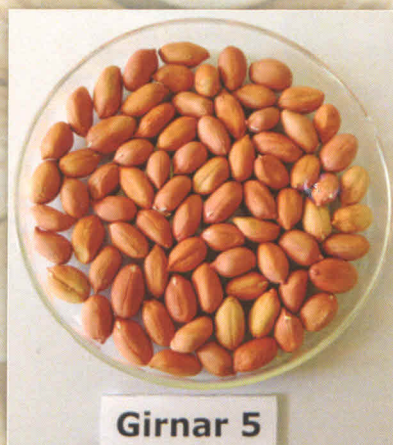
- Recommended for cultivation in Gujarat, Rajasthan, Andhra Pradesh, Karnataka and Tamil Nadu
- Suitable for cultivation during *kharif* season
- Matures in 110-113 days after sowing





## Benefits of Girnar 5

- Olive oil is being popularised for its high oleic acid content which reduces heart diseases and maintains optimum cholesterol level
- Oil of Girnar 5 is healthier than Olive oil since it contains more than 78% oleic acid compared to 70-75% oleic acid in Olive oil
- Farmers and common man will now get equal health benefits of costly Olive oil, rich nutty flavour and the favourite taste of groundnut from the cost-effective groundnut oil of Girnar 5
- Oil and other confectionary products of Girnar 5 can be stored 10 times longer time than regular groundnut oil and food products
- Groundnut farmers will now sale his much demanded high oleic Girnar 5 groundnut pods at a higher price and earn more profits than normal groundnut



### Compiled by:

S. K. Bera and Radhakrishnan T.

### Published by:

**ICAR-Directorate of Groundnut Research**

Ivnagar Road, PB No. 5, Junagadh 362001, Gujarat, India

Website: <http://www.dgr.org.in>, Email: [director.dgr@icar.gov.in](mailto:director.dgr@icar.gov.in)

Telefax: +91-0285-2672550