



EXTENDING THE SHELF LIFE OF SOFT CHEESE USING ACTIVE RICE FLOUR/CARRAGEENAN FILMS FORTIFIED WITH DATE KERNEL EXTRACT

Ako Ghazi Sattar

College of Agriculture, University of Kirkuk, Iraq

Shexako12@gmail.com

Abstract. This study aims to evaluate the biopreservative efficiency of active carrageenan rice flour films enriched with date kernel extract and to verify their applicability in extending the shelf life of soft cheese and ensuring its microbial integrity during refrigerated storage at 4°C for 21 days. Disc diffusion tests in agar revealed excellent inhibitory efficiency of the active films against bacterial strains contaminating cheese, including *Staphylococcus aureus*, *Listeria monocytogenes*, *Escherichia coli*, and *Salmonella typhimurium*. Cumulative release studies in fatty and acidic food mimics showed a gradual and controlled release of the active phenolic compounds, reaching its peak by day 21. This directly contributed to reducing the total number of microorganisms in the soft cheese and keeping it below the standard spoilage limit of 7 logarithms of colony-forming units per gram in the samples coated with the active films until the end of the storage period, compared to the uncoated control sample, which spoiled by day 17. In conjunction with microbial preservation, the active films successfully and significantly inhibited lipid oxidation reactions, and the diacid test values stabilized. The thiobarbital content was below 1.5 mg/kg compared to the control sample, which positively impacted the stability of color indicators, sensory characteristics, and overall acceptability of the soft cheese, as well as protecting it from deterioration. These vital outputs demonstrate the success of the developed films as an active and sustainable packaging system capable of extending shelf life and ensuring the health and safety of high-moisture food products.

Keywords: Soft cheese. Shelf life Extension. Active packaging. Microbial safety. Date pit extract. Lipid oxidation.

1. Introduction

Fruits are one of the most valuable agricultural commodities in the world. They play a key role in food security, nutrition and rural livelihoods. But the climate is having a growing impact on fruit production due to increases in temperature, drought stress, unpredictable rainfall and extreme weather. These environmental factors contribute to less flowering, pollination, fruit development and productivity. Traditional fruit production systems are no longer adequate to assure sustainability over the long term. Thus, the research and growers are targeted to sustainable agriculture, that is, to make efficient use of resources while minimizing the impact on the environment. Advanced irrigation, new cultivars, organic amendments, precision agriculture technologies and IPM are all incorporated into sustainable fruit production. This

review aims to highlight the recent advances in sustainable fruit production under climate change scenarios and the future potential to enhance orchard management systems.

2. Effects of Climate Change on Fruit Production

Fruit crops are directly affected by climate change because of the changes in their physiological and biochemical processes. Many fruit species like apple, peach, citrus and grapevine are susceptible to reduction in pollen viability and fruit set at high temperatures. Drought also affects vegetative growth and also reduces fruit size and quality. Besides, salinity of irrigated soils has become a serious problem in arid and semi-arid areas. Salinity stress causes a decrease in nutrient uptake, osmotic stress and a decrease in photosynthetic activity. Climate change also spreads pests and diseases, adding to the production costs and losses. Fruit orchards are increasingly threatened by extreme climatic events like hailstorms, heatwaves and late frosts.

3. Sustainable Irrigation Strategies

Water use efficiency is crucial for water scarce production of fruits. Drip irrigation is one of the best irrigation systems because it is designed to direct water to the area around the roots, which minimizes water losses due to evaporation and maximizes water use efficiency. In fruit orchards deficit irrigation has also attracted interest. Regulated Deficit Irrigation (RDI) can achieve acceptable fruit yield and quality with lower water usage. In addition, soil moisture sensors and automatic irrigation systems help growers to schedule irrigation more efficiently. Mulching (organic and plastic) conserves soil moisture, helps control soil temperature and weed growth. Other practices, like rain water harvesting and utilization of treated wastewater, might contribute to improving water sustainability in orchard systems.

4. Role of Biostimulants and Organic Amendments

In fruit production, biostimulants are becoming more and more applied to boost plant growth and stress tolerance. Seaweed extracts, humic substances, amino acids, and good microorganisms enhance nutrient absorption and root growth as well as antioxidant activity. Biochar and compost are organic amendments that improve soil structure, water holding capacity, and soil microbial activity. These materials also help to enrich the soil, thereby reducing the need for synthetic fertilizers. Biostimulants have proven to positively affect fruit quality characteristics such as sugar content, color, firmness and shelf-life. Drought and salinity stress conditions can cause some oxidative damage and reduce plant productivity that can be addressed with biostimulants.

5. Precision Agriculture in Fruit Orchards

Today's fruit production systems are undergoing a transformation with the adoption of precision agriculture technologies. Orchard monitoring and management is moving towards a new future of remote sensing, drones, GPS mapping, and Artificial Intelligence. Sensors can be used to generate real time data on plant health, nutrient status and soil moisture. This data helps growers to supply more efficient watering and feeding. Drones are also being employed in disease detection, canopy assessment and pesticide application. Precision agriculture can help to reduce production costs, environmental pollution and increase the yield and quality of fruits. Digital technologies are expected to be a key component in orchard management in the future to achieve sustainable management.

6. Climate-Resilient Rootstocks and Cultivars

Using stress resistant rootstock and cultivars is a key adaptation measure for fruit production in a changing climate. New varieties are being bred for drought and salt tolerance, heat stress, and new diseases. Rootstocks affect tree vigor, nutrient uptake, water relations and fruit quality. There are promising results in citrus, apple and grapevine in the use of drought-tolerant rootstocks. Fruit crops are also being rapidly developed using biotechnology and molecular breeding, to make them climate-resistant. In the near future, marker assisted selection and genomic tools might be useful to increase breeding efficiency.

7. Integrated Pest and Disease Management

The climate changes have influenced the dynamics of pests and diseases in many fruit-growing areas. Therefore, sustainable pest management strategies are critical in minimizing environmental impacts and orchard productivity. Integrated pest management is biological

control, cultural practices, resistant cultivars and the use of selective pesticides. Beneficial insects/microbial agents can help control pests and reduce chemical inputs. The use of monitoring systems and predictive models is getting more widespread to identify disease outbreaks and provide optimal disease control strategies. Good pest management practices help to conserve ecosystem health and promote long-term sustainability of agricultural systems.

8. Challenges and Future Perspectives

Although there have been great strides forward, there are still problems to be addressed in sustainable fruit production. Many growers still continue to be constrained by lack of technical knowledge, high production costs and limited water resources. Future research should be aimed at enhancing production systems in a climate resilient way, creating cultivars that are more tolerant to stress and incorporate digital technologies into orchard management. In order to support sustainable farming practices, more contacts are needed between researchers, policy makers and farmers. An important point is also the creation of awareness and promotion of environmental friendly technologies through education and extension programmes.

9. Conclusion

To guarantee food security under new climate conditions, sustainable fruit production is crucial. There are potential opportunities for increasing orchard sustainability through new irrigation technology, biostimulants, precision agriculture and cultivars that are resistant to climate change. By adopting an integrated management approach, productivity can be boosted and environmental impacts reduced. In the future, fruit production systems will need to be sustained in a resilient and sustainable manner, with ongoing research and innovation being a critical element.

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