Factors affecting fruits, vegetables and its quality. Md. vegetables (such as cucumbers, sweet corn, green beans, peas and okras), attain optimum eating-quality prior to reaching full maturity. The aim of this study is to determine the factors affecting the losses in fruit and vegetable production. For this purpose, grapes, cherries and figs and tomatoes, cucumbers and peppers, which are of relative importance in terms of production value, were selected to the product scope of the research. 146 face-to-face surveys were conducted with farmers of these products. The production phase includes the farm processes from pre-harvest, harvest and post-harvest to the sale of products. Common bean is grown for its green leaves, green pods, and immature and/or dry seeds. The dry seeds of P. vulgaris are the ultimate economic part of the bean plant. They are appreciated throughout the developing world because they have a long storage life, good nutritional properties and can be easily stored and prepared for eating. Traditional markets have accentuated local preferences in seed colour and size of seed coat, but dry beans have similar composition. The different bean classes give identical total calories per gram. So it is easy to interchange or substitute different bean types. External factors are those factors which are affecting the plant externally or environmentally. These are some examples of external factors which affect plant growth. 1. Light. Light is a very important factor for plants. The intensity of light, quality of light, duration of light affects plant growth in many ways. External Factors of Plant Growth: Light. High light intensities induce dwarfism of the plant. due to this, plant which are situated on the hilltops are short in length whereas those plants which are situated in a valley are quite tall. Internodal growth is promoted by blue-violet colour whereas green colour light reduces the expansion of leaves. Read Also- Plant Hormones: Growth Regulators â€“ Promoters and Inhibitors in Details. 2. Temperature.