

KROSOK SALT



This type of salt may be known by some people as crystal salt or vice versa. For some individuals who do not know what krosok salt is, however, they might feel confused about how it looks. Krosok salt or Crude Solar Salt is becoming increasingly rare and hard to find in some areas after the presence of beriberi on the market. Krosok salt is a very basic crude salt which is not combined with iodine or various other minerals. Because of its shape, which resembles rock crystals or sugar, Krosok salt is also often called crystal salt or rock salt, so we must grind it first before using it.

Krosok salt is produced from generation to generation in the North Coast of Java, especially Rem-

bang District. In Rembang District, there are five krosok salt producing areas, namely Kaliore, Rembang, Lasem, Sluke and Sarang Districts with a total of 4,120 salt farmers. The largest producer of krosok salt products is in Kaliore District. In the Local Harvest Program, assistance for krosok salt products is centered in the Kaliore District area, at the Farmer Cooperative with the name "Sari Makmur" which is located in Tambak Agung Village, Kaliore District, Rembang Regency. This cooperative has 126 members spread across 4 villages.

Krosok salt is produced every year during the dry season only. Meanwhile, the krosok salt pond

transfers its purpose to a shrimp or milkfish pond for the rainy season and some are left empty without development. Based on the production process, there are 2 forms of krosok salt, namely the one that uses a geo insulator / geo bran (based on the ground) so that the resulting salt is relatively white and clean. And without geo insulators, the salt created is slightly brown because it is directly exposed to the ground.

Krosok salt produced by a member of the Sari Makmur Cooperative is not ready for consumption because it has not yet been processed. This krosok salt is bought by middlemen and goes to factories to be produced into consumption salt. Of these middlemen, krosok salt is marketed throughout Indonesia.

The packaging used is a plain sack weighing 50 kg per package only. There are also those that are only stored without any packaging or labels being used directly in the warehouse. Sari Makmur Cooperative once produced consumable salt in 250 grams of packaging for exhibition needs. However, more production requires a lot of operational costs. The cooperative also does not market directly and only focuses on producing krosok salt. Currently, the cooperative has

expanded its capacity through training, comparative studies on the production of table salt and the preparation of production equipment for the production of salt for consumption.

Currently, the need for krosok salt is not only the main raw material for producing table salt but has also been widely used for health and beauty purposes. Krosok salt contains ions and minerals such as sodium ions (Na +), potassium (K +), magnesium (Mg ++), calcium (Ca ++), carbonate - bicarbonate (CO₃ 2- and HCO₃ 2-), and chloride (Cl-) which are very important in maintaining the balance of the body's metabolism. Krosok salt is very useful for bathing to reduce fatigue and extract toxins from the body that are normally excreted through pores and sweat. These salt crystals are rich in bio-energy, crystal salt minerals in the form of ions that promote mineral absorption in one's body.

(<http://www.buahatiku.com/sejarah-pengertian-manfaat-garam-krosok-bagi-kesehatan/>).



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