



Getting the Proportions Right: By Color

In view of an aging world population, researchers at Tufts University have updated the content and appearance of a food guide pyramid to correspond specifically with the requirements of older adults.

The modified *MyPyramid for Older Adults* emphasizes nutrient-dense foods and the importance of fluid balance. It now provides more guidance about the types of foods that best suit the unique needs of older adults and places added emphasis on physical activity. Statistics indicate that obesity in adults 70 years and older is increasing.

The revised model will be published in the January 2008 issue of the *Journal of Nutrition*. One of the six food categories listed are bright-colored vegetables such as peppers and broccoli. In addition to fresh fruit and vegetables, packaged forms are also included which for a number of reasons may be more appropriate for older adults. These include, for example, bags of frozen pre-cut vegetables that can be resealed or single-serve portions of canned food.

Continuously emphasized is the importance of consuming adequate amounts of fiber-rich foods and whole fruits and vegetables. The new pyramid is replete in good examples. Fresh, frozen, canned and dried fruits

and vegetables are excellent sources of fiber as well as a host of other nutrients. Also included as an integral part is a flag at the top suggesting that older adults may need certain supplemental nutrients such as calcium, vitamin D and vitamin B12 that are difficult to receive in adequate amounts from food alone.

The *MyPyramid for Older Adults* also stresses the importance of consuming fluids. With increasing age there can be a disassociation between how hydrated a body is and how thirsty a person feels. To prevent dehydration, food and beverages with high water content such as lettuce, vegetable juice and soups are recommended.



Click on the picture to view a high resolution depiction of the new pyramid.

Source:

Modified MyPyramid for Older Adults: Tufts researchers update their food guide pyramid for older adults, 20 Dec 2007
- <http://nutrition.tufts.edu>

- Communications

Latest Publications from the Center's Staff

Congratulations to Mr. Christian Genova II, Drs. Katinka Weinberger and Antonio L Acedo Jr., for their latest publication, recently received by the library.

Genova, C., Weinberger, K., Acedo, A. (2007). Understanding postharvest losses in vegetables using an upstream supply chain approach in South East Asia (Abst.). In: Utilisation of diversity in land use systems:

sustainable and organic approaches to meet human needs. Witzense, Goettingen: Cuvillier. p.497.

New Publications (Articles) Received by the Library

Duh, P.D., Hsiao, W.C., Wang, B.S. (2008). An aqueous extract of Welsh onion green leaves increase ABCA1 and SR-BI expression in macrophage RAW 264.7 cells. *FOOD CHEMISTRY*. v.107(3):1029-1038.

Naznin, M.T., Akagawa, M., Okukawa, K., Maeda, T., Morita, N. (2008). Characterization of E- and Z-ajoene obtained from different varieties of garlics. *FOOD CHEMISTRY*. v.106(3):1113-1119.

Santas, J., Carbo, R., Gordon, M.H., Almajano, M.P. (2008). Comparison of the antioxidant activity of two Spanish onion varieties. *FOOD CHEMISTRY*. v.107(3):1210-1216.

Santos, B.M. (2008). Effects of in-row spacing on eggplant yield. *HORTTECHNOLOGY*. v.18(1):97-99.

Santos, B.M., Gilreath, J.P., Lugo, M. de L., Rivera, L.E. (2008). Managing weeds with drip-applied herbicides in tomato. *CROP PROTECTION*. v.27(1):101-103.

Li, J., Chen, W.X., Liu, A.Y., Feng, S.J., Xiao, J. (2007). Identification and biocontrol effect of bacterial strain CX-PA selected from flowering Chinese cabbage. *CHINESE JOURNAL OF BIOLOGICAL CONTROL*. v.23(4):362-367.

Singh, D.K. (2007). Cucurbitaceous vegetables. In: *Modern vegetable varieties and production technology*. Lucknow: International Book Distributing Co. p.181-236.

Singh, D.K. (2007). *Modern vegetable varieties and production technology*. Lucknow: International Book Distributing Co. vii, 393 pp.

Singh, D.K. (2007). Solanaceous vegetables. In: *Modern vegetable varieties and production technology*. Lucknow: International Book Distributing Co. p.47-125.

Pillen, K., Ganai, M.W., Tanksley, S.D., (1996). Construction of a high-resolution genetic map and YAC-contigs in the tomato Tm-2a region. *THEORETICAL AND APPLIED GENETICS*. v.93:228-233.

Stevens, M.R., Lamb, E.M., Rhoads, D.D., (1995). Mapping the Sw-5 locus for tomato spotted wilt virus resistance in tomatoes using RAPD and RFLP analyses. *THEORETICAL AND APPLIED GENETICS*. v.90(3/4):451-456.

Bhattarai, M., (1992). A study on marketing of tomato in Sarlahi district: problems and prospects. Kathmanud: Winrock International. viii, 129 pp.

New Popular Magazine Now Available in the Library

Business Weekly (Chinese) – 14-20 January 2008

The Economist: The world's most dangerous place – 5th-11th January 2008

The Economist: Up in the air – 12th-18th January 2008

Time: It's the Voters, Stupid – 14 January 2008



- Source: Fang-chin Chen/Communications

Completion of the 26th Regional Training Course in Thailand

Participants of Module II



Module II of the 26th Regional Training Course closed after successfully addressing issues relating to Good Agricultural Practices.

(Photo: Participants of Module II with the Regional Director of ARC)

Participants Visit Royal Project at Doi Ang Khang and Bhuping Palace in Chiangmai



*Preparing breeding site for *Coenosia exigua*, an effective predator of the imported leafmining fly, *Liriomyza huidobrensis* at Bhuping Palace, Chiangmai.*

As part of the curriculum for Module III, participants visited the Royal Project at Doi Ang Khang to study organic vegetable production and marketing.



Sorting and packaging organic Chinese cabbage in Doi Ang Khang

- Source: Dr. Peter AC Ooi/Director/AVRDC-ARC

News from Africa

Building collaboration with vBSS partners in Cameroon



A production field of Solanum nigrum at Koupa, Cameroon

Dr. Christophe Kouamé, vBSS Liaison officer recently met with vegetable stakeholders in the West and North West provinces of Cameroon from 7 to 12 January during a regional assessment tour. These two provinces produce more than 39% of all vegetables in Cameroon. Dr. Kouamé visited major vegetable production areas and presented the vBSS program to the major vegetable seed operators. He met staff of the University of Dschang Faculty of Agronomy and Agricultural Sci-

ences, as well as the vegetable research team of IRAD (Institut de Recherche Agricole pour le Developpement) at Foubot research station and secured their collaboration with the vBSS program in Cameroon.



An inland valley vegetable production farm at Baigon, Cameroon

Visitors

Ms. Ronia Tanyongana visited AVRDC-RCA within the framework of vBSS from 14 to 19 January. The aim of the visit was to sort out with the Financial Administrator various financial and administrative issues. Ronia also participated in the interviews for vegetable breeders and finalized the procedures for hiring the Seed Marketing Specialist to be posted in the SHMSU at ARC-VOPI in Pretoria, South Africa.

Dr. Richard Jones, Deputy Director ICRISAT; Dr. Joe Cortez, Coordinator of the International Seeds Program of the Iowa State University and Mr. Marcel van den Berg, ICRISAT Business and Finance Administrator visited AVRDC-RCA on 17 January with the aim of exploring possible collaboration within the

framework of the West Africa Seed Alliance (WASA) and the East and Southern Africa Seed Alliance (ESASA). AVRDC-RCA was represented by Drs. Mel Oluoch, Rémi Nono Wondim, Ms. Ronia Tanyongana and Mr. Jan Helsen. It was agreed that AVRDC-RCA and vBSS specifically would pursue the initiative and identify those areas which could strategically be important both to the activities of the Alliance and the Center.

- Source: Dr. Shilpi Saxena/AVRDC-RCA

New Staff

Dr. Kyeong-Ho Chung has been appointed as Biotechnologist during his two-year secondment at the Center, effective 25 January 2008. He will report directly to Jackie Hughes, DDG-Research.

Kyeong-Ho is a Senior Scientist at the National Horticultural Research Institute, Rural Development Administration (RDA), Republic of Korea. He received his PhD from Seoul National University in 1994.

Kyeong-Ho will be working on the project “Establishment of MAS system to enhance the selection efficiency in disease resistance breeding programs,” and will work closely with Robert de la Peña of the Biotechnology/Molecular Breeding Unit. He will also

take over the responsibility of the collaborative project between the Center and the National Institute of Crop Science of RDA on “Generation advancement and seed multiplication for Korean soybean.” Further, he will serve as the Interim Head of the Legume Unit until the Center recruits a legume breeder.

Kyeong-Ho can be contacted at extension 310 (Breeding office) and 807 (home).

Welcome to AVRDC, Dr. Kyeong-Ho Chung!

- Lilia Tan Habacon, Human Resources Manager

Travel

Dr. Jackie Hughes, 15 January-10 February, on annual leave. During this period, Dr. Hughes will attend the workshop for the “Challenge Program: High Value Crops Full Proposal Development”, in Washington, DC from 30 January to 3 February.

Dr. Jong-Gyu Woo, 21 January, repatriation.

Dr. Surya Prasa Bhattarai, 23-27 January, to Cambodia, to monitor on-going irrigation research; 27 January, repatriation.

Ms. Dolores R. Ledesma, 28 January-8 February, on annual leave.

- Source: Yvonne Ting/ASU

Dr. Christophe Kouamé, Liaison Officer of AVRDC vBSS program in Cameroon, 17-21 January, to South Africa, to attend a Volkswagen Foundation full-proposal development workshop at Grahamstown; 22-25 January to participate in a policy dialogue workshop at Rhodes University. The policy dialogue workshop is convened by the IndigenoVeg project founded by EU-INCO to promote Indigenous Vegetable policy, production and consumption in African urban and peri-urban areas.

Mr. Jan Helsen, 19 January-10 February, to Madagascar, South Africa, Kenya, Mali and Cameroon. The objective of the visits to the Liaison Offices is to discuss with staff administrative procedures and initiate research activities in line with the vBSS work plan. In Madagascar, Mr. Helsen will visit a private seed producer, participate at an NBU meeting and visit the

Ministry of Agriculture, where a MoU has been signed. He will also visit the ARC-VOPI partner in Pretoria, South Africa, with a view to finalizing the agreement and having the SHMSU established in their premises. In Nairobi, Kenya, Mr. Helsen will visit the staff of the Alliance for Green Revolution in Africa (AGRA) to explore opportunities for collaboration between AGRA and vBSS.

Drs. Katinka Weinberger, Mel Oluoch and Germain Pichop, 22-28 January, to Grahamstown, South Africa, to attend the EU-IndigenoVeg “Policy Dialogue Workshop”. The conference aims at presenting the major findings of the project to policy decision makers, and bringing Sub-Saharan Africa policy makers, resource persons and researchers together in order to distil key lessons and to explore synergies and opportunities between the fields of urban agriculture and indigenous vegetables and to link them to urban planning.

Dr. Sanjeet Kumar, Vegetable Breeder based at ICRISAT, Niamey, 30 January-19 February, to India, to visit ICRISAT headquarters at Hyderabad. He will attend the ICRISAT Global In-House Meetings and Theme Meetings (Crop Improvement and Agro-Eco Systems) from 1 to 10 February. During this visit, he will also meet scientists at NBPGR and IARI (vegetable crops division) in New Delhi.

- Source: Dr. Shilpi Saxena/AVRDC-RCA

Welcome



The Center extends a warm welcome to Ms. Wang Shu-ju 王淑茹, Greenhouse Aide of the Cucurbit Unit. Ms. Wang reported for duty on 14

January 2008. She can be contacted at ext. 392.

- Source: Felisa Wang/HR



Upcoming Seminars Next Week

There will be four seminars given by the candidates for the International Variety Development Coordinator position in Headquarters next week. The venue will be in the 3rd floor Conference Room. Everyone is welcome to attend! Coffee and tea will be served afterwards.

Speak 1 : Dr. Surya Prasad Bhattarai

Time : 1030-1140 hours, Monday, 21 January

Speak 2: Dr. Kathryn Hamilton

Time : 1350-1500 hours, Tuesday, 22 January

Speak 3: Dr. Edwin L. Javier

Time : 1350-1500 hours, Wednesday, 23 January

Speak 4: Dr. Hiroko Takagi

Time : 1350-1500 hours, Thursday, 24 January

- Source: Mr. Oliver Hanchke/Seminar Coordinator

Visitors Next Week at Headquarters

A delegation of three Representatives from the House Committee on Agriculture, Nigeria, led by Hon. Gbenga Peter Makanjuola, Chairman, House Committee on Agriculture will visit the Center at 1545 hours on Wednesday, 23 January 2008. He will be accompanied by Mrs. Christiana Adetola Makanjuola (his wife), Hon. Andrew Igbonule Uchendu, Deputy Chairman of the House Committee

on Agriculture, Hon. Idris Alhaji Muhammadu, House Representative, Mr. Alfazazi A. Namairage, Trade Commissioner, Nigeria Trade Office in Taiwan and Mr. Tzuo-min Hsu, First Secretary, Department of African Affairs, ROC MOFA.

- Source: Communications

Headquarters Clean-up Day – Friday, 25 January 2008

中心清潔日 – 1月25日 (星期五)

As the Chinese Spring Festival is approaching, in order to sweep away the dust of the past year and to welcome the fresh and new spirit of the Year of the Rat, the Management requests that all staff and campus residents set aside their routine work and/or assignments to clean and tidy up their work areas and campus on Friday, 25 January 2008. This activity is a symbol of “esprit de corps”. Therefore, leave requests by staff on the Clean-up Day are discouraged, unless very necessary and proper justification for such request can be made to the unit head for approval. **Guidelines for the arrangements of Clean-up Day are as follows:** Each unit will be responsible for all their own work and storage areas, including offices, laboratories, green/head houses, screen houses, farms, service building and FDS building. The disposal sites for specific materials will be set up as follows:

Metals: open area behind the Motor Pool Office; **Glass, paper, plastic:** recycling area in the new greenhouse area next to the compost area; **Wood, trees, branches:** compost area in the new greenhouse area; (As materials are to be chipped, any nails or metal objects must be removed before

sending to the compost area.); **Plastic sheets & pots:** Field #12; **Broken clay pots & soil:** north side of Fields #43 & #44. Each unit/laboratory/office is responsible for arranging their own transportation to deliver the waste/unused materials. In case transportation is not available, requests may be made to the Motor Pool. The Technical Services Office will provide the cleaning tools, for which requests can be made by calling Mr. Hu Ku-yu of the Supply Room at ext. 229 before 0830 hours. These tools should be returned to TSO before 1500 hours.

Thank you for your kind attention and cooperation on this activity.

茲訂1月25日(星期五)為本中心清潔日,全體同仁及園區眷屬於該日應將例行工作暫緩處理,全力參與環境清潔工作。為發揚中心同仁團隊精神及公平起見,清潔日當天除因特殊事故,經各直屬主管批准請假者外,以全員參與為原則。謝謝您的合作。

- Source: Dr. Yin-Fu Chang/DDG-A&S

Service Arrangements During the Chinese Spring Festival

The Center will be closed during the Chinese Spring Festival from Wednesday, 6 February through to Monday, 11 February 2008. In appreciation of the diligence of our Cafeteria staff and drivers in the past year, as well as to enable them to enjoy a relaxing Spring Festival, the following arrangements for the services of Cafeteria and Motor Pool have been made for the Chinese New Year holidays:

Cafeteria schedule:

- ∨ 6 – 10 February (Wednesday – Sunday): Closed.
- ∨ 11 February (Monday): open and serving from 10:00 to 13:00 hours and 1630 to 1830 hours
- ∨ 12 February (Tuesday): return to the normal service time.

Ms. Lydia Wu will inform the training scholars of the food arrangements for the period the Cafeteria is closed.

No Motor Pool services: no driver will be dispatched for any assignments from 6 through 11 February (Wednesday–Monday).

本中心春節假期自2月6日(星期三)起至2月11日(星期一)止,共計6天。體念中心餐飲部及車務股同仁平日工作辛勞,使其能同享春節假期,循例於春節期間就其營業及勤務時間做下列安排:

餐飲部

- ∨ 2月6日(星期三)至2月10日(星期日)暫停營業。
- ∨ 2月11日(星期一)恢復營業,營業時間:早上10點至下午1點。下午4點30分至6點30分。
- ∨ 2月12日(星期二)恢復正常營業。

車務股

2月6日至2月11日(共計6天)春節假期間,暫停調派一切車輛勤務。

- Source: Dr. Yin-Fu Chang/DDG-A&S

Position Announcement — Field Assistant

Biotechnology/Molecular Breeding Unit 生技分子育種組徵「田間助理」乙名

Job objective: To support greenhouse and field research on genetically-engineered vegetable crops.

Job responsibilities: Maintain the transgenic greenhouse and field facilities to the highest standards of biosafety and containment; establish greenhouse and field experiments to evaluate transgenic vegetable crops; assist in agronomic and trait-specific evaluation of transgenic vegetables; and supervise and train greenhouse/field laborers under strict compliance with the AVRDC GMO policy. **Qualifications:** B.S. degree in Agriculture, Horticulture, Agronomy, Biotechnology, or related discipline; experience with field and/or greenhouse propagation of vegetables; ability to lead a team and supervise contract personnel; must be able to work independently and in a team-based environment; experience with transgenic crops would be an advantage.

Application: submit a letter of application, Curriculum Vitae, with names, and contact addresses (phone number and e-mail) of three referees. Send to: Ms. Felisa Wang, Human Resources, AVRDC — The World Vegetable Center, P.O. Box 42, Shanhua, Tainan 74199, Taiwan; e-mail: (jobapply@netra.avrdc.org.tw).

Closing Date: 15 February 2008

主要負責：支援溫室與田間基因轉殖蔬菜作物之研究調查工作；維護轉基因溫室與田間設施，以達到最高生物安全隔離標準；規劃並執行溫室與田間試驗，評估轉基因蔬菜作物；協助轉基因蔬菜農藝與特異性狀評估；監督與訓練溫室/田間工人嚴格遵守亞蔬基因改造生物政策。

應徵資格：農業、園藝、農藝、生物科技或相關科系畢業之學士。具田間及溫室蔬菜繁殖經驗者；具領導團隊與管理合約人員能力；可獨立作業並有團隊合作精神；有轉基因作物經驗者佳。**應徵方式：**請將應徵信、履歷表以及三位介紹人姓名、聯絡地址(包括電話、電子郵件信箱)寄到：亞蔬－世界蔬菜中心，台南縣善化鎮郵政信箱 42 號，人事室或

電子郵件信箱：jobapply@netra.avrdc.org.tw

截止收件日期：2008 年 2 月 15 日

- Source: Felisa Wang/HR

2008 National and Special Holidays to Be Observed

AVRDC Regional Offices in Africa

Niger

1 January	Tuesday	New Year's day
9 January	Wednesday*	New Moslem year
20 March	Thursday*	Mouloud
24 March	Monday	Easter Monday
24 April	Thursday	Harmony celebration
1 May	Thursday	Labour day
3 August	Sunday	Tree celebration
28 September	Sunday*	Harms of the destiny
2 October	Thursday*	Ramadan
9 December	Tuesday*	Tabaski
18 December	Thursday	Proclamation of the Republic
25 December	Thursday	Christmas Day

* Movable feasts (dates to be determined according to the lunar phases)

Cameroon

1 January	Tuesday	New Year's Day
11 February	Monday	Youth day
1 May	Thursday	Labour day
20 May	Tuesday	National day
15 August	Friday	Assumption
25 December	Thursday	Christmas

- Source: Communications