



18 May 2007

## The Hidden Side of Healthy Looks

Trade balances and campaigns for healthy lifestyles both agree that fruits and vegetable are trendy crops. They provide the right combination of good tastes and high nutritional value. The growing demand for exotic products, off-season or organic fruits and vegetables by consumers in western countries is opening up new economic opportunities for smallholder farmers in Africa, Asia or America. However, nature's perfect convenience foods, as vegetables and fruits are labeled, frequently prove to be less healthy than they look.



Two weeks ago the European Union warned that it would ban vegetable exports from Suriname if the country's producers continued to

violate regulations concerning food safety. On May 4, the US Food and Drug Administration (FDA) announced restrictions on vegetable protein products from China for animal or human food use due to the presence of melamine or melamine analogs.

Problems with food were also recently in the news from Sri Lanka. Last week the nationwide Daily News and Reports service reported that Sri Lanka loses 30-40% of its vegetable harvest due to improper storage and post-harvest technologies. The quantity of vegetables wasted annually amounts to 200,000 metric tons, contribution to low national consumption levels of 100 grams per head per day.

Food is becoming more and more of a public health issue rather than only an agricultural or trade commodity. Poor post-harvest management, a very low degree of vegetable processing combined with a lack of infrastructure such as effective cooling devices makes it difficult for farmers in developing countries to provide

food products to the market in good condition and exposes local consumers to severe health risks. Food borne diseases resulting from biological and chemical agents can range from mild indigestion to chronic or life-threatening illness. Approximately 1.5 billion episodes of diarrhea, the majority of them being caused by food-borne contaminants, occur annually in children under the age of 5, resulting in some 1.8 million deaths. E.coli infections due to food contamination may develop into so-called hemolytic uremic syndrome (HUS) and several other severe diseases.



That is why strategies and technologies to improve the hygiene of raw agricultural foodstuffs, the utilization of food-processing technologies and the education of food handlers in safe food preparation will continue to be crucial concerns for agricultural researchers and extensionists. Safer fruits and vegetables will enhance export marketing opportunities, since high food safety standards in the industrial countries effectively bar the agricultural produce and processed food products of developing countries from potential markets. Economic success and improvements in health and nutrition do not have to be achieved at the expense of each other. Concerted actions can support both - to the benefit of farmers and consumers in developing countries.

Oliver Hanschke, Communications

### Further reading:

With a slightly different focus, the decline in export opportunities for agricultural produce from Africa is the central theme of a story in the current issue of "Der Spiegel" (14 May): Africa's unfair battle: The West's Poverty Subsidies". (available for download on the Intranet).

## New Publications (Articles & Books) Received by the Library

Anderson, A., Kelly, J., McKenzie, D. (2007). Healthy soils for sustainable vegetable farms: Ute guide. Urrbrae SA: Arris Pty Ltd. viii, 79 pp.

Asia-Pacific Association of Agricultural Research Institutions (2007). Expert consultation on agricultural innovations: linking farmers to market; Proceedings. Bangkok: APAARI. ix, 54 pp.

Hutton, M.G., Handley, D.T. (2007). Bell pepper cultivar performance under short, variable growing seasons. *HORTTECHNOLOGY*. v.17(1):136-141.

Reddy, N.P., Reddy, B.A.K., Gunasekar, D., Blond, A., Bodo, B., Murthy, M.M. (2007). Flavonoids from *Linnophila indica*. *PHYTOCHEMISTRY*. v.68(5):636-639.

Wszelaki, A.L., Doohan, D.J., Alexandrou, A. (2007). Weed control and crop quality in cabbage (*Brassica oleracea* (Capitata group)) and tomato (*Lycopersicon lycopersicum*) using a propane flamer. *CROP PROTECTION*. v.26(2):134-144.

Chang, C.H., Sung, Y. (2006). Effect of pollen storage and pollination on fruit set of bitter melon (*Momordica charabita* L.). *SEED & NURSERY*. v.8(4):17-30.

Hawkes, C., Ruel, M.T. (2006). Understanding the links between agriculture and health. Washington, D.C.: IFPRI. 36 pp.

Thompson, J.R., Doun, S., Perry, K.L. (2006). Compensatory capsid protein mutations in cucumber mosaic virus confer systemic infectivity in squash (*Cucurbita pepo*). *JOURNAL OF VIROLOGY*. v.80(15):7740-7743.

Djurfeldt, G., Holmen, H., Jirstrom, M., Larsson, R. (2005). The African food crisis: lessons from the Asian green revolution. Wallingford, Oxfordshire: CABI Publishing. 288 pp.

Hardaker, J.B., Huirne, R.B.M., Anderson, J.R., Lien, G. (2004). Coping with risk in agriculture. Wallingford, Oxfordshire: CABI Publishing. xii, 332 pp.

## New Popular Magazines Now Available in the Library

*National Geographic*: The big thaw—June 2007

*Photo Techniques* : May—June 2007

*Time*: The big score — May 21, 2007



## Subscriptions to New Chinese Periodicals (Mainland China)

China Cucurbits and Vegetables (中國瓜菜) – Nos.1-2, 2007

Journal of Changjian Vegetables (長江蔬菜) – Nos.1-3, 2007

Journal of China Capsicum (辣椒雜誌) – Nos. 1-3, 2003; Nos.3-4, 2004; Nos. 2&4, 2005; Nos. 2-4, 2006; No. 1, 2007

Vegetables (蔬菜) – Nos. 1-4, 2007



- Source: Fang-chin Chen/Library Services Unit

## Travel

**Dr. Peter Hanson**, 19 May–1 June, to Bangalore, India, to help organize and participate in a farmer's field day.

**Dr. Gregory C. Luther**, 19 May– 2 June, to Indonesia, to facilitate aspects of the "Workshop on Statistics and Experimental Design" conducted by D. Ledesma for the Aceh project; to hold additional meetings on research trial design in Aceh; to work with collaborating scientists at Bogor Agricultural University on the IPM component of the SANREM CRSP project; and to participate in the annual meeting of the SANEREM CRSP Indonesia site.

- Source: Yvonne Ting/ASU

**Mr. Stefan Pletziger**, 25 May–1 June, to Berlin, Germany, to participate in meetings: 1) to take part in a meeting of the "Sector Network Rural Development" (SNRD-Africa) a network of GTZ on 29

May; 2) to give a presentation at the international conference "Value-links for broad-based development" from 30-31 May. During this conference a meeting will take place with a group of postgraduate students from Berlin University coming to Kenya and Tanzania for a research study later this year.

**Dr. Ekow Akyeampong**, 28-31 May, to Ivory Coast, to participate in activities marking the 20th anniversary of CORAF/WECARD.

- Source: Dr. Shilpi Saxena/AVRDC-RCA

## News from Africa

### Training

AVRDC-RCA conducted a two day training course from 19 to 20 April on Vegetable Production, Processing and Preservation for a group of women farmers from the St. Francis Institute in Poli-Singisi Village, Arumeru District, Arusha Region. 20 women participated in the course.

AVRDC-RCA conducted a two day training course from 24 to 25 April on Vegetable Production, Processing and Preservation for farmers from the WODSTA Group in Arusha District, Arusha Region. 28 people (18 Women and 10 men) participated in the course.

AVRDC-RCA will conduct a two day training course from 17 to 18 May on Vegetable Production, Processing and Preservation for men and women farmers from Singisi Village, Arumeru District, Arusha Region. About 25 people will participate in the course.

### Visitors

A group from the University of Georgia, USA visited RCA on 14 May as part of their study tour in Tanzania. The group comprising 20 students and 6 faculty members from several disciplines were interested in raising their awareness of the activities carried out by the World Vegetable Center.

**Dr. Katinka Weinberger** will visit RCA from 16 to 22 May to hold the Theme 5 meeting on "Postharvest management and market opportunities". She will also discuss the progress of the EU/IndigenoVeg and Proniva socio-economic activities with staff.

May 15 - 17, 2007: **Mwangi Karichu**, Farm Concern International and **Sammy Agili**, from CIP will be visiting to conduct a site selection for the Kilimo Trust project in Arumeru District. Together with **Hassan Mndiga**, **Stefan Pletziger** from AVRDC and **Steve Kuok** from HortiTengeru will visit and select appropriate pilot villages according to a set of criteria which the stakeholders agreed to during the planning meeting.

May 22 - 25, 2007: Visit of **Dr. Dagmar Mithoefer**, ICIPE, Nairobi and **Mr. Thomas Koenig**, Leader of the Postgraduate Research Group from Berlin University (SLE). This visit will prepare the way for the research stay of postgraduate students coming to Tanzania and Kenya from July until October 2007. Their research topic will be: "Market-driven development and poverty reduction: The case of fresh vegetables in Kenya and Tanzania". **Mr. Stefan Pletziger** will be responsible along with our partner institute ICIPE.

- Source: Dr. Shilpi Saxena/AVRDC-RCA

## AVRDC-ARC Bids Farewell to Efren Altoveros



With the completion of the SDC-sponsored Human Resource Development Project Phase IV (HRDP IV) and after six and a half years of service as our training consultant, AVRDC-ARC bade farewell to Mr. Efren Altoveros on 16 April 2007.

Efren started working as ARC Training Officer in October 2000. His main task was to manage the regional training courses of the SDC-sponsored HRDP Phase III which continued with the extension of another phase, HRDP IV.

Efren also assisted in the implementation of regional activities and other training activities in the region. Prior to working at ARC, Efren worked with the AVRDC training center in Arusha from 1995 to 1998.

ARC thanks Efren for his six and a half years of service and wishes him success in his future endeavors.

Efren's contact details are: [ealtoveros@yahoo.com](mailto:ealtoveros@yahoo.com); mobile no (Philippines): +63-9274662680.

- Source: Dr. Peter Ooi/AVRDC-ARC

## Discount Provided by the Dragon Restaurant & Bar

The Center has signed a contract with the Dragon Restaurant & Bar offering 10% discount to the Center's staff. The restaurant is located on the second floor of Park 17 in the Science Park serving Guangdong light refreshments (Dien-Sung), Chinese set meals and round table. Our staff can enjoy the 10% discount by presenting the Center's Employee Card.

本中心與位於南科的萬龍餐廳(台南縣新市鄉南科三路17號2樓, 即Park 17 二樓), 簽約成為特約廠商。萬龍餐廳供應廣東飲茶點心、中式套餐及桌餐, 自即日起, 亞蔬員工前往消費, 出示職員證可享九折優待。

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

## News from Recreational and Social Committee

### Sports Day in May

This is a reminder and an invitation to all of you who would like to join the fun in AVRDC's Sports Day of headquarters in May. Please call up the following coordinator to sign up for any match/competition you'd like to play in.

Keep in mind that we will have another sports day in September to give you another chance to play in more than one game.

請大家告訴大家來報名參加五月份（5月30日）的運動會，別忘了我們在九月份還有另外一次不同項目的比賽！

Please register with the following coordinators

（各項比賽報名專線）：

Tennis（網球）－ Vicki Easdown, ext. 809  
（尹士東太太，分機809）

Table tennis（桌球）－ Yuang-Kuang Huang, ext. 531  
（黃永光，分機531）

Basketball（籃球）－ Jean Lin, ext. 363  
（林貞余，分機363）

Volleyball（排球）－ Chong-zheng Lin, ext. 363  
（林崇正，分機363）

Fun run（趣味競跑）－ Dr. Zhanyong Sun, ext. 390  
（孫占勇，分機390）

### Happenings around AVRDC Headquarters

#### Disney Live! Mickey Magic Show

For those of you with children or who are still a child at heart, Mickey and Minnie Mouse will bring you an amazing magic world of lively, lighthearted song and dance during their performance:

- ∨ Time: 1930 hours
- ∨ Date: 22 May (Tuesday) and 23 May (Wednesday)
- ∨ Place: Tainan City Cultural Center
- ∨ Ticket: NTS 2000/1500/1100/600

#### 迪士尼舞台劇—米奇明星魔幻秀

米奇與米妮將藉由活潑輕快的歌舞及神奇的魔術表演，讓全世界的小朋友們一起進入不可思議的魔法世界！

- ∨ 時間：5月22日(星期二)、5月23日(星期三)  
晚間7點30分
- ∨ 地點：台南市立文化中心
- ∨ 票價：2000/1500/1100/600元

### Water Tower Clean-up on Saturday, 19 May

The annual clean-up of the Center's water tower at headquarters has been rescheduled for Saturday, 19 May. It will take around 8 hours starting from 0830 hours. During this period the city water will come directly from the main pipe of the Taiwan Water Company and will not go through the Center's water tower as usual. The water pressure will be lower at that time.

5月19日（星期六）上午8點半開始清洗中心水塔，約需要8個小時完成。屆時自來水將不經過中心水塔而直接供應，故水壓較低。

- Source: Janice Chou/TSO

### Telephone and Internet System Suspension on Saturday, 19 May

The Center's telephone and internet connection system will be suspended for 15 minutes from 0745 to 0800 hours, Saturday, 19 May for renovation work of Administration building.

因行政大樓整修工程，明天上午（5月19日）7點45分到8點將停話及網路15分鐘。

- Source: Janice Chou/TSO