

**Project #9021 NUTRITIONAL & HEALTH BENEFITS  
Past, Present & Future**

---

**BRIEF**

**DESCRIPTION**

With fresh vegetable markets becoming more competitive and restricted, Ontario growers need to find ways of improving the demand for their products. Value added products, new products, and alternate uses of Ontario fresh vegetables are ways of improving these markets. Marketing fresh vegetables based on their nutritional and health benefits is another approach to increasing the demand for Ontario produce. This project will provide a comprehensive literature review of the current state of information on fresh vegetable nutritional content, health benefits, and production practices which may enhance fresh vegetable food value. Information will be collected from a range of sources including published studies, conference papers, reference books, extension materials and personal communication. The outcome will be to provide information to producers to advance the profile of their crops, as well as identify gaps in the information and research opportunities. Crops included in the literature review will include root crops, bulb crops, leafy vegetable crops and tomatoes

**PROJECT**

**OBJECTIVE**

The project can be broken down into three specific goals:

To review published literature (i.e. scientific manuscripts and research reports) and extension literature to summarize the current knowledge of the effect of agronomic practices on the nutritional and health benefits of root, bulb, leafy vegetables, tomatoes and sweet corn.

To prepare a summary of the results in a format (i.e written literature review and summary table) that will be useful to producers and researchers

3. To identify gaps in knowledge and direct further research