



VegNet Vol. 6, No. 2. February 18, 1999 Ohio State University Extension Vegetable Crops

Eat Your Tomatoes and Tomato Products

From: The NY Times, Wednesday Feb. 17, 1999 and J. Natl Cancer Inst 1999; 91 317-31

Study says eating lots of fresh and processed tomatoes can lower the risk of certain cancers. The paper, "Tomatoes, Tomato-Based Products, Lycopene, and Cancer: Review of the Epidemiologic Literature" by Dr. Edward Giovannucci was just published in the Journal of The National Cancer Institute. Among 72 studies, 57 reported inverse associations between tomato intake and blood lycopene levels (a compound derived predominantly from tomatoes) and the risk of certain cancers at specific anatomic sites. In thirty five of these studies, the inverse associations were statistically significant. The evidence for a benefit was strongest for cancers of the prostate, lung and stomach. Data were also suggested of a benefit for cancers of the pancreas, colon, esophagus, oral cavity, breast and cervix. Numerous other potentially beneficial compounds are present in tomatoes and, conceivably, complex interactions among multiple components may contribute to the anticancer properties of tomatoes. The consistently lower risk of cancer for a variety of anatomic sites that is associated with higher consumption of tomatoes and tomato-based products adds further support for current dietary recommendations to increase fruit and vegetable consumption. Dr. Edward Giovannucci is affiliated with the Department of Medicine, Brigham and Women's hospital and Harvard Medical School, Boston, MA. If anyone is interested, I have a copy of the Abstract and a list of the 125 references, just contact me.

Midwestern Vegetable Variety Report for 1998 - Now Available!

This year's edition contains over 200 pages of cultivar information on beans, cabbage, carrots, cucumber, garlic, leek, muskmelon, onion, pepper, pumpkins, radish, squash, sunflower, sweet corn, tomatoes and watermelon. The sweet corn section contains the annual report of Reactions of sweet corn hybrids to prevalent diseases. The cost of the publication is: \$12.00 plus \$3.00 postage. You can obtain a copy by contacting...

Ron Overmyer,
ABE Center,
440 E Poe Rd.,
Suite 208,
Bowling Green, OH 43402-1351,
Phone: 419-354-6916,
Fax: 419-354-6416
or by e-mail: overmyer.1@osu.edu



More Research Reports Now Available - See Below

More research reports are now available from individual researchers. This is not a complete listing and we will continue to list others as we hear about availability.

The Following Reports Are Available:

1/ Online At The VegNet WebSite;

[Back To The Home Page For the Online Reports](#) or

2/Hardcopy from the author

> 1998 Processing Vegetable Research Report - 1998,
Hort Series No. 683. Jan. 1999

> Specialty and Heirloom Tomato Production and Marketing
1995-1998, Hort and Crop Science Series 684, Jan. 1999

For hard copies of the above reports, Contact:

Elaine Grassbaugh,
Dept. Of Horticulture and Crop Science,
The Ohio State Univ.,
2021 Coffey Rd,
Columbus, OH 43210,
PH:614-292-3858,
Fax: 614-292-7162
or email: grassbaugh.1@osu.edu

> **1998 Muck Crops Report (Lettuce, Onions, Green Onions, Leeks, Parsley and Radish)**

For a hardcopy, contact:

**Bill Evans,
Muck Crops Branch,
4875 SR 103S,
Willard, OH, 44890,
PH 419-935-5008,
email: evans.346@osu.edu**

The following reports mentioned in the last issue are now available online along with pictures of best in trial.

1998 Pickling Cucumber Performance Trial, Horticulture & Crop Science Series No. 686. Dec. 1998, and 1998 Processing Cabbage Cultivar Evaluation, Horticulture & Crop Science Series No. 689. Dec. 1998.

The Following Reports Are Available:

1/ Online At The VegNet WebSite;

[Back To The Home Page For the Online Reports](#) or

2/Hardcopy from the author

**1998 se Sweet Corn Cultivar Trial,
Horticulture & Crop Science Series No. 687. Dec. 1998.**

For a copy, contact:

**Ken Scaife
OARDC Vegetable Crops Branch,
1165 CR 43,
Fremont, OH 43420,
Phone: 419-332-5142
Fax: 419-334-5643
scaife.1@osu.edu**

**1998 Fresh Market Cabbage Cultivar Evaluation,
Horticulture & Crop Science Series No. 688. Dec. 1998.**

For a copy, contact: Ken Scaife,

See address above under sweet corn.

**[1998 Pumpkin Cultivar Evaluations, Hillsboro and Columbus](#)
[For pictures, powdery mildew tolerance ratings and yield data](#)**

For a hard copy or fax, contact:

**Bob Precheur ,
2021 Fyffe Ct.
Columbus, OH 43210.**

Phone: 614-292-3857;

fax: 614-292-3505;
email precheur.1@osu.edu

1998 Fresh Market Vegetable Reports from the Enterprise Center at Piketon.

- [1998 Colored Pepper Cultivar Trial](#)
- [1998 Fresh Market Tomato Cultivar Evaluation](#)
- [Evaluation of Eastern Style Muskmelons for Southern Ohio, 1998](#)
- [Mechanical Harvesting Regimes for Processing Bell Pepper Production in Ohio](#)

For hard copies, contact:

Brad Bergefurd,
The Enterprise Center,
1864 Shyville Road,
Piketon Ohio, 45661,
phone: 740-289-2071,
fax: 740-289-4591,
or bergefurd.1@osu.edu,



What's New At The VegNet Web Site

- From the Vegetable Crops Branch At Fremont

[1998 se Sweet Corn Variety Trial](#)

[1998 Fresh Market Cabbage Cultivar Evaluation](#)

- 1998 Fresh Market Vegetable Reports from the Enterprise Center at Piketon.

- [1998 Colored Pepper Cultivar Trial](#)
- [1998 Fresh Market Tomato Cultivar Evaluation](#)
- [Evaluation of Eastern Style Muskmelons for Southern Ohio, 1998](#)
- [Mechanical Harvesting Regimes for Processing Bell Pepper Production in Ohio](#)

- [>> 1998 Pumpkin Yield Data is Here!...Plus the First Set of Pumpkin Pictures](#)

[See how your favorite varieties performed.](#)

[Check out new varieties.](#)

[View Powdery Mildew Tolerance ratings](#)

[plus the effects of spray programs on pumpkin production. More pumpkin pictures coming.](#)

- [First Look At:... Ohio Fruit and Vegetable Congress, Feb. 1999 Complete Truck Crops, Processing Crops and Potato Programs. Visit: "The Talk Between the Rows".](#)
- [In: "Problem Of The Week": Late Blight Warning for OH Greenhouse Tomatoes plus problems from previous weeks.](#)
- [In The Pumpkin Patch, JULY 1998, My Pumpkins Are Bigger Than Yours Returns, See: Bacterial Wilt, Angular Leaf Spot and Crop Status.](#)
- Visit: "The Problem of The Week" For Pictures of...
 - [Septoria Leaf Blight and Phytophthora Blight of Tomato.](#)
 - [Angular Leaf Spot, Buckeye Rot and Phytophthora Blight of Cucurbits.](#)
 - [Timber Rot and Hail Damage.](#)
- [The Meigs /Washington Vegetable Tour from SE Ohio, \(Sweet corn, tomatoes + peppers\)](#)
- [Check Out the New Look of the Tomcast Section \(requires your browser to be able to view frames.\)](#)
[+ A New Tomato Research Report](#) by C. A. Wyenandt, R. M. Riedel, M. Bennett and C. Welty.
- From The Vegetable Crops Planner: Links now provided to the [National Weather Service](#) Offices in Cleveland and Wilmington, OH. Provides Agricultural Observations, soil temperatures, climate summaries, growing degree days and much more.
- 1998 Ohio Vegetable Production Guide - Online. [Visit: "The Library](#)



[Return to Vegetable Crops Homepage Ohio State University Extension](#)

We appreciate very much the financial support for this series of vegetable reports which we have received from the board of

growers responsible for the Ohio Vegetable and Small Fruit research and Development Program. This is an example of use of Funds from the "Assessment Program".

Where trade names are used, no discrimination is intended and no endorsement by Ohio State University Extension is implied. Although every attempt is made to produce information that is complete, timely and accurate, the pesticide user bears the responsibility of consulting the pesticide label and adhering to those directions.

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