

# Ohio Fruit ICM News

Editor: Shawn R. Wright  
Ohio State University South Centers  
1864 Shyville Rd., Piketon, OH 45661  
Phone (740) 289-2071 extension 120  
E-mail: [wright.705@osu.edu](mailto:wright.705@osu.edu)

<http://southcenters.osu.edu/hort/icmnews/index.htm>

Volume 10 (30)

November 1, 2006

## In This Issue

Calendar

Comments from the Editor

Pick Apples for Good Neurological Health

Ohio Poison Control Phone Number

### **Calendar** - Newly added in ***Bold***

November 8, Ohio Ag and Hort Human Resource Managers' Forum Franklin County Farm Bureau Hilliard, 10:00 - 2:30. Participation in the Forum is limited to the first 40 registrants and reservations are requested by November 1. Contact MAAHS at 614-246-8286 or by email at [maahs@ofbf.org](mailto:maahs@ofbf.org).

November 9-11, Southeast Strawberry Expo, Sunset Beach, NC (near Wilmington). For more information, contact the NC Strawberry Association, 919-542-3687 or [ncstrawberry@mindspring.com](mailto:ncstrawberry@mindspring.com)

November 14, Horticulture High Tunnel Workshop, Fisher Auditorium OARDC Wooster. The workshop starts at 8:30 a.m. and ends at 6:00 p.m. Cost of the workshop is \$65 and includes a local food luncheon, a tour of the high tunnels at OARDC, trade show and reference materials. Please contact Leah Miller, Director of The Small Farm Institute, at 740-545-6349 or [leah@smallfarminstitute.org](mailto:leah@smallfarminstitute.org) for more information.

December 5-7, Great Lakes Fruit, Vegetable and Farm Market EXPO. DeVos Place, Grand Rapids, Mich, [www.glexpo.com](http://www.glexpo.com).

December 5-8, Cider Makers Short Course Geneva NY. For more information contact Ian Merwin at 607-255-1777 or by email at [im13@postoffice8.mail.cornell.edu](mailto:im13@postoffice8.mail.cornell.edu).

***December 6-7, Deep South Fruit and Vegetable Growers Conference and Trade Show***, Renaissance Riverview Plaza Hotel, Mobile, Alabama. For more information see [www.deepsouthfruitveg.com](http://www.deepsouthfruitveg.com).

***December 11-13, New England Vegetable and Berry Conference***. For more information see [www.nevbc.org](http://www.nevbc.org)

***December 13-14, 21<sup>st</sup> Annual Southeast Vegetable and Fruit Expo.*** Myrtle Beach Convention Center, Myrtle Beach S.C.

## **2007**

January 7-9, Wisconsin Fresh Fruit and Vegetable Conference, Olympia Resort and Conference Center, Oconomowoc, [www.wisconsinfreshproduce.org](http://www.wisconsinfreshproduce.org)

January 8-9, Kentucky Fruit and Vegetable Conference and Trade Show, Holiday Inn North, Lexington, KY. Contact John Strang 859-257-5685; e-mail [jstrang@uky.edu](mailto:jstrang@uky.edu)

January 11-13, Illinois Specialty Crop and Agritourism Conference Crown Plaza Hotel, Springfield IL. For more information contact Rick Weinzierl, 217-244-2126

January 15-17, Ohio Fruit and Vegetable Growers Congress, Ohio Direct Agricultural Marketing Conference, Mid American Human Resource Conference and National Bramble Conference, Greater Columbus Convention Center.

January 25-28, Southern Sustainable Agriculture Conference. The Galt House Hotel and Suites, Louisville, Ky. For more information (678) 494-0696.

January 29, Beginning Commercial Apple Production Workshop. Indianapolis. For more information, contact [Peter Hirst](mailto:Peter.Hirst@hort.purdue.edu), 765-494-1323 or see <http://www.hort.purdue.edu/hort/ext/hortcongress/ihc2007.html>.

January 29-31, Indiana Horticultural Congress and Trade Show, Indianapolis.

January 30-February 1, Mid-Atlantic Fruit & Vegetable Convention. Hershey Lodge & Convention Center, Hershey PA

February 6, Southern Illinois Tree Fruit School, Holiday Inn, Mt. Vernon, Illinois. For more information contact Elizabeth Wahle, 618-692-9434.

February 9-12, North American Strawberry Growers Association Strawberry Symposium. Ventura, California. For more information <http://www.nasga.org/>.

February 12-13, Ohio Grape-Wine Short Course, Shisler Conference Center at OARDC in Wooster, OH.

February 14-15, Empire State Fruit and Vegetable Expo Syracuse, N.Y. For more information <http://www.nysaes.cornell.edu/hort/expo/>

February 16-17, North American Farmers' Direct Marketing Conference and Trade Show. Hyatt Regency Hotel, Calgary, Alberta, Canada. For more information [www.nafdma.com](http://www.nafdma.com).

February 27-28, Illinois Small Fruit and Strawberry Schools Holiday Inn, Mt. Vernon, Illinois. For more information contact Bronwyn Aly, 618-695-2444

## **Comments from the Editor**

I will be sending around a link to the annual survey of the Ohio ICM News later this month. Please take time to respond. I need the feedback to know what you value and what you would like more of in the coming issues.

## **Pick Apples for Good Neurological Health** (Source: US Apple Association News Release October 19)

For those who think that picking and eating apples this time of year is just for fun and for the great taste of America's favorite fruit, you may want to think again. Apples and apple juice may be among the best foods that anyone could add to their diet, finds a collection of recent research studies, the latest of which was presented yesterday at the Society of Neuroscience annual conference in Atlanta. Researchers G. Bureau and M. Martinoli from the University of Quebec a Trois-Rivieres, found that quercetin (one of the antioxidants found abundantly in apples) was one of two compounds that helped to reduce cellular death that is caused by oxidation and inflammation of neurons. An abstract of their presentation can be found at <http://tinyurl.com/wdu4h>.

This finding was previously confirmed not just by testing quercetin by itself, but by using apples as a whole food. Published in the May 2006 issue of Experimental Biology and Medicine, researcher Eric Gershwin, M.D., with the University of California, Davis Health System, discovered a way in which flavonoid-rich apples and apple juice protect cells from damage. Gershwin exposed human cells to an extract of apple mash made from different apple varieties, similar to outcomes presented today at the Society of Neuroscience meeting. The UC Davis researchers then challenged these cells by exposing them to tumor necrosis factor (TNF), a protein-like compound found in the body that usually triggers cell death and promotes inflammation via a mechanism called the "nuclear factor kappa B pathway" (this pathway involves chemical signaling between cells). The UC Davis research revealed that apple extract protected the cells from the normally lethal effects of TNF by interfering with this pathway that would otherwise damage or kill cells in the body. Gershwin noted that the method by which apple extract protects cells is different than that reported for other flavonoid-rich foods.

Other more recent research demonstrated how apples and apple juice can help boost neurological health, specifically in the brain. The latest study from the University of Massachusetts Lowell (UML), published in the August 2006 Journal of Alzheimer's Disease, indicates that apple juice consumption may actually increase the production in the brain of the essential neurotransmitter acetylcholine, resulting in improved memory among mice who have Alzheimer's-like symptoms. Neurotransmitters such as acetylcholine are chemicals released from nerve cells that transmit messages to other nerve cells. Such communication between nerve cells is vital for overall good health, not just in the brain. In addition to finding the improved levels of acetylcholine in their brains, "it was surprising how the animals on the apple-enhanced diets actually did a

superior job on the maze tests than those not on the apple-supplemented diet," remarks Dr. Thomas Shea, who led the research.

Shea, who is the director of the UML Center for Cellular Neurobiology and Neurodegeneration, published yet another study in the December 2005 Journal of Alzheimer's Disease in which older mice (not mice with Alzheimer's like conditions) performed significantly better on memory tests than did animals whose diet was not enriched with apple products. Both of these studies, along with similar study published by Shea in the February 2004 issue of Journal of Nutrition, Health and Aging strongly suggests that apples must possess a unique mix of antioxidants that improve cognition and memory via inhibition of oxidation in the brain

Both the UC Davis and UML studies were funded by unrestricted grants provided by the U.S. Apple Association and Apple Products Research and Education Council.

NOTE: Disclaimer - This publication may contain pesticide recommendations that are subject to change at any time. These recommendations are provided only as a guide. It is always the pesticide applicator's responsibility, by law, to read and follow all current label directions for the specific pesticide being used. Due to constantly changing labels and product registrations, some of the recommendations given in this writing may no longer be legal by the time you read them. If any information in these recommendations disagrees with the label, the recommendation must be disregarded. No endorsement is intended for products mentioned, nor is criticism meant for products not mentioned. The author and Ohio State University Extension assume no liability resulting from the use of these recommendations.

## **Ohio Poison Control Number**

(800) 222-1222  
TDD # is (614) 228-2272