

**PMAC weekly update 10th to 17th December**

1. **Government agencies:** Appointment of the Comptroller of Customs; Brexit information for exporters; Holiday hours for Customs locations.
2. **New Zealand News:**  Foreign Minister to visit United States of America; New Zealand primary industries exports forecast to grow to $44.3 billion; New Zealand passes medical marijuana bill; Organic production standard Bill to be advanced; New Zealand avocado growers in Environment Court; New role may alleviate kiwifruit labour shortage; Wet weather has upside for New Zealand-grown produce; Māori berry company appoints CEO and directors; Mushroom farm draws dozens of complaints for smell; Rising strawberry prices around Christmas 'unavoidable'; New Zealand food prices ease in November; Samurai wasp on standby to fight brown marmorated stink bugs
3. **International news:** GAIN reports; Bookings open for Asia Fruit Logistica; Mergers raise concern in seed market; "Number of recalls surprises me; British greengrocers: "Backlash against plastic has sparked trade boom"; Food technology company develops ‘purposeful packaging’ to help combat food waste; New studies reveal broccoli lowers your risk of heart attack, stroke and cancer; Reducing anxiety: 6 foods that will do the job; Five green vegetables that may help manage blood pressure.

***Editors comments***

*Confidence in Horticulture remains high in New Zealand and promises increasing growth in 2019. MPI’s latest Situation and outlook for primary industries states officials expect horticulture to be the fastest-growing sector in 2019. Improved growing conditions (compared to 2018) for the last harvest led to higher yields for kiwifruit and most other horticultural products and the forecast .This is resulting in a lot of new horticultural plantings. Not included in the update are advertisement’s for investment in Cherry developments and news that in Central Otago the competition for land suitable from grapes or cherries continues to increase. See also news of increased apple plantings and discussion over water supplied in Northland to support Avocado plantings.*

*Interestingly over the last couple of months the international section has seen less articles on the previously popular technology developments in horticulture and blockchain. Instead I see an increase in the number of articles about how good fresh produce and particularly green vegetables are for mental and physical health. 7 years ago when I first started producing this weekly update there were a lot of articles about the health claims for individual commodities . Now they are talking of vegetable groups and how fundamental they are for good health. This message is obviously flowing through to consumers when you see the article about British Greengrocers*

*I’m planning my last update for the year next week but I’m aware many will be leaving at the end of this week so for those who are* **have a wonderful festive season and remember all those growers and packers who will be working hard to provide you healthy and delicious food over the break.** I’ll be back on deck with another update by the 2nd week of January

1. **Agency news**

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* 1. **Appointment of the Comptroller of Customs**

State Services Commissioner Peter Hughes has announced the appointment of Christine Stevenson as Comptroller of Customs and Chief Executive, New Zealand Customs Service. Ms Stevenson is currently the Acting Comptroller of Customs, a role she has been in since July 2017. [Full article available here](http://ssc.govt.nz/appointment-comptroller-customs-and-chief-executive-new-zealand-customs-service)

* 1. **Brexit information for exporters**

In preparation for Brexit, Customs have established a specialist Customs Counsellor role at the New Zealand High Commission in London. From January 2019, this experienced New Zealand Customs Service official will work closely with the United Kingdom Government and our EU-focused Customs Counsellor based in Brussels, to help facilitate New Zealand trade with the United Kingdom during Brexit.

Note if an exit agreement is not agreed between the UK and EU, there would be no transition period – this is known as a ‘no-deal’ Brexit. View the UK government guidelines on a [no-deal Brexit](https://www.gov.uk/government/collections/how-to-prepare-if-the-uk-leaves-the-eu-with-no-deal). The EU Commission and EU Member States have also published [Preparedness Notices](https://ec.europa.eu/info/brexit/brexit-preparedness_en) which identify the consequences of a UK withdrawal without an agreement.  New Zealand businesses should review the guidance on importing to and exporting from the UK and the EU under a ‘no deal’ scenario. Individuals should consider how a ‘no deal’ scenario could affect them with their residency, education and employment advice.

The New Zealand Trade and Enterprise website has more useful information about Brexit for New Zealand businesses:

* [Preparing your business for Brexit](https://www.nzte.govt.nz/export-assistance/regional-resources/europe/brexit/trade)
* [Business operations and Brexit](https://www.nzte.govt.nz/export-assistance/regional-resources/europe/brexit/business-operations)
* [Export logistics and Brexit](https://www.nzte.govt.nz/export-assistance/regional-resources/europe/brexit/export-logistics)

More information on Brexit and potential implications is available on the Customs web site  [here](https://www.customs.govt.nz/business/export/brexit/)

* 1. **Holiday hours for Customs locations**

All Customs public service counters will be closed on Tuesday 25 and Wednesday 26 December, reopening with reduced hours on Thursday 27 December. They will close again on Tuesday 1 and Wednesday 2 January 2019, with normal hours resuming on Thursday 3 January 2019. For urgent enquiries over that time, please phone Customs on 0800 4 Customs. [Full article available here](https://www.customs.govt.nz/about-us/customs-holiday-hours/)



1. **New Zealand News**



* 1. **Foreign Minister to visit United States of America**

Minister Winston Peters is travelling to Washington D.C. between 13-19 December for talks with US Secretary of State Michael R. Pompeo and other senior members of the US Administration. Mr Peters will also meet with US Vice President Mike Pence, Director of National Intelligence Dan Coats and National Security Adviser John Bolton. While in Washington, D.C., Mr Peters will also deliver a speech focused on how New Zealand and the United States can strengthen cooperation to address challenges in the Pacific. [Full article available here](https://www.beehive.govt.nz/release/foreign-minister-visit-united-states-america)

**General**

* 1. **New Zealand primary industries exports forecast to grow to $44.3 billion**

*According to MPI’s latest Situation outlook report*- Horticulture export revenues are forecast to rise 12 percent for the year ending June 2019 to $6.0 billion. Kiwifruit revenue is forecast to rise 21 percent over this period, driven by a large kiwifruit harvest in 2018 and rising kiwifruit prices. Wine revenue is forecast to rise 3.3 percent due to continued strong demand in North America, and apple and pear production and exports are at record levels.

For New Zealand, the 2018 apple and pear export season is near completion, with new records being set. Exports are expected to reach 378 thousand tonnes (21 million cartons) and $780 million for the year ending December 2018, in line with the previous forecast. Strong demand from European and Asian markets have lifted the average export price to a new high of $37.15 per export carton.

In the Hawke’s Bay region (65 percent of New Zealand’s apple and pear orchard area), climatic conditions during pollination and fruit set have been favourable for the 2019 crop. Fruit development is running behind last year (which was an early season) but close to normal timing for the region. Apple and pear exports are forecast to increase in 2019 and beyond due to young trees maturing and the ongoing increase in planted area.Orchard replanting and new plantings are expected to continue, with the total planted area forecast to reach 11,000 hectares by 2021. The high profitability of apple production is attracting new entrants to the industry, such as cropping farmers with suitable land and reliable water supply, and investors.

Price expectations for New Zealand apples and pears in 2019 are influenced by:

- a reduced apple crop in China from frost damage (down by 25 percent on the prior year);

- a large apple crop in Europe (up by 35 percent on the prior year)

- a slightly lower New Zealand dollar against the US dollar and euro compared with the 2018 exporting season.

• Export price projections show a gradual lift (in New Zealand dollar terms) over the outlook period but at a slower pace than in recent forecasts, based on recent and anticipated trends in variety mix and rising global apple production. Record export prices for the 2018 crop despite high volumes.

• A strong export season continues for kiwifruit, off the back of a bumper harvest earlier in 2018. As at September 2018, export revenue was around 25 percent higher than the same point the previous two years. Export prices are at record levels despite a nearly 25 percent increase in production this year, and export revenue is forecast to rise to $2.2 billion for the year ended March 2019.

• With Northern Hemisphere kiwifruit beginning to be picked now, New Zealand prices may come under pressure as this fruit enters the market. This pressure should be mitigated to a degree by consumer preference for New Zealand fruit, as demonstrated by the higher consumer ratings on Chinese e-commerce platforms. Long-term risks to New Zealand’s market share exist as other countries seek to develop their own kiwifruit varieties to emulate the success of Gold3.

• A positive development is the reduction in tariffs due to Free Trade Agreements. The CPTPP is now ratifed, introducing immediate duty-free access to Japan. The 2015 FTA with South Korea is seeing kiwifruit tariffs being phased out from 45 percent in 2014 to zero by 2020, providing an opportunity to expand that market. Japan and South Korea accounted for 21 and 5 percent, respectively, of kiwifruit export revenue in the year ended June 2018.

• The top 3 export markets of China, Japan and the EU account for 72 percent of kiwifruit export revenue. However, several smaller markets have shown significant growth over the last 5 years, mainly in gold varieties. [Full article available here](https://www.freshplaza.com/article/9052279/new-zealand-primary-industries-exports-forecast-to-grow-to-44-3-billion/)

* 1. **New Zealand passes medical marijuana bill**

The government has passed a law that will make medical marijuana widely available for thousands of patients over time. The law will also pave the way for New Zealand companies to manufacture medicinal cannabis products for both the local and international market, an industry which is being touted as a potential game-changer for deprived Māori communities on the east coast of the North Island, who hope to turn the thriving illegal industry into a thriving legal one.[Full article available here](https://www.hortidaily.com/article/9052633/new-zealand-passes-medical-marijuana-bill/)

* 1. **Organic production standard Bill to be advanced**

A national standard for organic production will be advanced as a Government Bill next year. It would give consumers confidence in organic claims and businesses certainty to invest and innovate in the growing sector, Agriculture and Food Safety Minister Damien O’Connor said. According to the Minister, New Zealand is one of only two of the top 25 organic markets in the world that have voluntary instead of mandatory standards. Global demand for organic products is increasing and New Zealand’s organic sector had responded with growth of 30% over the past couple of years and was now worth about $600 million a year Mr O’Connor noted. [Full article available here](https://www.nzherald.co.nz/the-country/news/article.cfm?c_id=16&objectid=12174242)

**Industry news**

* 1. **New Zealand avocado growers in Environment Court**

In New Zealand, the Department of Conservation (DOC) is appealing a resource consent granted by the Northland Regional Council allowing 17 avocado growers to take over two million cubic metres of water a year from the Aupouri aquifer. The growers are planting over 600 hectares of avocados, and the consent secures their right to water for 15 years. DOC believes the aquifer may supply the Kaimaumau Wetland, and says any drying of the wetland could lead to “irreversible loss” of habitats for threatened species. It also believes proposed mitigation involving monitoring levels of water would be largely ineffective as there was no baseline data to begin with.

The Northland Regional Council’s consent decision says risks to the wetland can be averted through “adaptive management conditions” and disagree with DOC’s belief that baseline monitoring is needed before consent to take water is granted. [Full article available here](https://www.freshplaza.com/article/9052123/new-zealand-avocado-growers-in-environment-court/)

* 1. **New role may alleviate kiwifruit labour shortage**

The New Zealand kiwifruit growers' association says it has gained support from the government’s Provincial Growth Fund and the Ministry of Social Development to employ a labour coordinator to try to alleviate an expected staff shortage in 2019.

 “The aim of the labour coordinator role is to attract additional workers and increase the coordination of available labour sources to support the growth of the industry in the Bay of Plenty,” New Zealand Kiwifruit Growers said in a statement. New Zealanders will be given priority for the work, particularly those from Work and Income. Regional Economic Development Minister Shane Jones announced funding last week of almost $100,000 for the coordinator role from the Provincial Growth Fund. The position, to be co-funded by growers and the Ministry of Social Development, is expected to be in place until the end of 2020.. The association is also working on accommodation, welfare, transport, perception of pay rates and to ensure consistency of work to try to improve the labour situation.

[Full article available here](https://www.freshplaza.com/article/9054010/new-role-may-alleviate-kiwifruit-labour-shortage/)

**Crop news**

* 1. **Wet weather has upside for New Zealand-grown produce**

Difficult spring weather is likely to have a positive flip side for New Zealand-grown apricots, peaches, plums, nectarines and cherries which are now beginning to appear in store. Summerfruit NZ says pollination in some crops has been patchy and, combined with the recent wet weather, means overall crop volumes are likely to be down.

“But chances are the fruit will be bigger and likely to have better flavour because the trees are supporting less fruit. A lighter crop load is not necessarily a bad thing and may result in fantastic fruit if the weather plays its part.” [Full article available here](Wet%20weather%20has%20upside%20for%20New%20Zealand-grown%20produce)

* 1. **Māori berry company appoints CEO and directors**

Miro LP, a Māori driven berry company, announced today the appointment of Liz Te Amo as Chief Executive Officer and two highly acclaimed industry leaders to their board of directors - Lain Jager and Bob Major.

“Liz’s experience in delivery and execution, working with Māori stakeholders, government and international business are terrific strengths she brings to the table. Her passion for the role and the Miro kaupapa is palpable, and sits within her belief that people and culture drive performance, and in the ability of Māori to determine their own future by creating high value businesses over our land, jobs for our people, opportunities for our youth, and strong communities”.

Throughout an 18-year career in the public sector, with New Zealand Trade and Enterprise (NZTE) and the Ministry of Business, Innovation and Employment (MBIE), and 10 years in the private sector, Liz has lived and worked in China, Hong Kong, Japan, Korea, the USA, Australia and New Zealand.

Te Amo says, “I’m excited and deeply humbled to lead Miro. We have 100 hectares of orchard development ahead of us in the next 12 months. We have 27 amazing shareholders dedicated to lifting productivity on their land and creating job opportunities for their people in regional New Zealand. Miro is on an ambitious growth trajectory creating value for Māori through growing, varietal development, supply chain, distribution and marketing in an integrated horticulture business.”

These appointments (CEO and two new Board members) send a strong message to the industry that Miro and Māori have huge potential in the horticulture sector. [Full article available here](https://www.freshplaza.com/article/9053191/maori-berry-company-appoints-ceo-and-directors/)

* 1. **Mushroom farm draws dozens of complaints for smell**

A mushroom farm in Hawke's Bay has received 48 additional complaints since it was originally fined in August for its objectionable odour. As part of Te Mata Mushrooms' resource consent, odours are not allowed to leave the boundaries of its Havelock North property. Hawke's Bay Regional Council said it had not however not issued any more abatement notices. Te Mata Mushrooms has applied to the Hastings District Council for a resource consent to carry out works to try and contain the odour, though this included expanding its operations to pay for the work. The application was on hold pending further information being submitted by 17 December. Once this is obtained the council will decide whether the resource consent will be publicly notifiable. [Full article available here](https://www.radionz.co.nz/news/national/377791/mushroom-farm-draws-dozens-of-complaints-for-smell)

**Other**

* 1. **Rising strawberry prices around Christmas 'unavoidable'**

Most shoppers think they are being ripped-off when the $2 punnet of strawberries at the beginning of December suddenly becomes $4 (or more) close to Christmas. This year will be no different. The best pick is probably that by about December 22 prices will probably be at least double. But supermarkets and strawberry growers claim this isn't some pre-programmed deceit. They blame a combination of intensified demand and nature, happening at exactly the same time. Countdown's head of produce, Steve Sexton, says over the next couple of weeks before Christmas, strawberries will become the number one product sold in the supermarkets in dollar sales, not counting gift certificates. He says supply and demand is everything with strawberry prices and supermarkets try to get the best prices. [Full article available here](New%20Zealand%3A%20Rising%20strawberry%20prices%20around%20Christmas%20%27unavoidable%27)

* 1. **New Zealand food prices ease in November**

This November, New Zealand food prices fell. The largest drop was seen with strawberries, their prices tumbling 33 percent on the month and 5 percent compared to this time last year. Food prices fell 0.6 percent versus October and after seasonal adjustment were down 0.2 percent, according to Statistics New Zealand. Fruit and vegetable prices fell 3.6 percent. [Full article available here](https://www.freshplaza.com/article/9053524/new-zealand-food-prices-ease-in-november/)

**Biosecurity**

* 1. **Samurai wasp on standby to fight brown marmorated stink bugs**

The Environmental Protection Agency pre-approved the release of a tiny parasitic wasp earlier this year, the country's first pre-emptive approval of a bio-control measure. The wasp could be an

effective predator of the brown marmorated stink bugs should an incursion occur. The wasps do not sting humans but are a natural enemy of the stink bug. Studies overseas have shown the samurai wasp can destroy more than 80 per cent of stink bug eggs. If the stink bug became established n New Zealand, samurai wasps could be imported, most likely from the United States. The wasps could only be released after a stink bug invasion has been detected and only at the location of the incursion and release of the wasps would need MPI approval [Full article available here](https://www.stuff.co.nz/business/farming/109180438/samurai-wasp-on-standby-to-fight-brown-marmorated-stink-bugs)



1. **International news**

**Comment**

* 1. **GAIN reports**

Gain reports are from the “Global Agricultural Information Network” and are produced by the USDA. They are designed to provide timely information on the economy, products and issues in foreign countries that are likely to have an impact on United States agricultural production and trade. The information in them is written for USA exporters but the majority is equally relevant to New Zealand. With regard to import regulations for a particular market New Zealand exporters should first check the countries ICPR on MPI’s web site. These are collated specifically for New Zealand product. However the Gain reports often provide additional information that is useful e.g. on grading and labelling, economic profiles. This week see:

1. **India Issues Guidance on use of Stickers on Fruits and Vegetables**The Government of India’s Food Safety and Standards Authority of India (FSSAI) issued a guidance note summarizing the use of stickers on food products (primarily fresh fruits and vegetables) and stickers’ possible impact on consumer health.  Via this guidance note, which lacks any force of law, FSSAI seeks to create awareness and steer consumers and traders towards best practices.[India Issues Guidance on use of Stickers on Fruits and Vegetables\_New Delhi\_India\_11-2-2018](http://gain.fas.usda.gov/Recent%20GAIN%20Publications/India%20Issues%20Guidance%20on%20use%20of%20Stickers%20on%20Fruits%20and%20Vegetables_New%20Delhi_India_11-2-2018.pdf)
2. **Japan FAIRS Export Certificate Report** This report lists major export certificates required by the Japanese government to export food and agricultural products to Japan. [Food and Agricultural Import Regulations and Standards - Certification\_Tokyo\_Japan\_12-15-2017](http://gain.fas.usda.gov/Recent%20GAIN%20Publications/Food%20and%20Agricultural%20Import%20Regulations%20and%20Standards%20-%20Certification_Tokyo_Japan_12-15-2017.pdf)
3. **Korea Exporter Guide** South Korea’s imports of American food and agricultural products in 2018 through October totaled $7.9 billion, up 16.8 percent from the same period of previous year.  The United States remained the leading exporter of food and agricultural products to Korea with 25.5 percent market share.   [Exporter Guide\_Seoul ATO\_Korea - Republic of\_12-10-2018](http://gain.fas.usda.gov/Recent%20GAIN%20Publications/Exporter%20Guide_Seoul%20ATO_Korea%20-%20Republic%20of_12-10-2018.pdf)
4. **Mexico Exporter Guide** Exports of agricultural and related products to Mexico totaled USD 18.6 billion and accounted for a 47 percent increase in the last ten years.  Mexico is still one of the largest and most consistent markets for U.S. agricultural products. [Exporter Guide\_Mexico City ATO\_Mexico\_12-4-2018](http://gain.fas.usda.gov/Recent%20GAIN%20Publications/Exporter%20Guide_Mexico%20City%20ATO_Mexico_12-4-2018.pdf)
5. **Singapore Food Service - Hotel Restaurant Institutional**  Singapore has a highly developed and competitive hotel, restaurant and institutional (HRI) industry that is fueled by robust tourism, business travel and consumer spending.  As there is virtually no local agricultural production, the country is almost entirely dependent upon imports for all of its food requirements.  In 2017, the country’s tourist receipts topped $20 billion, of which $2 billion was derived from food and beverage sales.   [Food Service - Hotel Restaurant Institutional\_Singapore\_Singapore\_12-10-2018](http://gain.fas.usda.gov/Recent%20GAIN%20Publications/Food%20Service%20-%20Hotel%20Restaurant%20Institutional_Singapore_Singapore_12-10-2018.pdf)

**Business**

* 1. **Bookings open for Asia Fruit Logistica**

Asia Fruit Logistica returns to Hong Kong’s AsiaWorld-Expo on 4-6 September 2019, and exhibitors can register now to secure their stand. Applications are available to download from the official website: <https://www.asiafruitlogistica.com/Exhibitors/Application/> [Full article available here](https://www.freshplaza.com/article/9052718/bookings-open-for-asia-fruit-logistica/)

* 1. **“Mergers raise concern in seed market”**

A new OECD report on the latest developments in seed markets provides an in-depth assessment of structural changes in global markets for seed and biotechnology based on new data on market concentration across a broad range of countries and crops, and considers potential policy responses.

Recent mergers in the seed industry have led to concerns about market concentration and its potential effects on prices, product choice, and innovation. This study provides new and detailed empirical evidence on the degree of market concentration in seed and GM technology across a broad range of crops and countries, and analyses the causes and potential effects of concentration. It also explains how competition authorities have responded to mergers, and suggests policy options to help safeguard and stimulate competition and innovation in plant breeding by avoiding unnecessary regulatory barriers, by facilitating access to genetic resources and intellectual property, as well as by stimulating public and private R&D. As this study shows, policy makers have several levers besides competition policy to ensure an innovative and competitive seed industry. [Click here to access the full report.](https://www.euroseeds.eu/latest-developments-seed-markets-new-oecd-report-released-today)

 **Food safety**

* 1. **"Number of recalls surprises me"**

*An article written by Michel Witmer, Groen Agro Control, bemoaning the fact that food producing businesses do not take food safety as seriously as they should do. Attention to detail and making food safety important is what is needed to prevent silly mistakes such as mislabelling. He also includes a tip on how* condensation can be a source of contamination

"I often see condensation problems in companies." This condensation carries a risk of Listeria contamination. "Condensation occurs often in cold places, and Listeria can grow there. It does occur in combination with lower hygiene, but these are the places to start looking. You can also see it in the droplets. The droplets do not fall as droplets, but rather as extended droplets, because it contains some mucus. These are the critical places in the process." [Full article available here](https://www.hortidaily.com/article/9048127/number-of-recalls-surprises-me/)



 **Sustainability**

* 1. **British greengrocers: "Backlash against plastic has sparked trade boom"**

UK greengrocers have claimed that a backlash against plastic has sparked a boom in their trade, as - mainly young - people flock through the doors to buy locally-sourced vegetables. In the past, the growth of the supermarket meant that thousands of greengrocers have shut their doors, with 3,000 closing from 1997-2008. Now, shopkeepers are feeling optimistic as the new generation of consumers snub large grocery stores in favour of shopping locally. [Full article available here](https://www.hortidaily.com/article/9050504/british-greengrocers-backlash-against-plastic-has-sparked-trade-boom/)

* 1. **Food technology company develops ‘purposeful packaging’ to help combat food waste**

A UK food tech company has created an ingenious film packaging solution which prolongs the life of fresh fruit and veg and significantly reduces food waste. Infinite™ is a new sustainable delivery system that utilises a proprietary ‘active ingredient’ that can be printed directly onto existing packaging for fruit, vegetables and even flowers to prolong shelf life and extend freshness and quality by absorbing the natural ripening hormone, ethylene.

Tests have proved that Infinite™ is more efficient at extending quality and freshness of fresh produce and more environmentally friendly than any alternative methods that are currently being used, because Infinite™ is non-invasive and can be used in packs of ‘naked’ untreated or uncoated fruit.

Trials on Strawberries , Blueberries , cherries and Bananas all show very good results For example

Recent blueberry trials were conducted in Poland, a country which exports 25,000 tonnes of the berry each year. Those packed with It’s Fresh!™, stored over a six week period, had 40% less waste than those without. [Full article available here](https://www.freshplaza.com/article/9052696/food-technology-company-develops-purposeful-packaging-to-help-combat-food-waste/)

  **Health**

* 1. **New studies reveal broccoli lowers your risk of heart attack, stroke and cancer**

Good news about the health benefits of broccoli, cabbage and cauliflower [just keeps on coming](https://www.noted.co.nz/health/health/superfoods-how-to-get-the-best-nutrients-out-of-your-fruit-and-vegetables/).

But, as for the supplements we’re increasingly swallowing in the hope they will [make up for our dietary lapses](https://www.noted.co.nz/health/nutrition/diet-industry-is-increasingly-seen-part-obesity-problem/), new research suggests they may be doing more harm than good.

The same message can be applied to cancer prevention. The World Cancer Research Fund’s 2018 report, [“Diet, Nutrition, Physical Activity and Cancer: a Global Perspective”](https://www.wcrf.org/sites/default/files/Summary-third-expert-report.pdf), reinforces advice to ignore supplements to prevent cancer and to meet nutritional needs through diet alone.

Meanwhile, the evidence for a diet full of fruit and vegetables keeps stacking up. Two major studies in 2018 have highlighted the health benefits of cruciferous vegetables( brassicas). In April, Australian researchers found that women aged 70 and older who ate plenty of vegetables, particularly cruciferous vegetables, had less carotid artery wall thickness. Women who ate three or more servings of vegetables each day had .05mm less carotid artery-wall thickness than those consuming fewer than two servings. Carotid arteries carry blood to the head and a reduction of just .1mm in carotid-wall thickness is associated with a 10-18% decrease in the risk of strokes and heart attacks.

Each additional 10g of cruciferous vegetables eaten a day lowers average carotid artery-wall thickness by 0.8%.

In another study, unveiled in July, drawing from data in the US Nurses’ Health Study, American researchers investigating potential links between fruit and vegetable consumption and breast-cancer reduction revealed an 11% lower risk of breast cancer among women eating more than 5.5 servings of fruit and vegetables a day, compared with those eating 2.5 or fewer servings.

The Global Burden of Disease study, published in 2016, estimated that about one in five premature deaths globally, between 1990 to 2016, was due to “suboptimal diets”. Low-quality western diets are a prime contributor – processed foods, made with refined grains and high in sugar, sodium and fat, with little in the way of wholefoods such as fruits, vegetables and wholegrains.

The article looks in details at the benefits associated brassica’s , Yellow and orange vegetables , the synergies in nutrient uptake when vegetables are eaten together, Avocado’s andthe Mediterranean diet. [Full article available here](https://www.noted.co.nz/health/nutrition/broccoli-studies-reveal-lower-risk-heart-attack-stroke-cancer/)

* 1. **Reducing anxiety: 6 foods that will do the job**

Many people don’t understand how much food can change their mood. Caffeine improves cognition, while other foods can reduce depression, anxiety, and stress. This is why consuming enough of these foods is as important to your health as signing up for yoga classes, running or lifting weights. The 7 food listed and discussed include  **Asparagus, Food rich in** in B (eggs, yogurt, fish, shellfish, shrimp and oysters)., **Spinach, Avocado, Dark Chocolate** and **Low-fat Dairy.** [Full article available here](https://www.freshplaza.com/article/9052727/reducing-anxiety-7-foods-that-will-do-the-job/)

* 1. **Five green vegetables that may help manage blood pressure**

High blood pressure or hypertension is a condition where the pressure of the blood against the artery walls is higher than it is supposed to be. High blood pressure is one of the most common ailments around the world. According to WHO, raised blood pressure affects 1.13 billion people worldwide. Monitoring diet and lifestyle habits is a crucial component of blood pressure management. According to experts, green and leafy vegetables are an ideal bet for high blood pressure patients. Very beneficial greens include- **Spinach: , Celery: Cabbage, Romaine Lettuce: and Kale:**

[Full article available here](https://www.freshplaza.com/article/9054003/five-green-vegetables-that-may-help-manage-blood-pressure/)

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