

BERRY FRUIT: VALUE-ADDED PRODUCTS FOR HEALTH PROMOTION.

Zhao, Yanyun (Ed.). *Boca Raton, FL: CRC Press, 2007. 448 pp.*

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In a time when ordinary folks and agriculture professionals are exploring various medical and nutritional aspects of fruit plants, here comes a very valuable resource book on berry fruit, just in time. *Berry Fruit: ValueAdded Products for Health Promotion*, edited by Dr. Yanyun Zhao and contributed by Dr. Zhao and other international agriculture experts, is full of detailed information on berry fruits and berry products for health promotion.

The book consists of 14 chapters, each with a wide variety of references. It has a general index at the end of the book for readers to easily find a specific topic or subject. It is organized into three major parts. The first part (chapters 1-6) is about bioactive compounds of berry fruit and their health benefits. The second part (chapters 7-9) deals with quality and safety of berry fruit during postharvest handling and storage. The third part (chapters 10-14) focuses on berry processing technologies for developing value-added berry fruit products. Each specific area is covered by one or two international experts in that field.

Solid content is provided on the functional chemicals, shelf life, and microbial safety concerns, as well as the significant health benefits of berry fruits. Postharvest handling and storage and agriculture technologies are stressed. From chemical compounds of berry fruits to antioxidant capacity and potential health benefits, from discussion of safety of berries to concerns for safety in postharvest handling and storage, from processing technologies to developing value-added products such as jams and jellies or even the by-product berry pomace, this book contains detailed information and knowledge.

Although the title seems common to ordinary folks, some prerequisite training in agriculture is advisable before delving in. Therefore, this book is recommended for more specialized groups, such as researchers, agriculture educators, senior or graduate agriculture students, and experts. It is an excellent tool for agricultural researchers and students interested in knowing the unique functional chemicals, shelf life, microbial safety concerns, and medical benefits of berry fruits. Due to the in-depth content and wide scope of aspects covered, the book can be used as a great resource or as a guide in its field. It not only broadens the present research, but also invites other professionals to go further.

*FuZhuo
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