# Breeding for Nutrition in Organic Seed Systems

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http://www.extension.org/organic\_production





# **Breeding for Nutrition:** Prospects and Challenges

for Plant Breeders

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### Plants and People, Vegetables and Vitamins

- Domestication of plants and animals was one of the most significant human achievements
  - Modern humans are dependent on domesticated plants
- Humans domesticated crops, then crops domesticated humans
  - Jacob Bronowski

# Crop Plants Feed the World Domestication of staple food crops fed first civilizations

Rice, wheat, corn, and potatoes are major sources calories for humans today

### Vegetables, fruits, and staple crops also provide vitamins and minerals

**Phytonutrients** 

### What are phytonutrients?

- Nutrients and promoters of health found in plants
  - Macronutrients (carbohydrate, oil, protein) sometimes not included in this definition
  - Vitamins, provitamins, and minerals
    - Clear function and targeted intake levels
  - Other biologically active health-enhancing compounds
    - Long list of complex molecules abundant in horticultural crops, e.g. lycopene in tomatoes, sulphorophane in broccoli, anthocyanins in strawberries, thiosulfinates in garlic & onion resveratrol in blueberries

# Nutritional status of the U.S. and the Globe – Malnutrition on both sides

- Dietary Guidelines Advisory Committee (2004) identified inadequate, or shortfall, intake for at least half of the U.S. population
- Two vitamins A and C
   Likely vitamin E and folate also
- □ Three minerals Ca, Mg, and K; also fiber
- □ Intake shortfalls for a nation with **33.8% obese** adults, **17% obese** children/adolescents
- □ Globally, 13% undernutrition, 30% Fe, 2% VAD
- □ 4% to 5% global obesity rate

### In the Developing World

Nutritional diseases can be quite common - undernutrition, specific deficiencies, and obesity

Wide variation in the incidence of diseases from region to region

Can be associated with crop production differences; by region, year, etc.

# Food Sources of Nutrients in the U.S. Diet

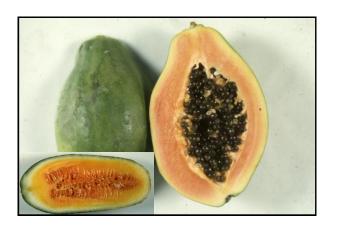
### Contributions of Crop Plants to Nutrients in the U.S. Diet, 2000 (% total) VEGETABLES FRUITS CONTRIBUTION & POTATOES FROM PLANTS \*\*\*\* > 50% \*\*\* > 40% Carbohydrates \*\* > 30% \* > 20% Vitamin A \*\*\*\* Vitamin C K, Vitamin B Fe, Vitamins B2, \*\*\*\* $B_3$ Vegetables and fruits contribute significantly to human health

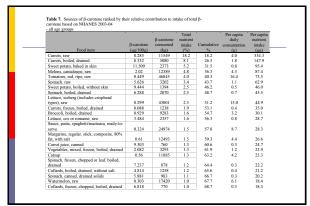
# Foods Contributing to U.S. Nutrient Intake

From Simon, P.W., L. M. Pollak, B. A. Clevidence, J.M. Holden, D.B. Haytowitz. Plant breeding for human nutrition. Plant Breeding Rev.31:325-392. 2009.

# Contributions of Crop Plants to Nutrients in the U.S. Diet, 2000 (% total)

	TOTAL CONTRIBUTION FROM PLANTS	VEGETABLES & POTATOES	FRUITS	CEREALS
Carbohydrates	**** =>50%			***=>40%
Protein	**=>30%			*
Fat	*=>20%			
Vitamin A	***	**		
Vitamin C	****	****	***	
K, Vitamin B <sub>6</sub>	***	*		
Folate, Cu	****	*		*
Fe, Vitamins B <sub>2</sub> , B <sub>3</sub>	***			***
Fiber	****	**	**	**





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K, Vitamin B <sub>6</sub>	***	*		
Cu, Folate	****	*		*
Fe, Vitamins B <sub>2</sub> , B <sub>3</sub>	***			***
Fiber	****	**	**	**

# What nutrients should be targeted for genetic improvement?

- Improve well-characterized phytonutrient levels (e.g. vitamins, provitamins, minerals) ?
  - Analysis can be expensive, but data is important to consumers
- □ Improve less well-characterized phytonutrients ?
  - Analysis often more complicated
  - Cooperation w/ nutritionists/physicians more essential
  - Public opinion may change by the time you develop a product
- □ Is genetic improvement the best approach?
  - Horticultural approaches to improve garlic
  - Food scientists have also developed fortified foods

# Considerations for Improving Nutritional Value of Crops: Provitamin A Carotenes

- Carotenes occur in all green leaves and are essential for photosynthesis in plants
- Some carotenes are vitamin A precursors
   Provitamin A carotenoids
- □ All vitamin A ultimately comes from plants
- An essential nutrient
- Vitamin A deficiency is a global health problem
   100+ million deficient, several million die annually
- Little overt deficiency in the U.S. but much suboptimal intake



# What can be done to make fruits and vegetables better sources of vitamin A?

- □ Improve the productivity of crops that provide vitamin A
  - Improve yield for growers
  - Improve postharvest longterm storage
- □ Identify crop varieties already in production that are better sources of vitamin A
- □ Genetically increase provitamin A carotene content
- Encourage consumers to increase intake.
  - Flavor
  - Convenience



# Crop germplasm varies widely in nutrient content

From Simon, P.W., L. M. Pollak, B. A. Clevidence, J.M. Holden, D.B. Haytowitz. Plant breeding for human nutrition. Plant Breeding Rev.31:325-392. 2009.

Table 17.	can	otenoids an	d anthocyanins in major crop sources
Pigment		_	
Food	Current Content	Range	References
3-carotene			
			Simon and Wolff 1987; Simon et al. 1989; Simor 1990, 1992; Santos and Simon 2002, 2006;
Carrots	80	0-300	Nicolle et al. 2004: Surles et al. 2004
Carrors	00	0-500	Simonne et al. 1993: Laurie et al. 2004:
			Tunwegamire et al. 2004: Gruneberg et al. 2005:
veet Potatoes	107	1-226	Kimura et al. 2007; Teow et al. 2007
Auskmelons	0-20	0-50	Gonzalo et al. 2005; Ibdah 2006
			Lincoln et al. 1943; Tomes et al. 1953; Markovic
			et al. 2002; Stommel and Haynes 1994; Stomme
_			et al. 2005; Rousseaux et al. 2005; Lenucci et al.
Tomatoes	4	1-77	2006; Premachandra 1986 Konines and Roomans 1997: Murphy and
Spinach	55	9-83	Morelock 2000
Lettuce	3-43	1-91	Kimura and Rodriguez-Amaya 2003; Mou 2005
Broccoli	4	16-91	Gross 1979:Kalia et al. 2005: Singh et al. 2005
Collards	4 56	44	
Conards	30	44	Kopsell et al. 2007 [B. juncea]
Squash	2-29	1-74	Sirohi and Yayasani 2001; Pandey et al. 2002; Murkovic et al. 2002: Boiteux et al. 2007
Squasn	2-29	1-74	Murkovic et al. 2002; Bolleux et al. 2007

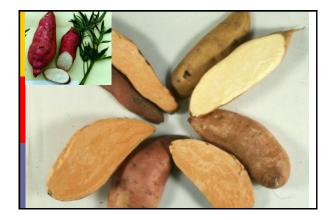
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Duniages Mayer et al. 2005   Lencetous-Koher et al. 2005   Lencetous-Koher et al. 2004   Standberries		Content	Range	References
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Strewberries   590   Yamakawa 1899   Yamakawa 1899	Oranges	533	413-627	
Broccoli   892   222-944   Valloj or al 2001, Singh et al 2004   Incomo et al 1943, Machini et al 2000;   Bhatt et al 2001, Markowice et al 2000;   Romatore et al 2001, Markowice et al 2002;   Romatore et al 2002;   Romatore et al 2002;   Romatore et al 2002;   Romatore et al 2003;   Romatore et al 2004;   Romatore et al 2005;   Seckora and Seckora et al 2006;   Romatore et al 2006;   Romatore et al 2006;   Romatore et al 2006;   Romatore et al 2007;				
Lincoln et al. 1943, Abushita et al. 2000, Batter et al. 2001, Batter et al. 2002; Rossussers et al. 2005, Sedora and Sedora 2006, Sedora and Sedora 2006, Batter et al. 2007, Batter et al. 2006, Batter et al. 2007, Batter et al. 2006, Batter et al. 2007, Batter et				
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Muskmelons   181-369   14-431   2006, Dillione et al. 1985, Burger et al.				Gupta and Yadav 1984; Yadav et al.
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Sirohi and Yayasani 2001; Pandey et al. Squash 2002				
Squash 2002	Carrots	60	16-98	
Papaya 618 190-700 DW Selvaraj et al. 1982				
	Papaya	618	190-700 DW	Selvaraj et al. 1982

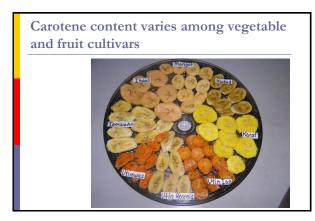
able 15.	Current content a	nd range (ppm)	of variation for selected minerals in major crop sources <sup>2</sup>	
iutrient				
Food	Current content	Range	References	
1gnesium				
)ranges	100	89-33	Miller-Ihli 1996	
Bananas	273	261-458	Wall 2006	
?eanuts	1760	1800-1900	Pennington et al. 1995	
			Sipos et al. 2004; Roussel et al. 2005; Oury et	
Wheat	224	200-1890	al. 2006	
otatoes	206	153-45	Pennington et al. 2005	
Maize	263	152-277	Pennington et al. 2005	
Carrots	117	80-231	Nicolle et al. 2004	
Apples	54	52-58	Miller-Ihli 1996; Oraguzie et al. 2003	
Zinc				
Wheat	7	5-43	Oury et al. 2006	
otatoes	3	2-4	Pennington et al. 1995; Andre et al. 2007	
Iron				
otatoes	4	3-16	Pennington et al. 1995; Andre et al. 2007	
Wheat	36	20-88	Oury et al. 2006	
Beans	12	10-92	Moraghan 2004	
ioybean	22-44	20-97	Moraghan 2004	
Rice	13	12-30	Stangoulis et al. 2005	

Agronomic crops for which genetic improvement of phytonutrients is being undertaken

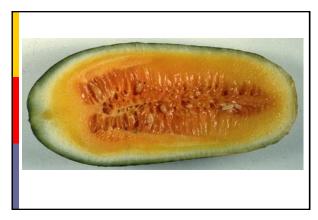
# Breeding for Nutrient Content in Agronomic Crops OPM - Quality Protein Maize CIMMYT since the 1970's, to improve maize lysine content HarvestPlus High provitamin A carotenoid maize, cassava, sw. potato High Fe beans, pearl millet High Zn rice, wheat Cooking oil quality, fiber, starch quality

Horticultural crops for which genetic variation exists and improvement of phytonutrients has been undertaken









# Horticultural crops with genetics known and some breeding for essential

### phytonutrients

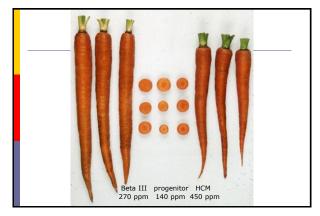
- Carotenoids: tomato, pepper, carrots, squash, pumpkin, melon, watermelon, cucumber, cauliflower, broccoli, kale, sweet potato, potato, sweet corn, citrus, mango, papaya
- Vitamin C: tomato, onion, potato, citrus, apple, strawberry
- □ B Vitamins: beets (folate), peas (thiamin), tomato, pepper
- □ Vitamin E: brassicas, carrot□ Protein: bean, potato□ Calcium: bean



# An example of improving nutritional value of horticultural crops

Breeding for higher content of provitamin A carotenoids in orange carrots





# Progress in Improving Carotene Content of Carrot in the U.S. Crop

- Result of classical plant breeding
- □ Carrot varieties of 1950's 60 ppm
- □ Carrot varieties of 1970's 90 ppm
- □ Carrot varieties of 1990's 130 ppm
  - 1/2 of a carrot (50g) contains enough provitamin A to provide adult vitamin A requirements if fully absorbed
  - Concomitant flavor, convenience improvement essential to deliver higher nutritional content

# U.S. Carrot and Carotene Production, 1975 (\$472M, 2005\$\$) and 2005 (\$650M)

Year	Carotene content	Per capita availability	Est. % of total vitamin A available
1975	90	3.7 kg	14 %
2005	130	5.6 kg	21 %

### Carrot Impact

One square meter of carrots (~2500) in 1 year Enough provitamin A for 10 adults for a year

One of very few crops with increased nutritional value per unit weight, as compared to 1950 (Davis et al., 2004)

### Plant breeders have made progress improving crop nutritional value in several crops

- Genetic improvement of phytonutrients content can be undertaken with simple tools for pigments
- Lab analysis necessary for most nutrients
- Growers realize no economic value from highcarotene crops
- Marketers cannot easily label high nutrient content
- Improving flavor can increase consumption, and indirectly increase nutrient intake
- □ Critically important to "obesity epidemic"

# A team approach is essential to improve crop nutritional content

- Breeders
- Growers
- Marketers
- Nutritionists and health professionals
- □ Government and non-government groups
- Educators

# Progress in Breeding for Crop Production

Farm Values of Nearly All Crops Have Increased

Nutritional Values of Few Crops Have Increased

# Nutritious Crops Make for a Healthy Economy

- Greater consumption of healthier foods improves human health and has positive economic benefits to U.S. agriculture.
- Genetic selection for nutrients that ameliorate "obesity diseases" is expected to reduce health care costs and consequently have an economic benefit (Cordain et al. 2005).
- Healthier foods have the potential to alleviate both the incidence and severity of these diseases, as well as obesity which is a causal factor for many chronic diseases (Heber and Bowerman, 2001).
- Consumer adoption of the recommendations of the 2005 Dietary Guidelines for Americans would significantly alter food demand and production with positive economic impact (Buzby et al. 2006).
- To realize improved nutritional value of crops in the marketplace, improved economic value for the grower, and culinary quality for consumers must also be realized.

### Future Issues Will Influence Progress

- □ What crops, nutrients, tools?
- Production, consumption, germplasm, breeding
- □ Value to grower, labeling
- Team approach necessary in any case

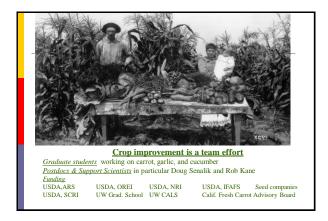






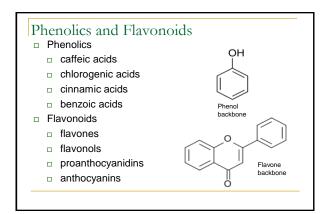
### Plants and People, Vegetables and Vitamins

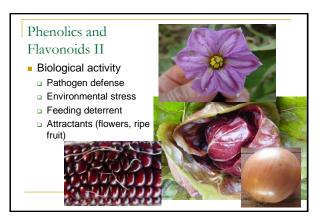
- Domestication of plants and animals was one of the most significant human achievements
  - Modern humans are dependent on domesticated plants
- Responsibility of agricultural scientists to increase food quantity and improve food quality
- Complex solutions requiring teamwork including international cooperation











# Relationship of Phenolics & Flavonoids & to Health

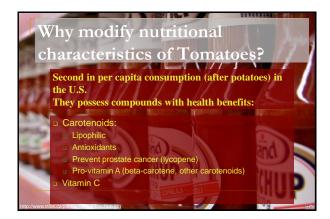
New research indicates that

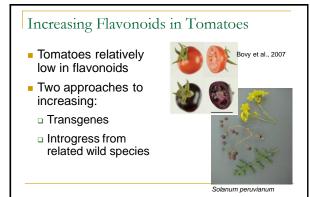
flavonoids have only minor activity as antioxidants in vivo -

however - they may induce other

antioxidant systems. (Lotito & Frei 2006 Free Radical Biol & Med)

- Effects
  - Anti-allergic
  - Anti-inflammatory
  - Anti-microbial
  - Anti-cancer activity
  - Anti-oxidants
- Possible human health benefits
  - Anti-carcinogens
  - Improved cardiovascular function

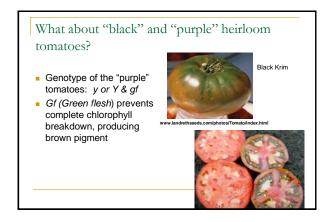


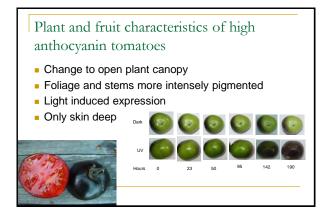


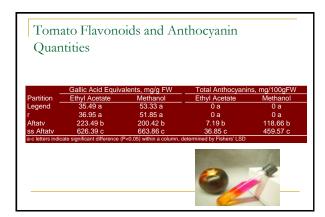


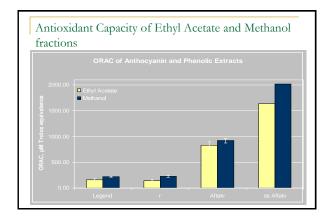


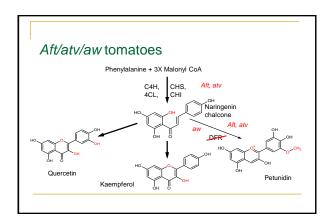


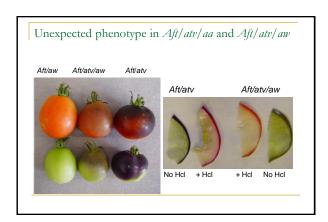


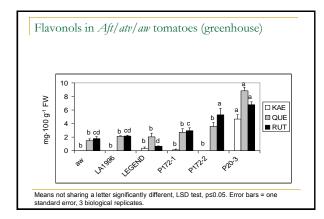












Fruits with anthocyanin are much more resistant to decay than normal tomato fruit

Appearance of detached fruit after 35 days in field





### **Breeding Corn for Nutritional Value;**

Protein, Carotenoids, Taste. What our Experience has been.

Walter Goldstein, Research Director

**Mandaamin Institute** 

### The Need for Quality as well as Quantity

- Conventional breeding has emphasized increasing grain yield.
- This caused a progressive increase in starch and decrease in the protein content of the grain.
- The protein content and quality of corn is important to produce balanced rations for organic livestock production in light of the role that corn plays in livestock feed and the high price of organic protein.
- Listening sessions with organic farmers have indicated a keen interest in improving the nutritional value of corn, including its protein content and quality, and vitamin content, as well as improving its taste.

# Analysis of native corn 2011 by NIRS spectroscopy at MFAI

	no samples						methion
	protein	protein	oil	starch	density	lysine	ine
			%	of dry mat	ter		
Hopi Flour	14	14.9	4.1	63	1.09	0.40	0.35
Hopi Mixed	4	14.2	3.6	66	1.07	0.34	0.32
Hopi Mex. June	12	12.6	5.1	67	1.24	0.36	0.27
Flour other Tribes	11	14.4	5.2	62	1.12	0.41	0.35
Corn Belt Dent	4	7.5		73		0.28	0.18

Multi-aleurone corn from the Amazon with more minerals, protein and possibly more B vitamins and phytosteroids.





### Methionine and Lysine

- Methionine and lysine are generally regarded as being primary limiting amino acids for humans, hogs, poultry, and dairy cattle.
- For poultry, the sulfur-containing amino acid methionine is commonly regarded as being the first limiting amino acid for overall health and egg production, and lysine the second.
- Corn is the major ingredient of poultry food but it is naturally low in the sulfur-containing amino acids methionine, cysteine, and cystine, and in lysine.
- This deficiency is commonly made up by combining corn with soybean meal and supplementing with synthetic DL methionine.

### Synthetic methionine

- Organic egg production has quadrupled since 2003.
- Neither synthetic methionine, nutrient deficiencies, nor confinement are consistent with the ideals of organic farming.
- Due to national restrictions on its use, organic poultry producers will start to reduce the use of synthetic methionine in poultry feed and replace it after 2015 (Federal Register, 2010).

### **Breeding High Methionine Corn**

- We developed a quick, cheap, non-destructive test NIRS for measuring methionine and lysine.
- We are breeding high methionine and lysine in hard endosperm and soft endosperm breeding sources.
- Hard endosperm sources are high protein corns; methionine will be more subject to fluctuations in protein content.
- Soft endosperm corn has a higher % lysine and methionine in its protein.
- Feeding trials with broilers and layers have shown it can replace synthetic methionine.
- Some soft types (floury-2) are associated with lower seed weight and yield but others are not.
- There probably will be a yield penalty but possibly more protein harvested per hectare.

Protein and amino acid information for corn analyzed in 2007 with high performance liquid chromatography.

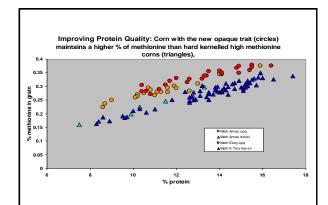
Component	Normal Corn	hard kernel methionine corn	floury-2 methionine corn
		-% total dry mat	ter-
Protein	9.5	13.1	12.8
Methionine	0.21	0.31	0.33
Total Sulfur Amino Acids	0.43	0.58	0.57
Lysine	0.30	0.36	0.46
	•	•	•
number of samples tested	1903	28	16

### Reliability: Results from 3 farms that grew the floury-2 hybrid in 2008.

Hybria III	_000.				
Farm	Protein %	Lysine %	Methionine %	Cysteine %	oil %
Farm 1	10.2	0.40	0.27	0.21	5.7
Farm 2	10.2	0.40	0.27	0.21	5.7
Farm 3	9.9	0.41	0.26	0.19	6.0
Average	10.1	0.40	0.27	0.20	5.8

### Results of developing an NIRS calibration for grain amino acids:

	Mange Office	ega Infratec	Total	
	(%db)	Spectra	Spectra	Protein
LYS	0.26-0.53	0.837	0.842	0.390
MET	0.14-0.39	0.746	0.730	0.542
CYS	0.14-0.37	0.783	0.787	0.797



### Feeding trials to Chickens

- Soft-kernelled corn bred by the MFAI program replaced the need for synthetic methionine in trials with broilers by Organic Valley (Levendoski,2006) and with layers by the University of Minnesota (Jacob et al. 2008).
- Palatability of the soft kernelled cultivars in both sets of trials was very high.
- Feed had to be restricted to avoid feeding frenzies.
- In the future, larger trials may be carried out with a team of organic poultry companies called the Methionine Task Force.

### Tradeoffs between protein and yield

- High methionine corns are generally high protein corns.
- Selection for high protein can easily result in reduced endosperm and seed size.
- It is possible to select for corn that produces high protein without a reduction in endosperm size.
- Select should target alterations in N physiology and greater utilization of N from soil organic matter.
- Selection on the basis of a high concentration of methionine and lysine in the grain must be coupled with estimates of yields of constituents on a per acre basis.

**Goal:** cultivars should produce very high yields of protein and essential amino acids on a per acre basis and have high percentages of those constituents.

# Yields in 2009 of new hard endosperm hybrids

- HM hybrids were grown on 9 organic and 9 conventional sites and compared with many different normal, non-gmo hybrids.
- Relative to normal hybrids (100%) the HM hybrids in the USTN trials appeared to have averaged higher yields on organic sites (87%) than on conventional sites (81%).
- The best yielding HM hybrids on all organic sites were HM-11 and HM-2. They yielded 94% and 91% as high as the average for all the elite hybrids tested.
- The best yielding HM hybrids on conventional sites were HM-1 and HM-6 which yielded 88% as high as the average elite hybrids tested.
- The HM hybrids did not appear to differ from normal hybrids in lodging and showed a normal range in grain moisture content.

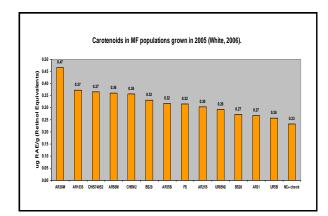
### Quality 2009

- To evaluate differences in grain quality, on one site a subset of hybrids were grown next to the USTN plots and plants were self pollinated.
   The grain from these plants was analyzed for quality.
- The HM cultivars averaged 12.9% protein and 0.28% methionine on a total dry basis. These results are typical of results in the past.
- This is approximately 43% more protein and methionine than is generally found in normal corn hybrids in this study and others.
- Initial projections from data on one site suggest that the HM hybrids produced approximately 1/3rd more protein and methionine per acre more than did the conventional hybrids but approximately 13% less starch.

Breeding corn that has more carotenoids. These are powerful anti-oxidants and precursors for vitamin A.

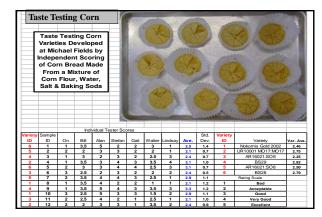


They turn the yolks of eggs orange and the skin of poultry orange. Eggs get carotenoids into people!





Quality: However high it yields, someone has to eat it; they will only eat so much of it, and it may or may not taste as good as it should. Taste can raise or lower the level of enjoyment of life. We share that with our animals.



### **Feeding Trials Broilers:**

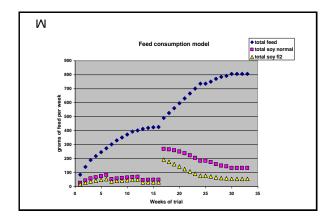
Floury-2 grain replaced normal corn plus synthetic methionine in feed

- Broiler feeding trial:
- Organic Valley/MFAI; (Levendoski, et al):
- Cornish Cross Cockerells; small experiment with 3 pens.
- Birds fed out from when they were chicks.
- Three treatments: normal control, high methionine corn, potato extract.
- Gain, feed consumption, and feed:gain ratio were the same for control and methionine corn (2.8) but higher for potato extract (3.3).
- Birds with high methionine corn were more enthusiastic about the corn and had more energy. Control group was calmer.

### **Feeding Trials Layers:**

Floury-2 grain replaced normal corn plus synthetic methionine in feed

- Layer feeding trial:
- University of Minnesota/Organic Valley/MFAI; (Jacob, et al):
- 13 Bovan Brown pullets in 6 replicated pens.
- Birds fed out from when they were chicks.
- Gain, feed consumption were the same for control and methionine corn. Egg production was 2-5% less/pen for the high methionine corn.
- Birds with high methionine corn were more enthusiastic about the corn and luxury consumption had to be controlled.
- By the end of the trial half of the pens with control feed had been progressively disqualified because hens were eating their own eggs.



### Cost Relationships for Feed

	N	ormal Co	rn	floury 2	high meth	n corn
	total feed	soy meal	corn	total feed	soy meal	corn
Pounds of feed per hen 33 weeks	37	9	28	37	5	32
% soymeal		24			13	
Costs of feed						
same cost for corn	\$7.90	\$3.62	\$4.28	\$6.86	\$1.94	\$4.92
at 21% higher cost for high meth corn	\$7.90	\$3.62	\$4.28	\$7.90	\$1.94	\$5.95
Assumptions:	cost/poun	d				
soymeal = S800/ton	S0.40	1				
corn = S8.5/bu	S0.15	]				
corn = S10.29/bu	S0.18	1				

Organic Seed Alliance
http://www.seedalliance.org/

NOVIC
http://eorganic.info/novic/

Carrot Improvement
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Find all upcoming webinars and archived eOrganic webinars including many more recordings from the 2012 Organic Seed Growers Conference at <a href="http://www.extension.org/pages/25242">http://www.extension.org/pages/25242</a>

Find the slides as a pdf handouts and the recording at <a href="http://www.extension.org/pages/62564">http://www.extension.org/pages/62564</a>

Additional questions? Ask them at <a href="http://www.extension.org/ask">http://www.extension.org/ask</a>

We need your feedback! Please fill out our follow-up email survey!



