


P and K and ERG – A Plan for Healthier Eating

Here at the Institute we recently introduced a new research initiative, **Managing Crop Production for End-Use Quality**. It has some noble goals, like boosting the production of therapeutic and medicinal compounds in plants, to make our diets more healthy. Among other things, it proposes to examine the effects of P and K nutrition on the plant's ability to manufacture certain 'nutraceuticals.' It's designed to attract farmer interest in capturing value-added opportunities and to help consumers make more 'informed' decisions about healthy eating. It could even influence the medical/dietary science community to develop a better understanding of agriculture. The most important objective, though, is to demonstrate the positive relationship between P and K and human health.

Not long ago my Sunday paper devoted a whole section to America's bad eating habits and their effect on our health. Too many of us are overweight. We load up on junk food and ignore the basics of proper diet. My mom must be turning over in her grave. Her kids didn't eat junk food (she thought) and didn't have to sit down to a bowl of cold cereal because she was too lazy (Mom's words, not mine) to cook a 'healthy' breakfast of ham and bacon and fried eggs and buttered biscuits and whole milk. It's now claimed that a good number of us don't even have time to eat that cold cereal anymore. If it's not pre-packaged or can't be nuked in a microwave and taken with us, we don't have time.

The research we propose to do has the potential to improve our health. If so, the world will surely learn to appreciate P and K...and all of agriculture...more. Still, I wish we could introduce an ERG (Eat Right Gene) somewhere in the mix. Maybe we would eat better and even take the time to slow down enough to let the food digest properly. Like at the dinner table with the family. Probably an idea ahead of its time.



**BETTER
CROPS**
WITH PLANT FOOD

Potash & Phosphate Institute
Suite 110, 655 Engineering Drive
Norcross, Georgia 30092-2837

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Postage