

## Podcast: The story behind the vitamin-boosting purple tomato and its benefits to animal and human health

Anthocyanins are a class of plant pigments associated with healthful qualities in food. While research continues to assess their true health benefits in vivo, there is no question that the attractive fruits stimulate the senses and bring novelty to the diet. Dr. Cathie Martin of the John Innes Center in Norwich, England discusses the technology behind the purple tomato, its potential benefits to animal health, its effects on tomato shelf life, and the recent USDA nod to release of the purple tomato in the USA.

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