

Special Issue

Natural Products from Fruits and Vegetables: Analysis and Biological Activities

Message from the Guest Editors

Fruits and vegetables are fundamental ingredients of everyday human diets. They are food commodities with a high nutrient density due to their low food energy, high dietary fibre content, beneficial minerals, and high levels of biologically active substances. In the human body, they are the basic substances that act as the regulators of our metabolic processes, protect organisms from oxidative stress, and decrease the risk of a number of diet-related chronic disorders. Fruits and vegetables are also a valuable source of phytochemicals that act similarly to vitamins, i.e., they are not synthesised in the body and have to be supplied with food. Fruit- and vegetable-based products are an invaluable resource for improving human well-being and health; however, a great deal of therapeutic properties of fruits and vegetables, and in particular their derivatives, are yet to be discovered. The aim of this Special Issue is to promote some of the recent and significant contributions to the research of natural products, in terms of both the chemical and biological activity of fruits and vegetables. We look forward to your contributions!

Guest Editors

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About the Journal

Message from the Editor-in-Chief

Horticultural plants and their products provide sustenance, health, and beauty. A confluence of factors is putting increasing pressure on horticultural production to evolve, and innovative research is addressing these challenges. *Horticulturae* provides a venue to communicate research results in a rapid manner with open access, allowing everyone the opportunity to stay abreast of leading research addressing horticulture. I invite you to consider publishing the results of your research in this high quality, peer-reviewed journal.

Editor-in-Chief

Prof. Dr. Luigi De Bellis
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