

## Prosperity for the Poor, Health for All



### Our mission

AVRDC – The World Vegetable Center, East and Southeast Asia’s mission is to alleviate poverty and malnutrition through the increased production and consumption of nutritious and health-promoting vegetables.

Ensuring safe, nutritious and culturally appropriate food is available, accessible and affordable year-round through a thriving vegetable sector is one of the most pressing concerns in the region—a situation that is aggravated by climate change, population growth, rapid urbanization, increasing competition for natural resources, and environmental degradation.

### AVRDC’s strategic activities for East and Southeast Asia

- Combat malnutrition: Ensure year-round availability of affordable, nutrient-rich and safe vegetables for all segments of society
- Generate income: Increase profit, create jobs, and improve the livelihoods of marginalized and vulnerable groups and well-being of women, the young and the elderly
- Build capacity: Train scientists, extension specialists, and farmers, and create awareness among consumers and policymakers
- Develop sustainable solutions: Nurture the earth and nourish its people through durable production and postharvest technologies

### Connecting with ASEAN member states

The ASEAN-AVRDC Network for Vegetable Research and Development (AARNET) was established in 1998, to strengthen sustainable and high quality vegetable value chains, by facilitating regional networking of vegetable research and development.



AARNET facilitates strong links with national agricultural research and extension systems, the private sector, nongovernmental organizations and donors to develop improved, trait-specific

vegetables with improved pest and disease resistance suitable for distribution across East and Southeast Asia. AARNET facilitates education and development of market linkages to empower farmers to produce vegetables efficiently and benefit from emerging regional and global trends. [www.avrdc.org/aarnet](http://www.avrdc.org/aarnet)

### Home and school gardens

Vegetable gardens have massive potential to improve food and nutrition security in the region, generating income, improving health, and promoting gender equity. Home, school and community gardens provide a variety of vegetables throughout the year, more nutritious diets and opportunities for market revenue from surplus production. School-based approaches harness the infrastructure of educational systems and facilitate an understanding of agriculture, health, nutrition and business skills.



### Cucurbit improvement

Cucurbits such as pumpkin (*Cucurbita moschata*) and bitter gourd (*Momordica charantia*) are important vegetable crops in the region. AVRDC’s global breeding program based in Thailand increases resistance to biotic and abiotic stress, yield and nutritional qualities, generating new lines suited to different environments and markets. Pumpkin provides edible fruit, flowers, and

stems and bitter gourd has long been used in traditional Asian medicine as it lowers elevated blood sugar levels and prevents type 2 diabetes.

### Safe and climate smart vegetables

AVRDC promotes integrated crop management strategies, including protected cultivation, mulching, raised beds, micro-irrigation, pheromone traps, biological control, grafting and judicious pesticide use to protect the environment and access to markets.

AVRDC breeding programs develop varieties suited to current and changing environments, with tolerance to heat, salinity, drought and flooding. Improved postharvest technologies safeguard incomes and ensure consumers are provided with the full potential of nutrients provided by well managed vegetable production systems.





## International Vegetable Training Course

For 34 years, AVRDC - The World Vegetable Center has built capacity of regional colleagues; agricultural and food scientists, project managers, technical supervisors, research and extension personnel, development workers, policy makers and governments, non-government and private business organizations through the IVTC. This course crafts a blend of theory, practice, demonstrations and visits with expert trainers from AVRDC past and present, companies and institutes from Thailand, and international research and development partners. The IVTC sets a recognized international standard for understanding of vegetable value chains from production to consumption by offering three discrete but interrelated monthly modules:

- Module 1: From Seed to Harvest
- Module 2: From Harvest to Table
- Module 3: Sustainable Development

## About AVRDC

AVRDC - The World Vegetable Center is the world's leading international, nonprofit institute for vegetable research and development. Founded in 1971, with headquarters in Taiwan, the Center develops vegetable lines and appropriate technologies that increase vegetable production and consumption, leading to more income opportunities and healthier diets.

AVRDC mobilizes resources from private and public sectors to meet the challenges of safe vegetable production and consumption through research projects oriented to development outcomes. The regional station in East and Southeast Asia was established in 1992, and operates in close synergy with Kasetsart University with the support of the Royal Thai Government.



**AVRDC**  
The World Vegetable Center



**IVTC**

**[www.avrdc.org](http://www.avrdc.org)**

**East and Southeast Asia**



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