



BioValue

[HTTPS://WWW.BIOVALUE-PROJECT.EU/](https://www.biovalue-project.eu/)

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Practice Abstract

Enhancing Nutrition and Well-being through Underutilized Crops

Underutilized crops hold significant promise in pursuing a sustainable food system. Below are key recommendations to overcome nutrition and dietary challenges by using underutilized plants. These practices can transform underutilized crops from overlooked resources into nutritional powerhouses. By fostering collaboration, awareness, and policy changes, these practices empower practitioners and pave the way for a sustainable food landscape.

The main practical recommendations are:

- **Nutrition Insight:** Know local cultivars, and leverage traditional foods for diverse nutrition.
- **Research Thrust:** Probe health benefits of underutilized crops, fueling global nutrition.
- **Benefits Showcasing:** Spotlight crop value nationally, regionally, and globally.
- **Stakeholder Strengthening:** Capacitate nutrition allies for effective action.
- **Awareness Amplification:** Elevate crop value awareness across stakeholders.



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- **Wisdom Fusion:** Blend science and tradition for broad impact.
- **Interdisciplinary Bonds:** Unite health, agronomy, and sociology for holistic solutions.
- **Market Nexus:** Link farmers, chefs, and retailers for seamless production to promotion.
- **Info Drive:** Media campaigns for fact-based crop appreciation.
- **Culinary Revamp:** Innovate dishes, and diversify diets for enriched experiences.
- **Perception Shift:** Educate against biases, and celebrate crop diversity.
- **Cultivation Promotion:** Popularize underutilized crops for robust yields.
- **Policy Advocacy:** Showcase crop impact to influence decision-makers.
- **Equity Focus:** Combat neglect and advocate equal treatment for crops.
- **National Nutrition Policies:** Develop inclusive policies, and drive local-global collaboration.