SYSTEMATIC REVIEW OF NUTRITIONAL AND SAFETY QUALITY OF ORGANIC FRUITS AND VEGETABLES

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Abstract - There is a huge misconception about nutritional quality and safety of agricultural food crops with respect to the methods of farming or cultivation. Consumers are now more favorably disposed towards organic agricultural produce based on the belief that the products from this method of farming are more nutritional and less contaminated compared to the inorganic otherwise known as conventional products. This study was conducted to establish scientific backed up facts from previous studies on this topical issue. We conducted a broad systematic search of peer-reviewed published literatures from databases and search engines such as science direct, web-of-science, Google scholar, and PubMed. The search setting was adjusted to span between 20 years period, from 2000 till 2020, using Prisma framework of exclusion and inclusion selection criteria. To establish quality assessment and data management, endnote x9 software was used to extract files and documents that were used in this review. The findings of this study showed that there is no conclusive evidence to support the belief of nutritional superiority or safer produce as a result of methods of cultivation.

Keywords - Farm produce, Manure, Nutritional contents, Food borne diseases, Pathogens, Trace metals