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"The Garden of Hope is a community garden for cancer survivors located on the campus of The Ohio State University. With research efforts led by Dr. Colleen Spees (coauthor of Wardlaw's Contemporary Nutrition: A Functional Approach), this unique living laboratory

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provides cancer survivors with the opportunity to harvest fresh fruits, vegetables, and herbs throughout the season and incorporate an abundance of cancer-fighting phytochemicals into their dietary patterns. Tomatoes, like those pictured on the front cover, are considered a "functional

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food" because they provide health benefits beyond their essential nutrients. Both vitamin C and the phytochemical lycopene function as powerful antioxidants. Lycopene has also been linked to a reduced risk of stroke, some eye diseases, and certain types of cancer. The sixth edition of Wardlaw's

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practitioners, healthcare
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