

Micro-greens: Why There's Rising Consumption Trend?

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Micro-greens

Vegetable greens which are harvested with one set of true leaves or just after the cotyledons have developed are called as micro-greens. They falls between sprouts and baby greens. They grow from 2.5 cms to 7.5 cms tall and can be harvested 7-21 days after germination.



History of Micro-greens

Trend of micro-greens started when they were served at California restaurants in 1980s and from then they gain fame because of their nutritional composition and numerous health benefits.

Why There's Rising Consumption Trend?

Less growing requirements, high nutritional composition and their versatility to adopt in various cuisines are the major reasons for the rising consumption trend of micro-greens.

Nutritional Composition

Micro-greens are the rich sources of ascorbic acid (vitamin A), tocopherol (vitamin E), phylloquinone (vitamin K), Betacarotene (vitamin A) and are having good traces of

pottasium, iron, zinc and various anti oxidants and phenolic compounds. Micro-greens are 5 times greater in nutritional values when compared to their matured parts.

Health Benefits:

Reduces The Risk of Alzheimers Disease And Heart Diseases:

As micro-greens are rich source of antioxidants and fully packed with phenols they reduces the risk of Alzheimers disease and they eliminate various toxins and bad fat from our body thus reducing the risk of heart diseases.

Reduces The Risk of Diabetes:

Micro-greens are known to increase the sugar uptake, thus reducing the risk of certain types of diabetes, for instance fenugreek enhances cellular sugar uptake by 25 to 44 percent.

Weight Management:

Micro-greens flushes out free radicles and toxins from our body and supplies all the essential nutrients thus aiding for weight management.

Versatility To Compliment Many Cuisines:

Micro-greens can be used in various cuisine, they can be taken as salads, used as pizza toppings and can be taken with burgers and sandwiches, they can be used to cook our desi foods like dal and raithas.

Less Growing Requirements:

Micro-greens are easy to grow because of their less growing requirements. They can be grown in bright sunlight, indirect sunlight and even in areas receiving low sunlight. All we need to grow micro greens is:

- Seeds of your choice
- Plastic tray with drain holes
- Lid to cover your tray
- Water
- Hand sprayer

How To Grow Micro-greens

- Fill your plastic tray with soil and sprinkle some seeds and mist your seeds with hand sprayer, and cover it with a lid

- Observe the germination within 2 to 3 days
- Remove the lid and mist them with hand sprayer
- You can harvest them when you get one set of true leaves which will take 7 to 21 days

Micro-greens are undoubtedly the better option for persons seeking health benefits and better nutrition.

