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# THE MICROGREENS WEEKLY

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***The Microgreens Weekly Digest, “Delivered to Your Inbox Every Monday,” is your summary digest of the latest microgreens, urban farming, and vertical farming new trends and exciting startup stories from around the world.***

**February is Heart Health Month**

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**This Week:** Monday, February 19, 2024

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***Microgreens offer significant nutrition, says owner of Stoned Epicureans in Fort Smith***



Arkansas' first commercially licensed urban farm is in the

basement of Fort Smith's Bakery District, providing microgreens for area schools and restaurants. Jennifer Blumthal, the owner of [Stoned Epicureans](#), examines microgreens in the basement of the Mill and Exchange at the Bakery District in downtown Fort Smith. Launched in 2021, Stoned Epicureans is Arkansas' first commercially licensed USDA urban farm that provides

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fresh microgreens to Fort Smith Public Schools and other school districts around the River Valley. [Arkansas Online, 2024-02-11](#)

### ***The Microgreen Harvest: Timing and Techniques***



Microgreens have captured the attention of health-conscious individuals and culinary enthusiasts alike. While growing microgreens is easily accessible, mastering the art of growing them consistently in excellent quality is much more challenging. Ivan Valor and Helen Hobson, founders of Greens Bali, explain the details of when to harvest microgreens, exploring popular varieties,

growth timelines, and critical indicators signaling readiness for harvest. [Vertical Farm Daily, 2024-02-16](#)

### ***The Difference Between White and Purple LED Lights for Microgreens***



What are the differences between white and purple LED grow lights, and how do they impact your indoor plants and microgreens business, specifically the growth flavor and yield for daikon radish microgreens and mustard microgreens? From controlled environments to automation, these lights can significantly

impact your plant's growth and success. Check out the video below to get some insights on this topic. [Vertical Farm Daily, 2024-02-16](#)

## ***Microgreens' grown-to-measure' to meet dietary needs***



Italian researchers have grown microgreens enriched with iodine and less potassium to meet the dietary needs of people with thyroid or kidney problems. The breakthrough by experts at the National Research Council's Institute of Food Production Science (Isipa-Cnr) and Bari's Aldo Moro University was made thanks to a cultivation technique in which

soil is replaced by a liquid in which nutritional substances are dissolved. Tested in collaboration with a company in Puglia, the technique was described in a paper in the Journal of the Science of Food and Agriculture. The team grew four types of vegetables (radish, pea, rocket, and chard), focusing on control of two critical nutrients for health: iodine and potassium. [Ansa English, 2024-02-07](#)

***Before you start seeds indoors, make sure they're not duds.***



Jessica Damiano shows a seed-germination test in progress on Long Island, New York: Ten



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Jackpot pepper hybrid seeds have been folded into a wet paper towel and placed into a zipper-top plastic bag to retain warmth and moisture. Within a week or so, the viable seeds will sprout roots. “In the past, I’ve had luck growing seeds several years past their expiration dates. You can, too, but it will take some forethought: Attempting to grow seeds that turn out to be duds could set you too far behind to start over. And that’s a gamble no gardener wants to take.

[VancouverIsAwesome 2024-02-09](#)

Have a local news story you want to share?

Send the news link to  
[marketing@microgreensworld.com](mailto:marketing@microgreensworld.com)

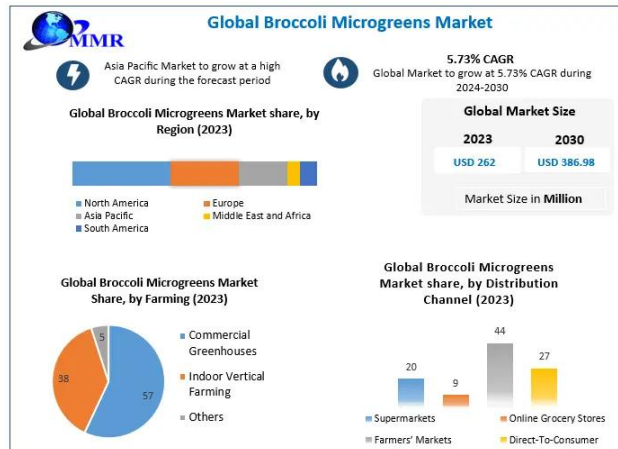
## **Recipe: Caramelized Onion Chevre Dip**



One of the vendors, White Lotus Farms, offered the most decadent cheeses, freshly baked bread, and just-picked microgreens, which inspired me to make a Caramelized Onion Chevre Dip. What makes this dish so decadent is the blend of cheeses, including gruyere, and a freshly roasted garlic bulb that is added into the blend. This recipe will quickly become your new go-to appetizer to bring to your next gathering or enjoy cozying up next to the fireplace.

[Hour Detroit, 2024-02-02](#)

## Broccoli Microgreens Market Insights on Scope and Growing Demands 2030



You can't go wrong with eating or growing **broccoli microgreens**. They are a fast-growing crop, sold everywhere, and chefs love them. They are high in vitamins, minerals, and antioxidants and are famous for sulforaphane, the cancer killer.

The report provides business statistics and analytical insights to help you understand the Broccoli Microgreens market size, market share, growth, trends, demand, top players, industry profile, opportunities, value chain, end-users, types, and applications in plain language.

[Maximize Market Research, 2024-02-09](#)

## South Africa Promotes Microgreens as eThekweni Launches Learnership for 100 Youth in Agribusiness.



THE eThekweni Municipality, Durban, South Africa, selected 100 youth in the agricultural value chain to participate in a 12-month NQF Level 4 training program.

Among them is Zama Mhlongo of [Zama Microgreens](#), which produces herbs and organic microgreens. She hopes to learn how to grow and expand her business. [Berea Mail. 2024-02-11](#)

## Featured Article

I love a little ice cream every now and again. And I certainly enjoy some excellent old potato crisps or chips or whatever you call them. There is a raging debate online about who and where they were “invented” and who popularized them. The debate rages.

But eat them as part of your regular diet. Well, the [research](#) shows eating more processed foods (i.e., those potato crisps), red meat, and refined sugar can lead to [cardiovascular disease](#), including heart disease.

**And heart disease is the No. 1 killer of women in the United States.**





## Make Microgreens a Part of Your Heart-Healthy Diet

February is American Heart Month, and it's a time to stress the importance of cardiovascular health for all people, particularly women. This Heart Month, the Division for Heart Disease and Stroke Prevention (DHDSP) of the US Center for Disease Control and Prevention encourages women to listen to their hearts and speak up for their health.

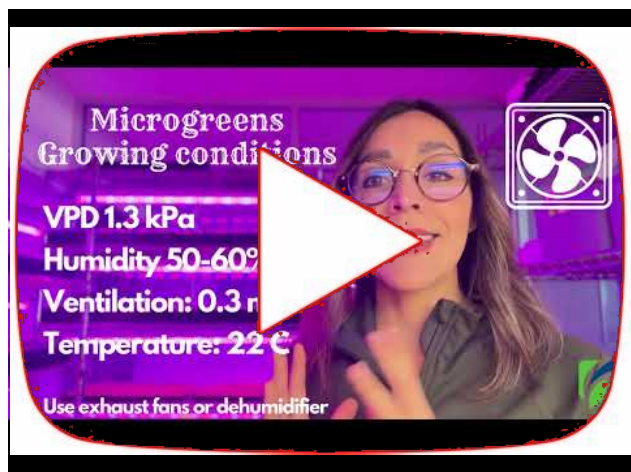


Women in the United States are experiencing unacceptable and avoidable heart-related illness and death. Over half of US women do not recognize that heart disease is the #1 cause of death for women.

**Help the women in your life listen to their hearts and raise their voices.**

When we encourage women to protect their hearts, they can help others in their communities protect theirs. [Read more ...](#)

## **The Secret to Fungi-Free Microgreens and Leafy Greens**



I don't know how often I get asked about fungi, mold, mildew, and root rot in microgreens growing.

Microgreens need extra care.

The development of Fungi (mold) in Microgreens production can be a common issue that can significantly affect your yield. To avoid this issue, here are some key aspects you need to work on:

- Temperature: 22 °C
- Humidity: 50- 60%
- Air velocity: 0.3 m/s
- Sanitation protocols

- Good drainage

In this video, we will guide you on all the essential aspects to avoid fungi development in plant factories. Enjoy!

**Learn all the essential aspects of growing plants in VERTICAL FARMING SYSTEMS.**



From hydroponic growing system selection to artificial lighting and environmental control of all critical variables in vertical farming systems, this is your time to master artificial lighting!

[Hort Americas](https://hortamericas.com)



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**Learn all the essential aspects of growing microgreens successfully in a hydroponic environment online!**



**Instructor: M.S. Karla Garcia**

Master in Plant Sciences from  
The University of Arizona  
CEO at Microgreens FLN

Hort America [2024-03-16](https://hortamericas.com)

## Black Plant Scientists Exhibit

### Black Plant Scientists

An Exhibit from the Plant Cell Atlas Initiative

On display at **MANN LIBRARY**  
1st floor, February 1 - 29

in collaboration with the Center for Research on  
Programmable Plant Systems (CROPPS)

#### Opening celebration:

Friday February 2, 11:00 a.m. - 2:00 p.m.  
Mann Lobby



CORNELL UNIVERSITY  
Library



**cropps**  
Center for Research on  
Programmable Plant Systems



The Center for Research on Programmable Plant Systems (CROPPS) and Mann Library are hosting an exhibit recognizing the contributions of Black pioneers in plant science. This initiative aims to highlight groundbreaking discoveries and promote diversity in the field.

[Cornell University Library](https://cornelluniversitylibrary.org/exhibitions/black-plant-scientists)



### UNLOCK MARKETING SUCCESS FOR YOUR MICROGREENS BUSINESS

A Marketing Plan for Your Digital Business

**GET THE PLAN NOW!**

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Brought to you by **Doc Green**, Andrew Neves' personally trained AI assistant. "You may ask me anything about microgreens."