

WEEKLY DIGEST

DITCH THE CARROTS: MICROGREENS ARE YOUR EYES' NEW BFF

WHY CLEVELAND'S TOP CHEFS CAN'T GET ENOUGH MICROGREENS AND LONDON'S TOP CHEFS ARE HOOKED ON MICROGREENS

CREATIVE RECIPES: Lutein-Loaded Microgreen Frittata

NUTRITION SCIENCE: Age-Related Macular Degeneration: The Hidden Threat to Vision

EVIDENCE-BASED EXPERTISE: East Asian Chaff Flowe Microgreens and Osteoarthritis

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



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Ditch the Carrots: Microgreens Are Your Eyes' New BFF

Vol. 2024 No. 37

Monday, October 07, 2024

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See the Future: Microgreens for Crystal-Clear Vision

Unlock the secret to razor-sharp eyesight that doctors won't tell you.

Forget carrots - **microgreens are nature's vision superchargers**. This guide reveals how these tiny powerhouses can slash your risk of age-related eye problems by up to 40%.

Discover simple recipes and growing techniques that will transform your sight in weeks. Don't let blurry vision cloud your future.

Act now and see life in high definition.

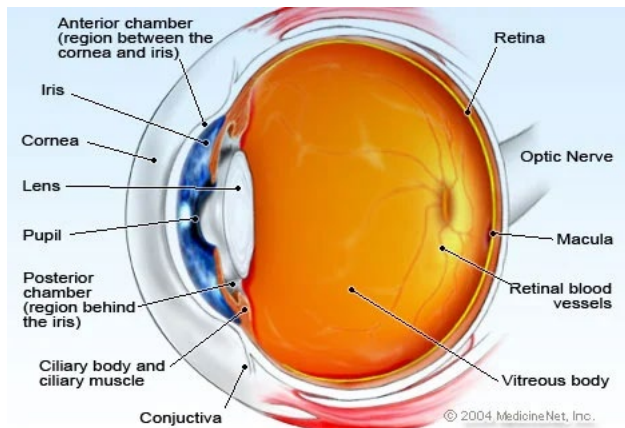
GET IT NOW!

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MORE INFORMATION AT WWW.MICROGREENSWORLD.COM

Nutrition Science

Age-Related Macular Degeneration: The Hidden Threat to Vision



Age-related macular degeneration (AMD) is the leading cause of vision loss for people over 50, affecting the macula - the central part of the retina responsible for sharp, detailed vision.

While AMD causes a progressive decline in central vision, it rarely leads to complete blindness.

There are two types: dry (more common, less severe) and wet (more severe, faster progression).

Early stages may not cause noticeable symptoms, but later stages can result in blurry central vision, distorted shapes, and difficulty seeing in low light.

Although there's no cure for dry AMD, nutritional changes and supplements may slow progression.

Wet AMD can be treated with injections if caught early.

Prevention strategies include maintaining a healthy weight, eating a nutritious diet high in antioxidants, managing blood pressure, avoiding smoking, exercising regularly, and limiting UV exposure.

Regular eye exams are crucial for early detection and management of AMD.

Source: Fletcher, J. (2024, August 27). Does age-related macular degeneration cause blindness? Medical News Today.
<https://www.medicalnewstoday.com/articles/does-macular-degeneration-cause-blindness>

Creative Recipes

Lutein-Loaded Microgreen Frittata

This vibrant, nutrient-packed frittata combines the power of eggs with eye-healthy microgreens.



It's a perfect brunch dish that's both delicious and beneficial for your vision.

Recipe Information:

- Prep Time: 15 minutes
- Cook Time: 20 minutes
- Total Time: 35 minutes
- Category: Breakfast/Brunch
- Method: Baking
- Cuisine: Fusion
- Yield: 4 servings

Ingredients:

- 8 large eggs
- 1/4 cup milk
- 1/2 cup finely chopped red bell pepper
- 1/4 cup finely chopped onion
- 1 cup kale microgreens, divided
- 1/2 cup red cabbage microgreens, divided
- 1/4 cup cilantro microgreens
- 2 oz goat cheese, crumbled
- 2 tbsp olive oil
- Salt and pepper to taste

Preparation:

1. Preheat oven to 375°F (190°C).
2. In a large bowl, whisk together eggs and milk. Season with salt and pepper.
3. Heat olive oil in a 10-inch oven-safe skillet over medium heat.
4. Sauté chopped bell pepper and onion until softened, about 5 minutes.
5. Add half of the kale and red cabbage microgreens to the skillet and cook for 1 minute.
6. Pour the egg mixture over the vegetables in the skillet.
7. Sprinkle crumbled goat cheese over the eggs.
8. Transfer the skillet to the preheated oven and bake for 15-20 minutes, until the frittata is set and lightly golden on top.

Plating:

Remove the frittata from the oven and let it cool for 5 minutes.

Top with the remaining kale and red cabbage microgreens, and sprinkle cilantro microgreens over the entire surface.

Slice into wedges and serve immediately.

Benefits of the specific microgreens for eye health:

Kale microgreens are rich in lutein and zeaxanthin, two crucial carotenoids that protect the retina from harmful light and reduce the risk of age-related macular degeneration.

Red cabbage microgreens provide a high concentration of vitamin C, essential for maintaining healthy blood vessels in the eyes.

Cilantro microgreens are packed with beta-carotene, which the body converts to vitamin A, which is vital for overall eye health and night vision.

Community News

Why Cleveland's Top Chefs Can't Get Enough Microgreens



There is a growing popularity of microgreens among Northeast Ohio farmers and chefs due to their nutritional benefits and intense flavors.

Local growers like [Wild Patch Microgreens](#) in Chesterland focus on producing high-quality, organic microgreens for restaurants and local markets.

The owners, Tom and Mary Poplar, emphasize the importance of using untreated seeds and maintaining proper growing conditions to prevent mold growth.

They prioritize a grow-to-order model and quick delivery to ensure freshness.

They talk about the challenges of growing microgreens.

Proper environmental control, staffing, and mold prevention are crucial for success.

Despite these challenges, the microgreens market is expected to grow in the coming years.

Educating consumers about the health benefits of microgreens is essential for growers, as microgreens can be more expensive than full-grown produce.

The article provides suggestions for incorporating microgreens into meals, such as topping pizzas, tacos, and salads.

Wild Patch creates seasonal mixes to encourage home cooks to experiment with microgreens.

Key takeaways for new microgreens growers include:

1. Use high-quality, untreated seeds
2. Maintain proper airflow and environmental conditions
3. Implement strict cleaning procedures to prevent mold
4. Focus on local distribution for freshness
5. Educate consumers about the nutritional benefits
6. Develop creative mixes to encourage home use

Source: Darus, A. (2024, October 4). Northeast Ohio farmers embrace microgreens for nutrition and flavor benefits. Cleveland.com.
<https://www.cleveland.com/news/2024/03/northeast-ohio-farmers-embrace-microgreens->

Certified Naturally Grown's List of Winter Conferences



**Certified
Naturally Grown**

Conference season is about to be in full swing!

Farm conferences are a wonderful way to learn and connect with growers in a vibrant regional context.

Below is a short list of conferences aligned with CNG's sustainable farming ethos.

Make sure to tag us in your conference photos @cngfarming!

November 2-3, 2024 – Durham, NC	Carolina Farm Stewardship Association (CFSA)
November 15-16, 2024 – Vancouver, WA	Tilth Alliance Conference
December 17-19, 2024 – Manchester, NH	New England Vegetable and Fruit Conference (NEVF)
January 10-12, 2025 – Roanoke, VA	Virginia Association for Biological Farming Conference (VABF)
January 17-18, 2025 – Silver Spring, MD	Future Harvest
January 23-25, 2025 – Frankfort, KY	Organic Association of Kentucky Annual Farming Conference (OAK)
January 24-25, 2025 – Montrose, CO	Western Co. Health, Food & Farm Forum
January 29th-February 1st, 2025 – Hot Springs, AR	Arkansas Grown Conference & Expo
February 4-6, 2025 – Atlanta, GA	SOWTH
February 5-7, 2025 – Lancaster, PA	PASA Sustainable Agriculture Conference

February 13-15, 2025 – Newark, Ohio	Ohio Ecological Food and Farming Association Conference
February 15, 2025 – Burlington, VT	Northeast Organic Farming Association of Vermont (NOFAVT)

Source: Certified Naturally Grown. (2024, October 2). Certified Naturally Grown's List of Winter Conferences.

<https://www.naturallygrown.org/certified-naturally-growns-list-of-winter-conferences/>

Ex-Airplane Hangar Becomes Canada's Futuristic Local Produce Farm



COURTESY: VERTICAL FARM DAILY

Jeremy and Sarah Van Maar, a farming couple from Canada, have established [Beekist Growers](#), a vertical farm in an old airplane hangar outside Kintore.

Launched in September 2023, the farm utilizes Controlled Environment Agriculture (CEA) to grow nutrient-dense herbs, lettuce, and **microgreens year-round**.

The Van Maars employ sustainable practices, including vertical planting walls, LED growing lights, and aeroponic systems, which use 90-95% less water than traditional farming methods.

Their produce is available through subscriptions at local markets.

It has gained popularity for its longer shelf life and pesticide-free cultivation.

Beekist Growers aims to serve the community by providing affordable, accessible, and sustainably grown produce while reducing environmental impact.

Source: VerticalFarmDaily. (2024, September 30). Canadian growers add a new twist to an old tradition. VerticalFarmDaily.com.

<https://www.verticalfarmdaily.com/article/9663767/canadian-growers-add-a-new-twist-to-an-old-tradition/>

Evidence-based Expertise

Key Findings on UV-B Treatment of East Asian Chaff Flower Microgreens



Achyranthes japonica Nakai (AJN), also known as the East Asian Chaff Flower, has long been employed to [manage pain and enhance function](#) in individuals with osteoarthritis (OA).

In a recent study, researchers in the Republic of Korea investigated the effects of pre-harvest Ultraviolet-B (UV-B) treatments on [East Asian Chaff Flower microgreens](#) in a vertical farm setting.

Here's a summary of the key findings, results, and conclusions:

Growth Responses to UV-B:

While UV-B exposure did not significantly affect the fresh weight, dry weight, or plant height of the microgreens, it did lead to a decrease in relative water content (RWC), leaf area, specific leaf area (SLA), and chlorophyll content (SPAD).

These findings suggest that UV-

B treatment might induce stress responses in the plants, leading to morphological and physiological changes.

Photosynthetic Efficiency and Recovery:

UV-B exposure temporarily reduced the Fv/Fm ratio, an indicator of photosynthetic efficiency, in the treated plants.

However, the plants showed recovery, particularly those subjected to intermittent UV-B treatments with recovery

periods (6 hours on, 6 hours off).

This highlights the importance of optimizing UV-B exposure duration and incorporating recovery periods to mitigate potential negative effects on photosynthesis.

Enhanced Bioactive Compounds: UV-B treatments *significantly increased the levels of total phenols, total flavonoids, and antioxidant capacity* in the East Asian Chaff Flower microgreens.

This increase in bioactive compounds is likely a defense mechanism triggered by UV-B stress, leading to the production of protective compounds.

20-Hydroxyecdysone (20E) Accumulation: Notably, the study found that intermittent UV-B exposure (6 hours on, 6 hours off) resulted in the highest increase in 20E content compared to continuous UV-B exposure.

This finding is significant because 20E is a crucial phytoecdysteroid in East Asian Chaff Flower, known for its potential medicinal properties.

Conclusions: This study demonstrates that pre-harvest UV-B treatments, particularly intermittent exposure with recovery periods, can be a viable strategy for enhancing the nutritional and medicinal value of East Asian Chaff Flower microgreens cultivated in vertical farms.

By optimizing UV-B exposure strategies, growers can potentially enhance the bioactive compound profile of these microgreens, making them even more desirable for consumers seeking health-promoting foods.

Source: Kim, Y.L.; Yeom, M.-S.; Sim, H.-S.; Lee, G.O.; Kang, I.-J.; Yang, G.-S.; Yun, J.G.; Son, K.-H. Effect of Pre-Harvest Intermittent UV-B Exposure on Growth and Secondary Metabolites in *Achyranthes japonica* Nakai Microgreens in a Vertical Farm. *Horticulturae* **2024**, *10*, 1040. <https://doi.org/10.3390/horticulturae10101040>

Cultivation Techniques

Secret Supermarket Hack Transforms Lentils into Superfood Greens!



Simon Akeroyd is at it again.

In his most recent post, he discusses a gardening hack on **how to grow nutritious microgreens using lentils.**

The process involves soaking lentils overnight, draining them, and scattering them over peat-free compost in a shallow tray with drainage holes.

The tray is then placed on a sunny windowsill, allowing the lentils to grow quickly into microgreens.

These can be used as toppings for various dishes.

The hack was well-received on social media, with users expressing amazement and interest in trying it themselves.

Source: Saleem, Z. (2024, October 2). Grow your own microgreens in just days with staples available in every supermarket. Mirror.

<https://www.mirror.co.uk/lifestyle/grow-your-microgreens-just-days-33751316>

FEATURED ARTICLE

Ditch the Carrots: Microgreens Are Your Eyes' New BFF



Ever wondered why Bugs Bunny never needed glasses?
It turns out he might have been onto something, but not with carrots.
Let's talk about your eyes.

You know, those two marvelous orbs that let you read this right now.
They're pretty important, right?
But here's the kicker: globally, 2.2 billion people have vision problems.
That's not a typo. Billion with a 'B.'

Now, before you start panicking and googling "closest carrot farm," let me introduce you to your eyes' new best friend: *microgreens*.

Meet the Mighty Microgreens



"Micro-what?" I hear you ask.

Stick with me because this tiny food might just save your sight.

Microgreens are like the teen pop stars of the plant world – young, vibrant, and packed with more talent than their mature counterparts.

These seedlings, harvested just after their first leaves appear, are nutritional powerhouses.

A Personal Insight

But why should you care?

Well, let me get personal for a second.

My great-grandpa couldn't see a thing in his later years. My dad? Cataract surgery.

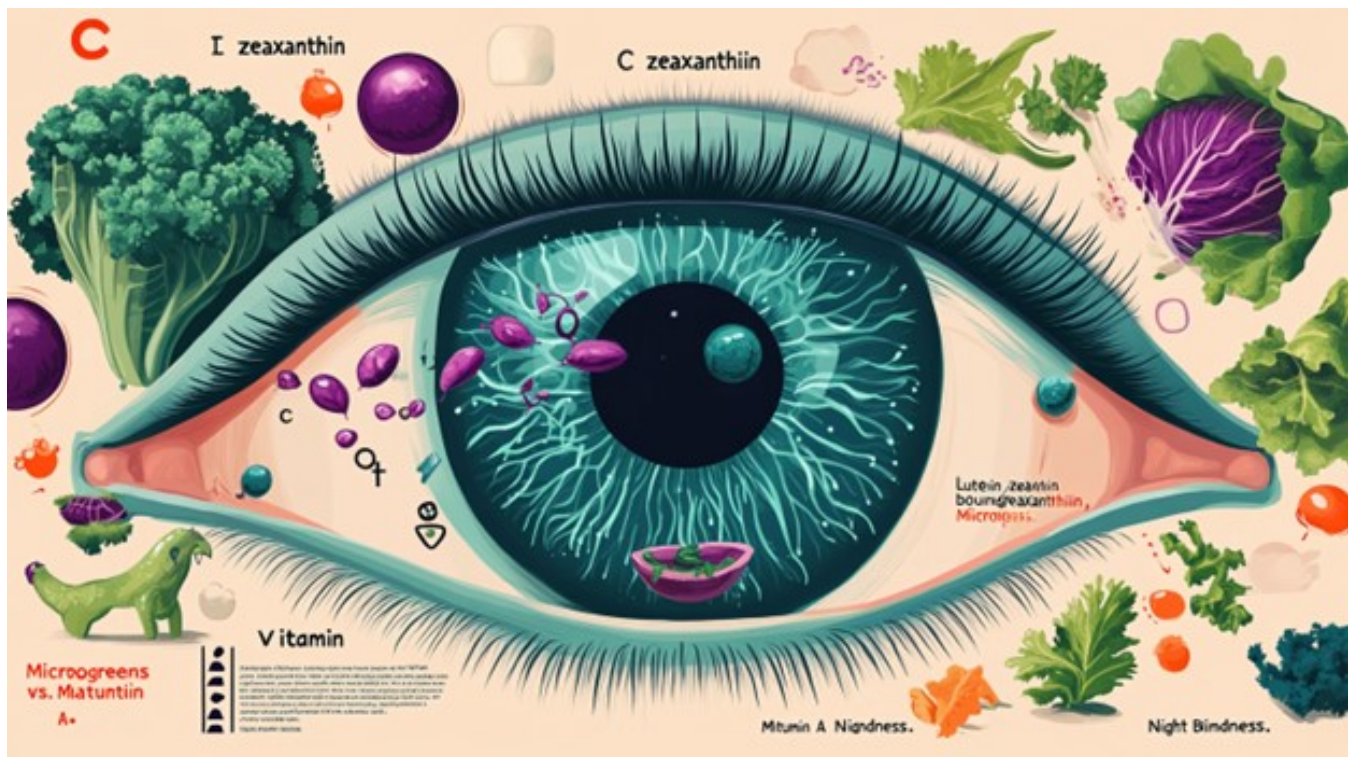
My nieces started wearing glasses before they could spell 'optometrist.'

And me? Let's just say restaurant menus have become my arch-nemesis.

But here's the thing: it doesn't have to be this way.

We don't have to accept failing eyesight as an inevitable part of aging. And that's where our little green friends come in.

The Science Behind the Greens



You see, some microgreens are loaded with **lutein** and **zeaxanthin**. No, I didn't just sneeze – these are actually crucial pigments found in your eyes.

They're like bouncers at an exclusive club, keeping out the riffraff (harmful light) and protecting your precious peepers.

And get this: studies show that microgreens can contain up to 40 times more nutrients than their fully-grown counterparts (*Zhang et al., 2012*).

It's like they're overachievers in the plant world.

Microgreen All-Stars for Eye Health

Take **red cabbage** microgreens, for instance.

These little powerhouses pack about six times more vitamin C than mature red cabbage.

Vitamin C isn't just for fighting colds – it's crucial for the health of the blood vessels in your eyes.

Then there's **kale** microgreens.

They're bursting with lutein and zeaxanthin.

Remember those bouncers we talked about?

Kale microgreens are like sending in the SWAT team to protect your eyes.

And let's not forget about **cilantro** microgreens.

Rich in beta-carotene, which your body converts to vitamin A – the superhero of eye health.

It fights off night blindness and keeps your cornea healthy.

From Garden to Table: Incorporating Microgreens

But here's the million-dollar question: How do you actually get these microgreens into your diet?

Well, that's the beauty of it.

These little guys are incredibly versatile.



Sprinkle them on your salads.

Blend them into your smoothies.

Use them as a garnish on your soups.

Heck, you could even use them to jazz up your avocado toast (because, let's face it, avocado toast needs all the help it can get).

Microgreens vs. Regular Veggies

Now, I know what some of you might be thinking.

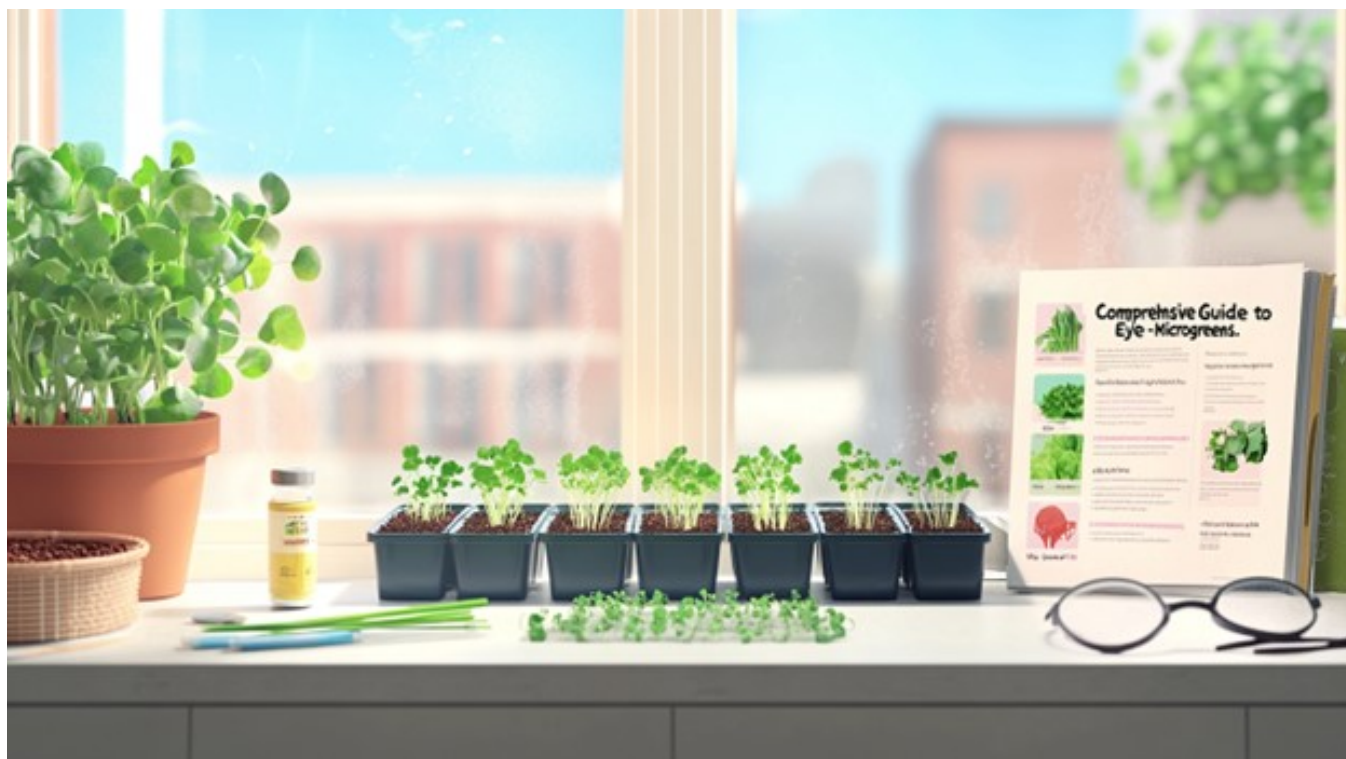
"But I already eat my vegetables! I'm good, right?"

Well, here's the thing.

While all vegetables are good for you, microgreens are like vegetables on steroids.

They're not replacing your regular veggies – they're supercharging your diet.

Growing Your Own Eye Health



And the best part?

You don't need a green thumb or acres of land to grow these nutritional powerhouses.

They can be grown right on your windowsill in small trays and are ready to harvest in just a week or two.

It's like having a miniature farm right in your kitchen.

Your Guide to Eye-Healthy Microgreens

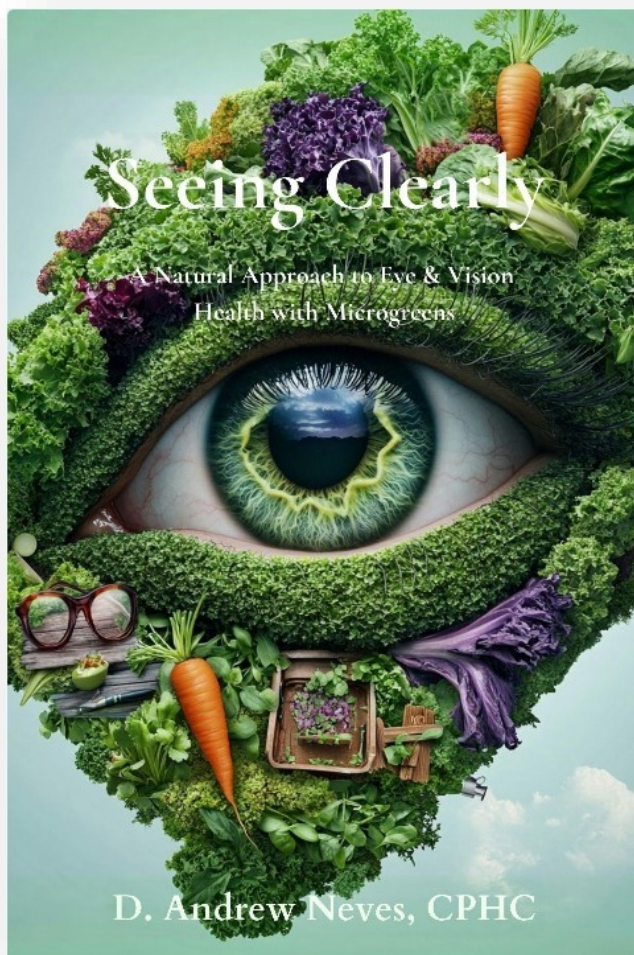
But I get it. Starting something new can be daunting.

That's why I've put together a **comprehensive guide** on how to incorporate microgreens into your diet for optimal eye health.

From the best varieties to grow to delicious recipes that will make your taste buds and your eyes happy, it's all in there.

In this guide, you'll discover:

1. The top 5 microgreens for eye health (spoiler: red cabbage is a superstar).
2. How to grow your own microgreen garden (even if you've got a black thumb).
3. Delicious recipes that'll make you forget you're eating "health food."
4. The science behind why these tiny greens pack such a big punch.



See the Future: Microgreens for Crystal-Clear Vision

Unlock the secret to razor-sharp eyesight that doctors won't tell you.

Forget carrots - **microgreens are nature's vision superchargers**. This guide reveals how these tiny powerhouses can slash your risk of age-related eye problems by up to 40%.

Discover simple recipes and growing techniques that will transform your sight in weeks. Don't let blurry vision cloud your future.

Act now and see life in high definition.

GET IT NOW!

The Proof is in the Pudding (Or Should We Say, in the Microgreens?)



But why should you trust me?

Well, I've spent years researching this stuff.

I've pored over countless studies, talked to experts, and even experimented on myself (don't worry, no microgreens were harmed in the process).

And the results? Let's just say I haven't misread a menu in months.

But don't just take my word for it.

The science backs this up.

Studies have shown that consuming foods rich in these nutrients can significantly reduce the risk of age-related macular degeneration – the leading cause of vision loss in older adults.

Your Eyes' Future is Green

Remember, prevention is always better than cure.

And when it comes to your eyes, microgreens might just be the prevention you've been looking for.

So, are you ready to give your eyes the VIP treatment they deserve?

Are you ready to say goodbye to the old carrot myth and hello to the microgreen revolution?

Your future self – and your eyes – will thank you.

Because with microgreens on your side, the future's looking bright.

And thanks to your healthy eyes, you'll be able to see it clearly.

Don't wait until you're squinting at street signs or holding books at arm's length.

Get your hands on this guide now and start your journey to better eye health today.

Your eyes are irreplaceable – isn't it time you treated them that way?

Research

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Medical Disclaimer

The information provided in this article by Microgreens World and related materials is for educational purposes only and should not be considered medical advice. Always consult with a qualified healthcare professional before making any changes to your diet, lifestyle, or health regimen. The author and publisher are not responsible for any consequences resulting from the use of this information, and readers assume full responsibility for their actions based on it.

After years of cultivating microgreens, I compiled my knowledge into a comprehensive beginner's guide titled "**Children of the Soil.**"



**Transform Your Home into
a Nutrient-Packed
Superfood Haven**

Your 9-Day Blueprint to Microgreen Mastery

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Cultivation Techniques

Swiss Farm's Bold CO₂-Negative Claim: Real or Hype?



[Umami](#), a Swiss vertical farm in Zurich, focuses on 'biosphere farming' and aims to be CO₂-negative.

Co-founder Denis Weinberg explains their 600m² farm grows microgreens for B2B markets using aquaponic principles.

The system integrates fish, crabs, and mussels to create natural plant nutrients.

Umami supplies over 24 products, including microgreen mixes and refinement sauces, to major retailers.

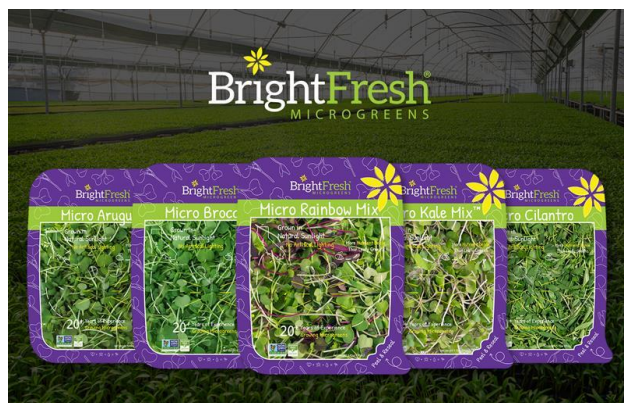
Challenges include managing living organisms and developing natural fertilizers for diverse crops.

The company aspires to achieve Net Zero by 2030 and is exploring the potential of selling excess CO₂ (Weinberg, 2024).

Source: Weinberg, D. (2024). Swiss: "Our core system is CO₂-negative". VerticalFarmDaily.com. <https://www.verticalfarmdaily.com/article/9664865/swiss-our-core-system-is-co2-negative/>

Emerging Industry News

Microgreens Giant Doubles Presence in Walmart Stores



[BrightFresh®](#) [Microgreens](#) expanded its partnership with

Walmart, **doubling availability from 95 to 201 stores** across the US, focusing on Utah and Arizona.

This growth reflects Walmart's commitment to fresh, nutritious options.

BrightFresh controls over 40% of the US microgreens market, emphasizing sustainability and health.

Source: de Leon Chavez, M. (2024, October 4). BrightFresh® Microgreens Expands Partnership with Walmart; Ryan Horwitz Details. AndNowUKnow. <https://www.andnowuknow.com/>

Short Course: Hydroponic Leafy Green Production



Unlock the secrets of hydroponic leafy greens **(including microgreens)**.

From systems to substrates, nutrients to crop management, this crash course covers it all.

Led by an industry expert, it's your ticket to mastering indoor and greenhouse production.

Two hours that could revolutionize your growing game.

Ready to level up?

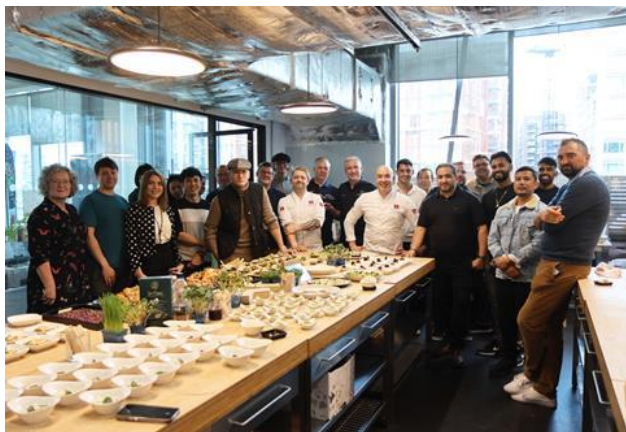
- DATE: Saturday, October 19, 2024
- Schedule: 10:00 am – 12:00 pm (Central Standard Time)
- Platform: ZOOM US

REGISTER

Commercial Best Practices

Why London's Top Chefs Are Hooked on Microgreens

Koppert Cress and Harwoods of London hosted an event at Mission Kitchen on September 23, 2024, to showcase innovative microgreens to London chefs.



Chef Franck Pontais led a tour of Koppert's range, demonstrating the flavors and uses of various cress varieties.

The event featured a hands-on workshop and a specially prepared lunch to highlight the potential of **premium microgreens in modern cuisine**.

Harwoods, Koppert's top London distributor for 30 years, has seen phenomenal demand for these products.

The event aimed to inspire chefs to incorporate more microgreens into their dishes, emphasizing their freshness, intensity, and versatility.

Searle, F. (2024, October 1). Koppert shows off cress to impress at a London chef event. Fresh

Produce Journal. <https://www.fruitnet.com/fresh-produce-journal/koppert-shows-off-cress-to-impress-at-london-chef-event/262742.article>

How Small Farms Are Transforming Charleston's Thriving Restaurant Scene!



Local farmers in the Charleston, South Carolina, area are partnering with restaurants to provide specialized produce.

Ray Healy, a retired Boeing executive, now grows vegetables specifically for Bexley Fish & Raw Bar in Summerville.

Hamilton Horne of [King Tide Farms](#) produces microgreens and rare greens for chefs, growing them in a shipping container.

The Bradford Family Farm has expanded to work with about

120 restaurants and partner with other small farms to distribute their produce.

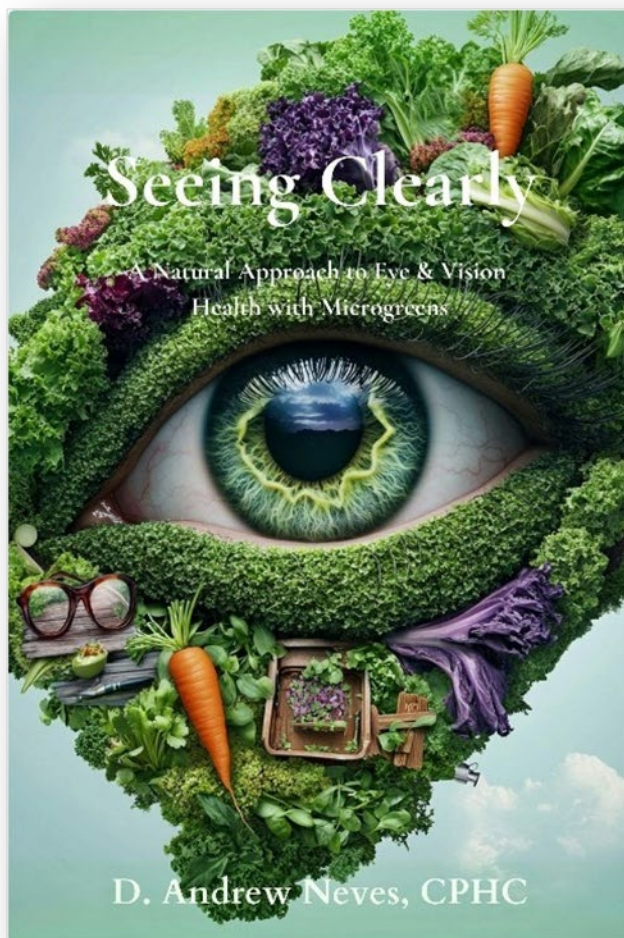
These partnerships allow small farming operations to expand and provide unique, high-quality ingredients to local restaurants.

Chefs value the relationships with farmers and the ability to source specialized produce.

This farm-to-table model benefits both farmers and restaurants in the Charleston area culinary scene.

Source: Milner, P. (2024, October 2). Farm to Table: Charleston-area growers and chefs form a dream team, allowing small operations to expand. The Post and Courier.

https://www.postandcourier.com/food/farming-restaurants-charleston-fig-king-tide-sc/article_51c6750e-7391-11ef-af13-9b365d5d13b6.html



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Unlock the secret to razor-sharp eyesight that doctors won't tell you.

Forget carrots - **microgreens are nature's vision superchargers**. This guide reveals how these tiny powerhouses can slash your risk of age-related eye problems by up to 40%.

Discover simple recipes and growing techniques that will transform your sight in weeks. Don't let blurry vision cloud your future.

Act now and see life in high definition.

GET IT NOW!



**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."

Publisher: Microgreens World

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