

# WEEKLY DIGEST

## EVERYMAN'S DILEMMA: MICROGREEN ALTERNATIVES TO VIAGRA AND RO SPARKS



### MICROGREENS ICE CREAM?

**CREATIVE RECIPES:** Grilled Salmon with Roasted Beet Salad; Mediterranean Quinoa Bowl  
**NUTRITION SCIENCE:** Weight Loss and A.G.E.: Low-fat Vegan Diet vs. Mediterranean Diet  
**CULTIVATION TECHNIQUES:** Add tiny, delicious microgreens to level up your next meal!

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# *Everyman's Dilemma: Microgreen Alternatives to Viagra and Ro Sparks*

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## Nutrition Science

### Weight Loss and A.G.E.: Low-fat Vegan Diet vs. Mediterranean Diet



Dietary advanced glycation end-products (AGEs) are harmful compounds formed when proteins or fats combine with

sugars, a process accelerated by high-temperature cooking.

These compounds are prevalent in animal-derived and highly processed foods.

Excessive consumption of AGEs has been linked to *inflammation*, *oxidative stress*, *accelerated aging*, and *increased risk of chronic diseases* like diabetes and cardiovascular issues.

While our bodies can eliminate some AGEs, overconsumption can lead to accumulation over time.

Lower-temperature cooking methods can help reduce AGE formation in food.

The study of dietary AGEs is an active area of nutrition research.

It aims to understand their long-term health effects, and guide informed dietary choices to potentially reduce associated health risks.

In a recent study, *Kahleova et al., 2024* scientists study compared the effects of a Mediterranean

diet and a low-fat vegan diet on dietary advanced glycation end-products (AGEs) and body weight in overweight adults.

The results showed that the **vegan diet significantly reduced dietary AGEs by 73%**, while the Mediterranean diet had no significant effect.

Additionally, participants **lost an average of 6.0 kg on the vegan diet**, with no significant weight change on the Mediterranean diet.

The reduction in AGEs was primarily due to eliminating meat, minimizing added fats, and avoiding dairy products.

Changes in dietary AGEs correlated with weight loss, even after adjusting for total energy intake.

**The researchers concluded that a low-fat vegan diet may be an effective strategy for reducing dietary AGEs and promoting weight loss compared to a Mediterranean diet.**

These findings suggest that plant-based diets could offer metabolic benefits beyond calorie restriction.

Microgreens could play a valuable role in a low-AGE, plant-based diet.

Microgreens are typically consumed raw, avoiding the high-heat cooking methods that increase AGE formation.

Their high nutrient content, including antioxidants, could potentially help counteract the effects of AGEs in the body.

Incorporating microgreens into a vegan diet might further enhance its benefits for weight management and metabolic health.

Source: Kahleova, H., Znayenko-Miller, T., Julianna Mota, Eng, E., Prevost, A., Uribarri, J., Holubkov, R., & Barnard, N. D. (2024). Dietary advanced glycation end-products and their associations with body weight on a Mediterranean diet and low-fat vegan diet: a randomized, cross-over trial. *Frontiers in Nutrition*, 11. <https://doi.org/10.3389/fnut.2024.1426642>

## Creative Recipes

### Grilled Salmon with Roasted Beet Salad

This dish combines several ingredients that are considered potentially beneficial for Erectile Dysfunction (ED), including salmon (rich in omega-3 fatty acids), beets (high in nitrates), leafy greens, and microgreens (packed with nutrients and nitrates).

The microgreens are incorporated in two ways:

1. Mixed into the salad itself for added nutrition and flavor.
2. Used as a garnish on top of the salmon and around the plate for visual appeal.

This recipe offers a balance of proteins, healthy fats, and various vitamins and minerals.

The combination of grilled and roasted elements provides a variety of textures and flavors, while the microgreens add a fresh, peppery note that

complements the rich salmon and earthy beets.



- Prep Time: 20 minutes
- Cook Time: 30 minutes
- Total Time: 50 minutes
- Category: Main Dish
- Method: Grilling and Roasting
- Cuisine: Mediterranean-Inspired
- Yield: 4 servings



**Ingredients:***For the salmon:*

- 4 salmon fillets (6 oz each)
- 2 tbsp olive oil
- 1 lemon, juiced
- 2 cloves garlic, minced
- 1 tsp dried dill
- Salt and pepper to taste

*For the roasted beet salad:*

- 4 medium beets, peeled and cut into wedges
- 2 tbsp olive oil
- Salt and pepper to taste
- 4 cups mixed salad greens
- 1/4 cup crumbled feta cheese
- 1/4 cup chopped pistachios
- 2 cups microgreens (arugula, beet, or mustard)

*For the dressing:*

- 3 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp honey
- Salt and pepper to taste

**Instructions:**

1. Preheat oven to 400°F (200°C). Toss beet wedges with olive oil, salt, and pepper. Spread on a baking sheet and roast for 25-30 minutes until tender.

2. While beets are roasting, prepare the salmon marinade. Mix olive oil, lemon juice, minced garlic, dill, salt, and pepper in a small bowl.

3. Place salmon fillets in a shallow dish and pour the marinade over them. Let marinate for 15 minutes.

4. Preheat the grill to medium-high heat. Grill salmon for 4-5 minutes per side or until it flakes easily with a fork.

5. Prepare the dressing by whisking together olive oil, balsamic vinegar, honey, salt, and pepper.

6. In a large bowl, combine mixed salad greens, roasted beets, feta cheese, and chopped pistachios. Toss with the prepared dressing.



7. Divide the salad among four plates. Top each salad with a grilled salmon fillet.

8. Garnish generously with microgreens, placing them on top of the salmon and around the plate.

Enjoy your nutritious and delicious meal that's beneficial for ED!

## **Mediterranean Quinoa Bowl**

This Mediterranean Quinoa Bowl recipe incorporates a variety of ingredients that are potentially beneficial for ED, including leafy greens, tomatoes, olive oil, and a mix of microgreens.

The bowl format is perfect for showcasing the microgreens as a fresh, visually appealing topping.

The combination of ingredients provides a balance of complex carbohydrates, lean proteins, healthy fats, and a variety of vitamins and minerals.

The microgreens add an extra boost of nutrients, including nitrates and antioxidants, which may be particularly helpful for ED.



The dish is served at room temperature or slightly warm, which helps preserve the delicate texture and nutrients of the microgreens.

The Mediterranean flavor profile complements the variety of microgreens suggested, creating a harmonious and delicious meal.

- Prep Time: 15 minutes
- Cook Time: 20 minutes
- Total Time: 35 minutes
- Category: Main Dish
- Method: Stovetop and Assembly
- Cuisine: Mediterranean
- Yield: 4 servings

## Ingredients:

*For the quinoa base:*

- 1 cup quinoa, rinsed
- 2 cups water or low-sodium vegetable broth
- 1 tbsp olive oil
- 1/2 tsp salt

*For the toppings:*

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cup cherry tomatoes, halved

- 1 cucumber, diced
- 1/2 red onion, thinly sliced
- 1/2 cup kalamata olives, pitted and halved
- 1/2 cup crumbled feta cheese
- 1/4 cup chopped fresh parsley

*For the dressing:*

- 1/4 cup extra-virgin olive oil
- 2 tbsp lemon juice
- 1 clove garlic, minced
- 1 tsp dried oregano
- Salt and pepper to taste

*For the microgreens topping (mix and match) 1 cup total of:*

- Arugula microgreens
- Beet microgreens
- Kale microgreens
- Red cabbage microgreens
- Cilantro microgreens

## Instructions:

1. Cook quinoa: In a medium saucepan, combine quinoa, water or broth, olive oil, and salt. Bring to a boil, then reduce heat and simmer for 15-20 minutes until quinoa is tender

and liquid is absorbed. Fluff with a fork and let cool slightly.

2. Prepare the dressing: In a small bowl, whisk together olive oil, lemon juice, minced garlic, oregano, salt, and pepper.

3. Assemble the bowls: Divide the cooked quinoa among four bowls. Top each bowl with equal portions of chickpeas, cherry tomatoes, cucumber, red onion, olives, and feta cheese.

4. Drizzle each bowl with the prepared dressing.

5. Sprinkle chopped parsley over each bowl.

6. Just before serving, top each bowl with a generous handful of mixed microgreens.

Serve immediately, allowing diners to mix the ingredients together if desired. The warm quinoa will slightly wilt the microgreens, enhancing their flavor while maintaining their nutritional benefits.

Enjoy your nutrient-packed, ED-friendly Mediterranean Quinoa Bowl!

## Community News

### An Amerian Story: Virginia Herrera of Eloisa Organic Farm in Oregon.



With all the noise surrounding US Immigration Policy, this story is a reminder that [immigration historically](#) has come with way more good people than bad.

From northern Europeans and Irish, Chinese and Jewish, Italians and Caribbean, and



Eastern European and Central American, America is still considered a land of immigrants, hardworking, optimistic, and enterprising.

Virginia Herrera shares her inspiring journey from farm worker to owner of [Eloisa Organic Farm](#) in Oregon, where she utilizes her extensive experience after working on the farm for 20 years.

Named after her mother, the farm emphasizes organic vegetable production and engagement with the community through CSA and farmers' markets.

Virginia discusses the challenges of entrepreneurship, including navigating legal requirements, securing financing, and the importance of valuing farmers' labor.

She highlights creative marketing strategies and advocates for more flexible loan options to support farmers.

Listen to this inspiring story.



Source: Herrera, V. (n.d.). From farm worker to farm owner. Growing for Market. August 13, 2024, from <https://growingformarket.com/articles/from-farm-worker-farm-owner-virginia-herrera-eloina>

## Golf Tournament to Help Enterprising Kids



The initiative by students at Oilfields High School in Diamond Valley to establish a vertical farm underscores the educational value of microgreen cultivation.

They grow and sell these nutrient-dense plants, applying various educational principles, including marketing and entrepreneurship.

This project not only enhances their learning experiences but

also supports the community; any surplus produce is donated to a local food bank.

This cultivation serves dual purposes: providing practical education, addressing community needs, and presenting a model for social responsibility among students.

Source: Wallace, K. (2024, August 13). Tee off with the 'Fore Education' golf tourney next week. OkotoksOnline. <https://okotoksonline.com/articles/tee-off-with-the-fore-education-golf-tourney-next-week>

## Cherokee County, Georgia, Teachers Participate in Agriculture Workshop



The agriculture workshop attended by Cherokee County, Georgia teachers showcased the benefits of hydroponic

systems, focusing on microgreens.

Notable presentations included a tour of a mobile hydroponic greenhouse by Steve Alexander from Smoky Mountain Produce.

The workshop aimed to equip teachers for the upcoming school year, integrating agriculture education into STEM curricula.

Teachers learned about hands-on methods of growing microgreens, which can enhance student engagement and provide practical applications of science in agriculture.

Source: Alexander, S. (2024, August 13). Cherokee County teachers participate in agriculture workshops. Cherokee Tribune & Ledger News. [https://www.tribuneledgernews.com/lifestyle/cherokee-county-teachers-participate-in-agriculture-workshop/article\\_3ab68fda-59af-11ef-8753-17ed835bf35a.html](https://www.tribuneledgernews.com/lifestyle/cherokee-county-teachers-participate-in-agriculture-workshop/article_3ab68fda-59af-11ef-8753-17ed835bf35a.html)

## FEATURED ARTICLE

### Everyman's Dilemma: Microgreen Alternatives to Viagra and Ro Sparks



You're likely aware that **erectile dysfunction (ED)** affects millions worldwide, and **conventional treatments** like Viagra and Ro Sparks can have limitations and side effects.

So when I had a brief bout with ED a few years ago, you know I was on the case.

What was it, and what could be causing it?

With the help of my wife and doctor, I started reducing stress levels, getting back to a regular exercise routine, and, of course, incorporating specific microgreens into my diet.

Now, emerging research suggests that **microgreens** may be a natural alternative as part of ED management.

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Microgreens like arugula and sunflower shoots boost nitrates and antioxidants, enhancing **nitric oxide production**, blood flow, and hormone balance.

By incorporating microgreens into your diet, you may be able to support **overall well-being** and alleviate ED symptoms.

As you investigate the potential of microgreens, a more extensive understanding of their benefits and how to integrate them into your lifestyle awaits.

## **Understanding Erectile Dysfunction**

Within the domain of men's health, erectile dysfunction (ED) is a **common condition** characterized by the inability to achieve or maintain an erection sufficient for satisfactory sexual performance.

You may be surprised to learn that **ED** affects millions of men worldwide, with prevalence increasing with age.

Understanding the **causes of ED** is vital to addressing this condition.

**Physical elements**, such as cardiovascular disease, diabetes, and hormonal imbalances, contribute to ED.

Additionally, **psychological elements** such as anxiety, depression, and stress can exacerbate the condition.

Like me, you may you may experience **feelings of inadequacy**, low self-esteem, and embarrassment, which can further compromise your physical health and relationships.

**Lifestyle changes**, such as regular exercise, a balanced diet, and stress management, can help alleviate ED symptoms.

However, many men struggle to discuss their condition due to male vulnerability and societal expectations.

Recognizing the **psychological effects of ED** is essential to breaking down these barriers and seeking help.

## **Conventional Treatments for ED**

Your doctor may recommend **conventional treatments** for ED, which often include **medications like Viagra**, a well-known and widely used prescription drug.

Viagra works by increasing **blood flow** to the penis, helping you achieve and maintain an erection.

While effective for many, it can have **side effects** such as headaches, dizziness, and stomach upset.

Another treatment option is **Ro Sparks**, a brief, in-office procedure that uses **low-intensity shockwaves** to stimulate blood flow and improve erectile function.

While Ro Sparks has shown promise, its long-term effectiveness, and potential side effects are still being studied.



In addition to these treatments, your doctor may suggest **lifestyle changes**, such as regular exercise, a balanced diet, and stress management, to help alleviate ED symptoms.

Psychological factors, such as anxiety and depression, can also contribute to ED and may be addressed through counseling or therapy.

Some men may also consider [herbal remedies](#) or nutritional supplements, although their effectiveness and safety haven't been extensively scientifically proven.



Understanding the impact of exercise on ED and making healthy lifestyle choices can also help improve overall well-being and reduce ED symptoms.

## Microgreens and Erectile Function



While conventional treatments for **erectile dysfunction** often focus on pharmaceutical solutions, there's growing interest in exploring **natural alternatives**, including **nutrient-rich microgreens** that may help alleviate symptoms.

As you consider the role of microgreens in supporting erectile function, it's essential to understand the unique nutritional profiles of various microgreen varieties.

Arugula, beet greens, cilantro, and sunflower shoots are just a few examples of microgreens that offer a concentrated boost of **nitrites**, **antioxidants**, and essential vitamins and minerals.

These nutrients play a significant role in boosting nitric oxide production, improving **blood flow**, reducing oxidative stress, and supporting **hormone balance** – all of which are fundamental for healthy erectile function.

By incorporating these microgreens into your diet, you can improve **nutrient absorption** and reap the associated health benefits.



With their diverse **culinary uses** and sustainable farming practices, microgreens offer a compelling alternative to traditional treatments.

By exploring the relationship between microgreens and erectile function, you can take a proactive approach to supporting your overall well-being and energy.

As research continues to uncover the potential benefits of microgreens, it's clear that these nutrient-dense greens are an exciting area of study in the pursuit of **natural solutions** for erectile dysfunction.

## Incorporating Microgreens into Your ED Management Plan

Beyond the domain of pharmaceutical treatments, incorporating **nutrient-dense microgreens** into your daily routine can be a crucial step in managing **erectile dysfunction**.



As you investigate the benefits of microgreens, you'll want to reflect on your suggested **daily intake** and how to easily add them to your diet.

Start by incorporating microgreens into your **meal planning**, using them as a **nutrient-dense addition** to your favorite recipes.

You can also experiment with microgreen recipes specifically designed to support erectile health.



To maximize nutrient absorption, combine microgreens with other lifestyle changes that support **overall well-being**.

Reflect on the synergy between microgreens and other supplements you may be taking. Aim for **dietary diversity** to guarantee you're getting a broad range of essential vitamins and minerals.

By making microgreens a staple in your diet, you'll be taking a proactive approach to managing erectile dysfunction and cultivating overall vitality.



As you continue on this journey, remember to stay informed and consult with a **healthcare professional** to guarantee you're getting the most out of your microgreen routine.

## Comparing Microgreens to Conventional Treatments



As you investigate the potential of **microgreens** in managing **erectile dysfunction**, a natural question arises: how do these nutrient-dense greens compare to **conventional treatments** like **Viagra** and Ro Sparks?

When evaluating the pros and cons of microgreens versus conventional treatments, it's essential to contemplate the broader context of **natural remedies** and dietary impacts. Microgreens offer a thorough approach to health, providing essential vitamins and minerals that support overall well-being.

Conversely, conventional treatments like Viagra and Ro Sparks focus on addressing a specific symptom rather than the **underlying causes**.

While microgreens may not offer the same immediate effects as conventional treatments, they can contribute to **long-term lifestyle changes** that promote improved vigor and reduced erectile dysfunction symptoms.

By combining microgreens with other natural remedies and **holistic approaches**, you may experience improved nutrient benefits and enhanced overall health.

However, it's imperative to consult with your **healthcare provider** before making any significant changes to your treatment plan.

They can help you weigh the pros and cons of microgreens and conventional treatments, ensuring a thorough approach to managing erectile dysfunction.

### **Wrap-up: Microgreens and Erectile Dysfunction**

You've now investigated the potential of **microgreens** as a natural alternative to conventional treatments for **erectile dysfunction**.

By incorporating these nutrient-dense greens into your diet, you may experience improved erectile function and **overall well-being**.

While microgreens aren't a replacement for medical treatment, they offer a **holistic approach** to supporting your health.

As you continue on your wellness journey, consider the benefits of microgreens in conjunction with traditional therapies to optimize your health and quality of life.

## Research

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### Medical Disclaimer

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## Evidence-based Expertise

### Tampa Bay area students send experiments to the International Space Station.



Three experiments from Tampa Bay area middle schools are headed to the International Space Station.

Two experiments from Randall Middle School in Lithia focus on **microgreens**, specifically “Red Garnet” amaranth, and sesame, to study their growth and nutritional value in space.

These could potentially contribute to astronaut diets on long-duration missions.

The third experiment, from Pine View School for the Gifted in Osprey, investigates how the microalga *Chlorella vulgaris* removes nitrogen and phosphorous from wastewater in microgravity.

This research aims to improve water recycling in space.

All experiments will be compared with Earth-based counterparts to determine the effects of microgravity on plant growth and water treatment processes.

Source: MSN. (2024, August 18). Tampa Bay area students send experiments to the International Space Station. <https://www.msn.com/en-us/news/technology/tampa-bay-area-students-send-experiments-to-international-space-station/ar-AA1jFvpB>

## Cultivation Techniques

**Good Day Sacramento:  
Add tiny, delicious  
microgreens to level up  
your next meal!**

Chef Jarmyn Gray shares insights about microgreens,

highlighting their flavor and health benefits.

Gray discusses unique varieties like cantaloupe microgreens and their versatility in various dishes.

He notes that eating a handful of broccoli microgreens offers the nutrients of two whole broccoli heads without the bloat.

Gray sells his microgreens at local farmers' markets, emphasizing their nutritional value and delicious addition to meals like salads and avocado toast.

The segment encourages viewers to incorporate microgreens for enhanced flavor and health.

## Emerging Industry News

### Microgreens Ice Cream?



The article discusses innovative flavors in ice cream, particularly the incorporation of microgreens and vegetables, expanding the traditional perception of this dessert.

Highlighted are the collaborations between ice cream makers and organizations like Koppert Cress, which specialize in microgreens.

Key figures in this culinary evolution include Michela Iorio and Andrea Bandiera, who explore the savory applications of ice cream in haute cuisine.

Iorio emphasizes the aesthetic and flavor-enhancing potential

of vegetables in ice cream, citing examples such as a jasmine blossom ice cream and introducing innovative savory flavors that pair with gastronomy.

Bandiera's journey from computer science to artisanal gelato-making showcases his focus on research and craftsmanship, leading to unique flavors such as squid ink and gorgonzola ice cream.

Overall, the piece reflects a thoughtful exploration of flavors, blending traditional sweetness with unexpected savory notes, suggesting a growing acceptance and application of vegetable ingredients in the realm of ice cream.

Source: Colognese, M. (2024, August 13). Ice cream, here are the flavors of the future: from Parmigiano to matcha, with microgreens, it's a delight. *Reporter Gourmet*. <https://reportergourmet.com/en/products-and-companies/444-ice-cream-here-are-the-flavors-of-the-future-from-parmigiano-to-matcha-with-microgreens-it-s-a-delight>

## More Competition: Former factory farmers turn to alternative farming trend



Former factory farmers are transitioning to sustainable agriculture, driven by a desire for healthier food production and reconnection with traditional farming values.

Organizations are supporting this shift by providing resources and guidance.

This trend reflects growing consumer demand for healthier, more ethical food options and concerns about the environmental impact of industrial farming.

Implications for the microgreens sector:

1. Increased interest in diversified crop production, including microgreens

2. Potential for partnerships between microgreens producers and transitioning farmers

3. Growing market demand for locally-sourced, nutrient-dense foods like microgreens

4. Opportunities for microgreens as a high-value, low-space crop for small-scale sustainable farms

5. Possible integration of microgreens into regenerative agriculture practices

Source: Marino, J. (2024, August 13). Former factory farmers turned to alternative farming thanks to a dedicated organization: This is a healthy way of making food. MSN. <https://www.msn.com/en-us/money/companies/former-factory-farmers-turn-to-alternative-farming-trend-thanks-to-a-dedicated-organization-this-is-the-healthy-way-of-making-food/ar-AA1oBMOs>



## Commercial Best Practices

**Fischer Family Farm is driven by tradition and innovation.**



[Fischer Family Farms](https://www.owensborotimes.com/features/2024/08/family-tradition-and-innovation-drive-fischer-family-farm/), established in 1953, blends tradition with modern agriculture.

Currently operated by third-generation farmer Laura Dalton and her family, the farm has diversified from growing tobacco to incorporating greenhouses, raising Pacific white shrimp, and producing **microgreens**.

Community support and connections are vital for their success, as are relationships

with local markets, like the Owensboro, Kentucky Regional Farmers' Market.

Despite facing challenges, including injuries that temporarily halted their equestrian activities, the family's commitment to farming and producing fresh products continues to thrive, nurturing a legacy built over 70 years.

Source: Kirkpatrick, J. (2024, August 17). Fischer family farm is driven by tradition and innovation. The Owensboro Times.

<https://www.owensborotimes.com/features/2024/08/family-tradition-and-innovation-drive-fischer-family-farm/>



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