
THE MICROGREENS WEEKLY

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.

This Week: Monday, February 12, 2024



Scientists create nutritionally enhanced microgreens — helping countless patients on specialized diets

BARI, Italy — Italian researchers are on the verge of revolutionizing how people eat. They have cultivated microgreens with specific

nutritional profiles to meet individual dietary needs.

This advancement marks a significant step in adapting plant production to cater to unique health requirements.

Led by Massimiliano D’Imperio and Francesco Serio from the Institute of Sciences of Food Production (ISPA) National Council of Research (CNR), and Massimiliano Renna, a professor at the University of Bari Aldo Moro, the research team undertook this project motivated by the increasing

interest in personalized nutrition. [StudyFinds, 2024-02-03](#)

The Annual Oregon Seed giveaway returns for the fifth year



The Grow This! Oregon Garden Challenge, Oregon State University Extension's statewide seed giveaway, has returned for a fifth year in 2024, featuring a continued partnership with the Oregon Bee Project.

Individuals and households, schools, and groups can sign up to receive an individual/household seed kit, group kit, or seed-starting

teacher classroom kit through the mail.

The seed-starting classroom kits include a reusable grocery tote, stickers, foil pans, seed markers, a spray bottle, and a peat pot for each child.

[FarmProgress, 2024-01-29](#), [Sign Up](#)

Watercress Lassi to Pasta: The 7 Different Ways Of Enjoying Healthy Watercress



Incorporating watercress into cuisines, particularly Indian dishes, is a recent trend.

What sets this microgreen apart is its spicy and zesty flavor profile, which harmonizes well with the bold kick of mustard or radish.

To introduce this nutritious microgreen into your diet, here are seven dishes you should explore.

[Slurrrp, 2024-02-04](#)

Square Roots grows plants “in the dark” to significantly reduce the energy needs of indoor vertical farming.



A new approach, supported by a grant from the Bill & Melinda Gates Foundation, aims to fundamentally change the economics of controlled environment agriculture.

Square Roots, a leading startup in controlled environment agriculture, announced today a

groundbreaking program that could change how plants are grown indoors — ultimately bringing the advantages of indoor vertical farming to a much broader range of crops and global markets. The program aims to prove that light can be removed from a commercial indoor vertical farming system and is supported by a grant from the Bill & Melinda Gates

Foundation. [Medium, 2024-01-30](#)

Floating system for the cultivation of microgreens, baby leaf, teenleaf, head lettuce, and herbs



The floating system, the cultivation of crops on substrate-filled growing trays floating on a 30-centimeter water layer, has undergone significant development in recent years.

According to the team of Light4Food, this cultivation system stands out for its simplicity, flexibility, and the variety of crops that can be grown on it. “The system is easily scalable and provides predictable and high-quality cultivation of baby leaf, teen leaf, head lettuce, and herbs.

The system is USDA Organic certified in the United States of America.” [VerticalFarm Daily, 2024-02-09](#)

“Micro farm” to bring fresh greens to Nazareth University



The farm is installed in the dining hall so students can watch their food grow.

Students at Nazareth University in Rochester, N.Y., now have a

first-hand look at where their food comes from thanks to a new “micro-farm” in the dining hall.

Items harvested from the farm will be used in dishes, and the dining team is planning a handful of student activities that will also utilize the farm.

The dining team, operated by Sodexo, partnered with Babylon Micro-Farms to install the hydroponic farm, which can grow a variety of lettuce, leafy greens, and herbs. [FoodService Director, 2024-02-02](#)



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Featured Article

Originally published in the HortiDaily, 2022-02-09

“Microgreens are here to stay as a retail item.” So says Eric McClam of City Roots Organic, a certified organic microgreen greenhouse grower in Columbia, South Carolina.



City Roots Organic grows 11 varieties of microgreens.

More than a decade ago, microgreens were an item that was used mainly by mid to higher-end restaurants, though that’s changing. In that time, along with local farmers’ market-scale producers (which is how City Roots began in 2009) distributing microgreens, national growers and larger greenhouse and indoor growers have been producing the item, particularly in the last five to six years. “That’s

pushed the supply and availability to something more prevalent,” says McClam.



[City Roots' Eric McClam.](#)

Microgreens gaining ground at retail

City Roots' microgreens are grown year-round consistently, and this Friday, it is moving into its new 75,000 sq. ft. facility in South Carolina. “We are offsetting all of our energy with on-farm solar. My partner, my dad, and I were both architects, and we worked with local engineers to design a one-of-a-kind geothermal heating and cooling system for the greenhouse,” says McClam, noting this includes radiant floor heating and cooling for the microgreens. “It’s about 80 percent more efficient, and we hope to be one of the first energy-neutral and carbon-neutral facilities in the Southeast.”

[Read more ...](#)

Garden club workshops will teach you how to garden in winter



The Collingwood Garden Club, about two hours north of Toronto, Canada, offers locals a chance to get into some soil with two upcoming workshops on growing food and flowers through the winter.

The in-person classes on February 17 will cover winter sowing and growing sprouts and microgreens indoors. The admission price includes a starter kit so participants can put their new knowledge into practice.

“There are health benefits to growing your microgreens and sprouts, tremendous health

benefits,” said Barb Collinson of the Collingwood Gardening Club. “And sprouts, in particular, are so easy to do ... plus, it’s really fun!”

[Collingwood Today, Ontario, 2024-02-11](#)

Need something to scratch that gardening itch? Grow microgreens



Gardeners are getting the itch. The gentle tickle that makes you want to get outside and work on the garden is beginning to build, and you want to scratch it!

Alas, it’s still a bit early to work outside, but there are some things you can do inside to take care of that itch.

The Microgreens Weekly

Something you can start right now is to grow some microgreens. Microgreens are nutrient-dense, take very little space, and provide a source of many required nutrients.

[Dayton, OH Daily News. 2024-02-03](#)

Fresh and local: Exploring the growing trend of microgreens in Tucson



The once gourmet greens have developed into an emerging local staple and sustainable farming solution.

“I would say in the last 10 to 15 years [...], as we approach the present, its popularity is increasing exponentially,” Joel

Cuello, University of Arizona professor of agricultural and biosystems engineering, said.

“So when you’re eating the microgreens, you’re getting above and beyond,” nurse practitioner Crysty Frick said. Frick works with individuals that are nutrient deficient and has a subscription with Plant 2 Plate.

Local farms have also developed close relationships with restaurants in town, such as Plant 2 Plate Micro Farm, owned by husband and wife team Jim and Kathleen Garrett, who supply over 15 Tucson restaurants and individual orders. [The Tucson, Arizona Daily Wildcat, 2024-02-02](#)

Have a local news story you want to share?

Send the news link to marketing@microgreensworld.com

Valley Bounty: Micro but mighty: At a new farm in South Hadley, small is beautiful — and delicious



If there's a lesson to be learned from Love Leaf Farm in South Hadley, it's this: don't judge a farm by its size, or the size of their crops, for that matter.

In the words of farmer-owner Michael Fredette, "Love Leaf Farm is a tiny, indoor vertical

farm specializing in microgreens and selling mostly at farmers markets."

Fredette has grown his business using his available resources without taking on any debt. By recognizing the benefits of something small, he adds a little value and joy to his life and the local economy. For many of his customers, that's the same reason they add microgreens to a meal. [Daily Hampshire Gazette, 2024-02-02](#)



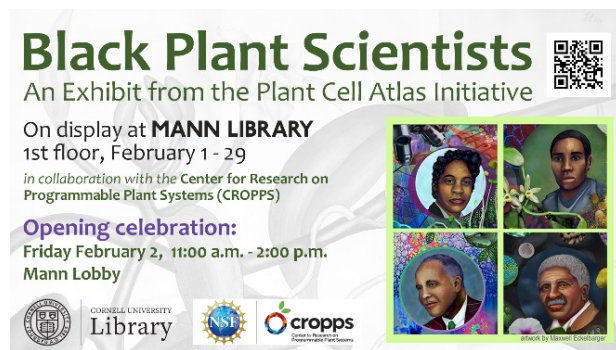
Learn online all the essential aspects of growing microgreens successfully in a hydroponic environment!

Instructor: M.S. Karla Garcia

The Microgreens Weekly

Master in Plant Sciences from
The University of Arizona
CEO at Microgreens FLN
Hort America [2024-03-16](#)

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

Logos: Cornell University, Library, NSF, cropps

QR code and four portraits of Black plant scientists.

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](#)



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