

WEEKLY DIGEST

FROM CONTROVERSY TO CUISINE: HEMP MICROGREENS AND THE NEXT BIG HEALTH REVOLUTION

MICROGREENS AND GUT HEALTH – A DIGESTIVE HARMONY

CREATIVE RECIPES: Hemp Microgreen Pesto Zoodles with Crispy Chickpeas

COMMERCIAL BEST PRACTICES: Expert presents microgreens class to master gardeners

CULTIVATION TECHNIQUES: OSCE Backs SOS Helpline Nikšić to Aid GBV Survivors

“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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From Controversy to Cuisine: Hemp Microgreens and the Next Big Health Revolution

Vol. 2024 No. 27

Monday, July 29, 2024

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Nutrition Science

SBU Eats Receives National Recognition for Most Innovative Wellness and Nutrition Program



Stony Brook University's [SBU Eats program](#) received national recognition from the National Association of College and University Food Services (NACUFS) by winning the Gold award for the most innovative wellness and nutrition program.

The accolade was mainly for the initiative “Tiny but Mighty: Unleash the Power of Microgreens,” which involved a collaboration between SBU Eats, the Teaching Kitchen, and the Community Garden Club.

This program emphasized the nutritional benefits of microgreens, featuring hands-on workshops that educated students on plant-based meals and sustainability.

SBU Eats' Campus Dietitian Laura Martorano led the initiative, aiming to enhance students' understanding of healthy eating while promoting locally grown produce, ultimately contributing to better health outcomes and fostering a culture of sustainability.

Source: SBU Eats Receives National Recognition for Most Innovative Wellness and Nutrition Program - SBU News. (2024, July 23). <https://news.stonybrook.edu/university/sbu-eats-receives-national-recognition-for-most-innovative-wellness-and-nutrition-program/>

Creative Recipes

Hemp Microgreen Pesto Zoodles with Crispy Chickpeas

Picture a plate that tells a story of modern, health-conscious cuisine with a creative twist, **created in under 30 minutes.**

At its heart lies a tangle of pale green zucchini noodles, glistening with a vibrant emerald pesto speckled with hemp microgreens.

This verdant base cradles a scattering of golden-brown, crispy chickpeas, their warm hues and craggy texture contrasting beautifully with the cool, fresh zoodles.

Delicate hemp microgreens frame the dish, their lacy leaves adding bursts of bright green.

A sunny lemon wedge promises a zesty finish.

All of this rests on a pristine white plate, with a fork poised at the edge, inviting you to dive into this colorful, nutrient-rich reinvention of a classic pasta dish.

It's a visual feast that captures the essence of innovative, flavorful, and nourishing food – a perfect blend of comfort and culinary adventure on a single plate.



Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Servings: 2

Ingredients:

For the Crispy Chickpeas:

- 1 (15 oz) can chickpeas, drained and rinsed
- 1 tbsp olive oil

- 1 tsp smoked paprika
- 1/2 tsp garlic powder
- Salt and pepper to taste

For the Hemp Microgreen Pesto:

- 2 cups hemp microgreens
- 1/4 cup pine nuts
- 2 cloves garlic
- 1/4 cup nutritional yeast (or Parmesan cheese for a non-vegan option)
- 1/4 cup olive oil
- Juice of 1 lemon
- Salt and pepper to taste

*For the **Zoodles**:*

- 4 medium zucchini, spiralized
- 1 tbsp olive oil

Instructions:

1. Preheat oven to 400°F (200°C).

2. Pat chickpeas dry with a paper towel. Toss with olive oil, smoked paprika, garlic powder, salt, and pepper. Spread on a baking sheet and

roast for 20 minutes, shaking the pan halfway through.

3. While chickpeas are roasting, make the pesto: In a food processor, combine hemp microgreens, pine nuts, garlic, nutritional yeast, olive oil, and lemon juice. Pulse until smooth, scraping down the sides as needed. Season with salt and pepper to taste.

4. Heat 1 tbsp olive oil in a large skillet over medium heat. Add spiralized zucchini and cook for 2-3 minutes until just tender, tossing frequently.

5. Remove zoodles from heat and toss with hemp microgreen pesto.

6. Divide zoodles between two bowls and top with crispy chickpeas.

7. Garnish with additional hemp microgreens and a lemon wedge if desired.

Enjoy your nutrient-packed, flavor-filled meal!

Community News

Vijay Bastawade plans to grow microgreens 365 days per year



[Micro Panda Greens](#), operated by Vijay Bastawade, grows microgreens just 2.5 miles from Durango Farmers Market in Durango, Colorado, emphasizing the importance of locally sourced produce with minimal food miles.

Microgreens, harvested shortly after sprouting, can be grown year-round indoors, offering consistent quality and supply regardless of season.

This appeals to both consumers and local restaurants.

Bastawade currently sells several varieties at farmers' markets and supplies local businesses.

He continuously experiments with about 30 varieties, focusing on optimizing yield and growth rates.

His mission is to educate the community that vegetables like lettuce can thrive locally in Durango's climate, challenging the perception that they must be sourced from warmer regions.

Source: Gonzales, N. (n.d.). Farmers Market: Micro Panda Greens is about as local as it gets. *Durango Herald*. Retrieved July 28, 2024, from <https://www.durangoherald.com/articles/farmers-market-micro-panda-greens-is-about-as-local-as-it-gets/>

Estacada, Sandy farmers markets experience a season of growth



The farmers market in [Estacada and Sandy, Oregon](#), are experiencing significant growth this season, with an increased diversity of vendors.

One standout product is microgreens, which are becoming increasingly popular among shoppers.

At the Estacada Farmers Market, microgreens are sold alongside a variety of other local goods, including fresh fruits, vegetables, baked goods, and crafts.

These nutrient-dense, young greens are favored for their flavor and health benefits.

The market is committed to supporting local farms, with farmers accepting Oregon Farm Direct Nutrition checks, enhancing access to fresh produce.

The Estacada market operates every Saturday, while the Sandy market features similar offerings and runs every Friday.

Overall, the integration of microgreens highlights the trend toward healthier, locally sourced food choices.

SOURCE: Allen, B. (2024, July 21). Estacada, Sandy farmers markets experience a season of growth. SandyPost.com. https://www.sandypost.com/news/estacada-sandy-farmers-markets-experience-a-season-of-growth/article_3d75f2d1-09b9-525a-b35b-1b6abd78a45a.html

Microgreens Marketing

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The Featured Article

From Controversy to Cuisine: Hemp Microgreens and the Next Big Health Revolution



Well, I'll tell you what: It's like we've been hit by a tidal wave of CBD, hasn't it? Everywhere you look, there it is. Iced lattes, bath soaps, you name it - if it's consumable or applicable, someone's probably slapped some CBD in it.

It wasn't always that way.

I still remember one of my trips to the [Vareika Hills of Jamaica](#). It was a late spring evening, unusually chilly for a tropical island, as we climbed the rocky slopes, avoiding sharp rocks and thorn-bearing wild bushes. The climb was winding and tiring.

When I finally reached the encampment, Rastafarian "brethren," some wearing locks, sat around a campfire smoking a "[chillum pipe](#)." Others

slapped the [akete](#) drums with slow, steady, and pulsating beats that felt like my body shaking.

The thick cloud of “[Sinsemillia](#)” smoke made me even more thirsty than high . . .

That was more than thirty years ago.

Today, all the rage is CBD, **cannabidiol**, one of the other chemicals in *Cannabis sativa* L. (marijuana) that does not produce the “high” associated with its use.

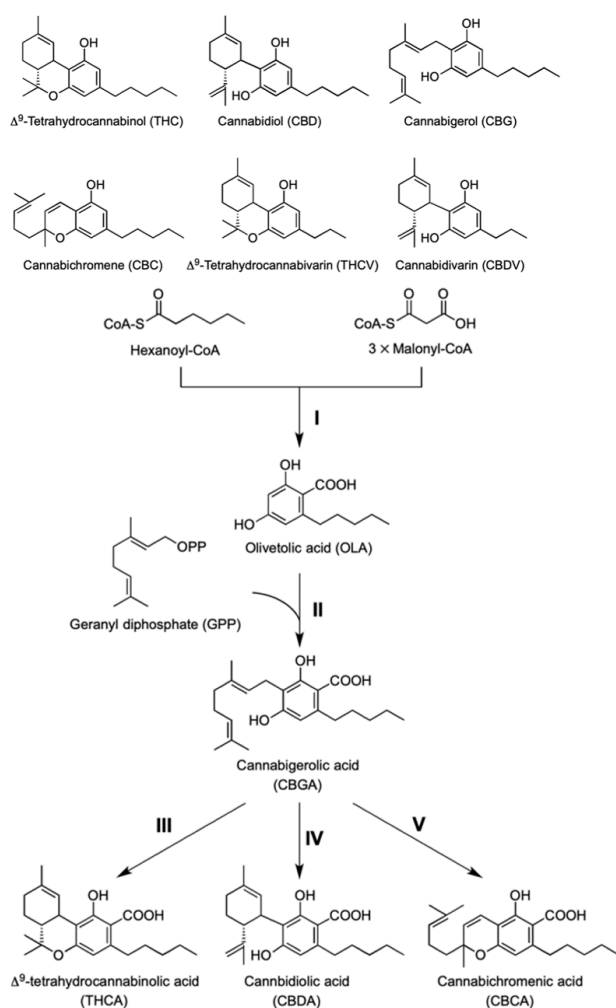


FIGURE 1 STRUCTURES OF REPRESENTATIVE CANNABINOIDS. THEIR GENERALLY ACCEPTED ABBREVIATIONS ARE PRESENTED IN PARENTHESES. BIOSYNTHETIC PATHWAY OF CANNABINOIDS. THE BIOSYNTHETIC ENZYMES CATALYZING RESPECTIVE STEPS ARE AS FOLLOWS. I, TETRAKETIDE SYNTHASE AND OLIVET

It's become the darling of the wellness world faster than you can say “chakra realignment.” But let's not kid ourselves - this isn't exactly breaking news to the cannabis crowd. They've been singing CBD's praises from the rooftops for donkey's years, haven't they? All starry-eyed about its supposed health benefits and natural healing properties.

And now, well, it's like the rest of us have finally caught up. We're all suddenly enthralled by the idea of hemp-based products as some sort of holistic wonder cure. A more 'natural' alternative to those pesky pharmaceuticals, eh?

It's funny, isn't it?

How something can go from being the domain of a few enthusiasts to the must-have ingredient in every wellness guru's toolkit practically overnight.

One minute, it's niche; the next, it's mainstream.

That's progress for you, I suppose. Or clever marketing. Or both. Who can tell these days?

The allure of the forbidden

Hemp, *Cannabis sativa* L., has long been a subject of fascination, controversy, and intense debate.

Its complex history, nuanced chemistry, and multifaceted potential uses have driven curiosity and sparked discussions across various fields, from medicine to agriculture.

The blurred lines between **hemp** and **marijuana**, along with the presence of compounds like **Δ^9 -tetrahydrocannabinol** (THC) and CBD, add layers of intrigue to this already captivating plant.

Hemp microgreens: A nutritional powerhouse in disguise

Amidst the controversy surrounding *Cannabis sativa* L., a lesser-known but powerful byproduct has emerged: ***hemp microgreens***.

These young, leafy greens are harvested just after the first true leaves appear, offering a wealth of nutrients without the psychoactive effects associated with mature marijuana plants.

Hemp microgreens are gaining attention for their potential health benefits, culinary uses, and sustainable cultivation practices.

Key Takeaways

- Hemp microgreens are emerging as a nutritional powerhouse, offering a wealth of nutrients **without the psychoactive effects** associated with mature marijuana plants. They're gaining attention for potential health benefits, culinary uses, and sustainable cultivation.
- Hemp microgreens contain a perfectly balanced ratio of **omega-3 to omega-6 fatty acids (3:1 to 4:1)**, all 9 essential amino acids, and are rich in **vitamins E, C, and K**. They're also a significant source of minerals like potassium, calcium, iron, and zinc.
- These microgreens are packed with beneficial compounds, including CBD, which may help reduce anxiety and inflammation, as well as **other cannabinoids like CBG and CBC**, which have potential therapeutic properties. THC levels are kept very low (below 0.3%), making them non-psychoactive.
- Growing hemp microgreens is relatively easy and quick, with **harvest 8-10 days** after **seeding**. However, it's crucial to select seeds that comply with **legal THC limits and to stay** informed about local regulations.
- Hemp microgreens offer a unique **nutty and slightly peppery flavor profile**, making them versatile for culinary applications in salads, smoothies, garnishes, and various dishes. They pair well with citrus fruits, avocados, nutty cheeses, and roasted vegetables.

Savor the full flavor. Click to continue to the juicy bits.



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Evidence-based Expertise

Microgreens and Gut Health – A Digestive Harmony



Gut health is another new trend.

As scientists and doctors learn more, it is now considered the **cornerstone of overall well-being**, and microgreens and gut health are becoming synonymous in nutrition.

Imagine feeling a sense of balance and vitality in your gut microbiome, knowing your food is delicious and nourishing.

That's the magic of microgreens.

Microgreens support gut health by providing essential **dietary**

fiber, antioxidants, and **omega-3 fatty acids**.

These nutrients aid in digestion, reduce inflammation and enhance the gut microbiome.

Integrating microgreens into a daily diet can significantly improve digestive health and well-being.

These tiny, nutrient-packed greens are more than just a culinary trend; they're a natural ally for gut harmony.

From the crunch of **fresh purslane** to the subtle flavor of **buckwheat**, microgreens offer a delightful way to enhance your meals and health.

But what makes microgreens so unique?

How can something so small have such a significant impact on something as complex as our digestive system?

In this exploration, we'll dive into the fascinating connection between microgreens and gut health.

We'll uncover the science behind these miniature powerhouses and reveal how they can become vital to your daily diet.

So, whether you're a health-conscious consumer, a gourmet chef, or someone simply looking to feel better from the inside out, join me on this journey.

Discover the harmony microgreens can bring to our gut microbiome and lives.

SOURCE: This is Episode 2 of our enlightening series, "The Health Benefits of Microgreens: Why They're a Nutritional Powerhouse." If you missed the introduction, explore it here: "[The Science of Microgreens Nutrition: How They Enhance Health and Wellness \(Introduction\)](#)" and Episode 1, "[Boost Digestive Health with Microgreens Today!](#)"

Cultivation Techniques

OSCE Backs SOS Helpline Nikšić to Aid GBV Survivors



On July 24, 2024, the Organization for Security and Co-operation in Europe (OSCE) Mission to Montenegro provided a greenhouse to the SOS Helpline Nikšić, aimed at empowering women survivors of gender-based violence.

This initiative allows the women to grow microgreens, enhancing their healing and self-reliance through hands-on gardening experience.

The greenhouse will enable year-round cultivation, offering consistent benefits regardless of weather.

Bernd Burwitz of the OSCE praised the effort as a way to foster hope and resilience.

Nataša Mededović from SOS Helpline noted the therapeutic benefits of gardening, which complements previous support efforts in microgreens farming [provided by the OSCE in 2023](#).

Source: OSCE Mission to Montenegro supports SOS Helpline Nikšić to strengthen occupational therapy for the women survivors of gender-based violence. (n.d.). [Wwww.osce.org](http://www.osce.org). Retrieved July 28, 2024, from <https://www.osce.org/mission-to-montenegro/573523>

Emerging Industry News

Micro Vegetable Planting Technology Market Overview



The Micro Vegetable Planting Technology Market is poised for substantial growth from 2023 to 2030, driven by increasing

demand across personal and business applications.

This 220+ page report provides a comprehensive analysis of the market, utilizing both qualitative and quantitative data to forecast trends and commercial developments.

Key factors influencing the market include product pricing, consumer behavior, and the economic and political landscapes of various countries.

The report features significant players such as AeroFarms and Gotham Greens, alongside a thorough segmentation based on technology type (indoor vertical farming and greenhouse), application, and geographic location.

Additional insights include an evaluation of competitive dynamics through Porter's Five Forces and a value chain analysis to help businesses pinpoint competitive advantages.

The report aims to serve as an essential resource for

stakeholders seeking to understand the current market landscape and future opportunities.

Source: Micro Vegetable Planting Technology Market Size, Share, Trends|Industry Forecast [2020-2030]
([verifiedmarketreports.com](https://www.verifiedmarketreports.com))

Commercial Best Practices

Expert presents microgreens class to master gardeners.



Chris McMillion of [McMillion Microgreens](https://www.mcmillionmicrogreens.com) conducted a Continuing Education class on microgreens for Master Gardeners on July 11, 2024, at

the Fairlea, West Virginia fairgrounds.

He explained that microgreens, which are young vegetable greens measuring 1–3 inches tall, are nutrient-rich and often contain higher levels of vitamins and minerals than mature greens.

The class provided insights into growing microgreens, suggesting broccoli, peas, and arugula as beginner-friendly options.

For more information, attendees can contact the Greenbrier County Extension Office.

Leading an educational class is an effective PR tactic for commercial microgreens growers. You establish expertise, **build trust**, and raise awareness. This approach can attract potential customers and create **word-of-mouth** marketing within the gardening community.

Source: News, W. D. (2024, July 23). The expert presented a microgreens class to master gardeners. West Virginia Daily News. <https://wvdm.com/140085/>

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- Editor: Book Roadmap to Growing Leafy Greens and Herbs
- CEO at Microgreens FLN

This product is a digital download of the class. It's NOT a LIVE class.

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A photograph of a microgreens growing tray. The tray is divided into two sections. The left section is filled with vibrant green microgreens, while the right section is filled with dark purple microgreens. The background is a plain, light-colored surface.

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