

# MICROGREENS WEEKLY DIGEST

22 JULY 2022

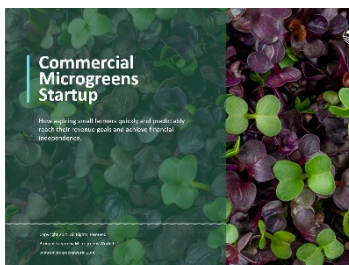
VOL 2025 No.24

## THE HIGHLIGHT

- Microgreens show promise for managing diabetes naturally
- Ukrainian kids teach communities sustainable microgreens growing
- USDA cuts funding for local farm support
- New state packaging regulations target microgreens producers

## UPCOMING EVENTS

- Next cohort of the **Commercial Microgreens Startup** course is now open! [SIGNUP HERE](#)



- Twin Cities Veg Fest 2025 Saint Paul, USA  
21.09.2025 - 21.09.2025  
Twin Cities Veg Fest is now the biggest plant-based festival in the Midwest



## WHAT YOU MISSED THIS WEEK

Diabetes affects 14% of adults now—double since 1990. New research shows broccoli, radish, and clover microgreens might help. Studies with diabetic mice found these tiny greens improved glucose tolerance and reduced inflammation. Not a cure, but real food that does more than people expect.

Kids are leading the microgreens movement. Ukrainian children taught their communities about growing nutrient-dense "superfoods of the future" through EU-funded programs. Meanwhile, families at Empowerment Farm learned hands-on techniques that turn kitchen counters into growing systems.

Business news brought mixed signals. Irish Mahoney's Umani Farms won \$15,000 for her Maui microgreens operation. But the USDA axed funding for Regional Food Business Centers, cutting support for over 2,500 small farms and food businesses.

New packaging regulations hit seven states. Extended Producer Responsibility programs now require fees for plastic waste management. Smart growers are switching to biodegradable containers before compliance penalties arrive.

# NUTRITION SCIENCE

## Something Small That Might Help

I've read the numbers. They aren't vague, and they don't leave much room for doubt.

Fourteen percent of adults now live with diabetes. That's double what it was in 1990. Most of it is type 2. Most of it could be slowed. But here we are—watching the curve climb while bodies break down faster than they should.

I've seen what that looks like in real life. The tiredness. The nerve pain. The medications that only do so much. The worry people carry quietly because they're told to "watch what they eat," but never really told what that means in a way that feels possible. The math of carbs. The numbers that decide your day. It's exhausting.

And then I learned something that surprised me—not in a headline way, but in the "maybe this matters" kind of way.



### Broccoli. Clover. Radish.

Turns out, researchers have been looking at what these little greens do inside diabetic animal models. [Broccoli](#) microgreens seem to improve blood lipids and lower inflammation. [Radish](#) ones show promise in reducing insulin resistance. [Clover](#) might help support liver and kidney function—both often strained in people with diabetes.

The data is specific. In one study, diabetic mice fed broccoli microgreens showed better glucose tolerance. Their inflammatory markers dropped. Their gut bacteria shifted toward healthier patterns. Small changes, but measurable ones.

Another study tracked how radish microgreens affected insulin sensitivity. The results weren't dramatic, but they were consistent. Blood sugar spikes smoothed out. Cells responded better to insulin signals.

It's not a miracle. It's food. But food that might do more than people expect from something grown in a reused takeout box on a windowsill. Nutrient-dense. Fast-growing. Easy to clip into a salad, sandwich, or bowl. And just like that, you've added something real to your week that wasn't there before.

Most of the studies are still in early stages. Rats. Mice. A few fruit flies.

So, I'm not saying this is a fix. But I am saying it's a signal.

Meanwhile, pharmaceutical ads whisper about freedom through injections. GLP-1s flatten appetite and spike hope, but most people don't realize they're built for lifelong use. Monthly shots that cost more than rent. It's not a cure—it's a leash. A relief, maybe. But not a return to health.

I've talked to chefs who use microgreens for visual flair. Growers who sell them by the ounce. Home users who mix them into smoothies. And researchers who see them as a tool—not a headline, but a thread worth pulling.

If you grow microgreens, you control one thing. One tray. One meal. You watch something change right in front of you. Seeds crack open. Stems push up. Leaves unfold. And that shift—planting, trimming, eating—isn't just about greens. It's about belief.

Here's what gets me: *people spend hundreds on supplements shipped from across the country. But they won't try seeds that sprout in their kitchen. Seeds that cost less than a coffee and [might actually move numbers on their next blood test.](#)*

Your doctor talks about A1C levels and medication adjustments.

The internet sells you promises wrapped in before-and-after photos. But nobody mentions that you can grow medicine on your counter in ten days.

The research is early. The stakes are real. The choice is yours.

Diabetes is large. Microgreens are small. But so are insulin molecules. So are choices.

This is one of them.

Grow some.

**Source:** Aly, A., Mohamed, S. M., Khattab, M. S., Ahmed, Abdel-Rahim, E. A., Ammar Al-Farga, Sarpong, F., & Aqlan, F. (2023). Clover microgreen incorporation in diet-controlled diabetes and counteracted aflatoxicosis of rats. Food Science & Nutrition, 11(12), 7605–7617. <https://doi.org/10.1002/fsn3.3680>

Ma, S., Tian, S., Sun, J., Pang, X., Hu, Q., Li, X., & Lu, Y. (2022). Broccoli microgreens have hypoglycemic effect by improving blood lipid and inflammatory factors while modulating gut microbiota in mice with type 2 diabetes. Journal of Food Biochemistry, 46(7), e14145. <https://doi.org/10.1111/jfbc.14145>

Mohamed, S. M., Aly, A., Khattab, M. S., Abdel-Rahim, E. A., & Ammar Al-Farga. (2023). Pathological and biochemical evaluation of radish microgreen on diabetes and aflatoxicosis in rats. Environmental Science and Pollution Research, 30(43), 98389–98399. <https://doi.org/10.1007/s11356-023-29334-7>

**PLEASE NOTE:** While these studies present promising preliminary data on the nutritional and functional properties of microgreens, they do not yet meet the rigorous standards required for commercial practice. This is primarily due to the inherent variability of biological materials and the unspecified or single-source nature of the microgreen samples used. Substantial additional research, including controlled cultivation studies and validation across multiple batches, is necessary before these scientific findings can confidently inform commercial investment decisions or product claims.

### FUN FACTS

#### Gut Microbiota Modulation

Broccoli microgreens may support digestive health by increasing beneficial gut bacteria like Lactobacillus and Bifidobacterium, thanks to their sulforaphane precursors and fiber—offering distinct advantages over mature broccoli.

#### Unique Nutrient Ratios

Microgreens offer not only higher nutrient density but also different nutrient proportions. Red cabbage microgreens, for example, contain more vitamin C and less nitrate than mature cabbage, enhancing both nutritional value and safety.

#### Natural Antimicrobial Action

Certain microgreens, especially from the Brassica family, naturally inhibit harmful pathogens like E. coli and Listeria by producing antimicrobial compounds—adding an overlooked layer of safety when served raw or fresh.

### WELCOME NEW MEMBERS

NAME	CITY	COUNTRY
Terrie Lorhan	Sydney	Australia
Ian David	London	England
Abidara Abaraha	Addis Ababa	Ethiopia
Rachid Rachidi	Paris	France
Gnanika Vattikundala		India
Nagendra Prakash Regmi		Nepal
Chantelle Walker	Aukland	New Zealand
Liz Witehira	Spark	New Zealand
Tony Trioka	Chicago	United States
Thomas Ferello	Levittown	United States
Robert Dam	Aurora	United States





## COMMUNITY CORNER



Teaching Kids Microgreens at Local Farm

[Empowerment Farm](#) hosted their monthly workshop last Saturday, bringing families together for hands-on learning. The star session came from [JusTeen's Greenies](#), where Justine and Matt taught kids and parents how to grow microgreens at home.

The workshop focused on simple techniques that work for any family. Kitchen counters. Sunny windowsills. Small spaces. Kids learned to turn everyday materials into growing systems that actually work.

What makes this special? Kids get to watch something grow in just days, not months. They see seeds turn into food they can eat. The process is fast enough to hold their attention and simple enough for small hands to manage.

Microgreens offer concentrated nutrition in tiny packages. These young greens contain high levels of vitamins, minerals, and antioxidants that support growing bodies. They add fresh flavor and bright colors to meals kids already eat.

The workshop showed families that growing food doesn't require acres of land or expensive equipment. A small tray on a counter teaches kids where food comes from. They learn responsibility by caring for plants daily.

The next workshop happens August 9th. Parents looking for screen-free activities that build life skills might find exactly what they need at Empowerment Farm.

**Source:** Coastal Breeze News. (2025, July 22). Hands-on sustainability at Empowerment Farm. \*Coastal Breeze News\*. [https://www.coastalbreezenews.com/news/community/hands-on-sustainability-at-empowerment-farm/article\\_6d347588-0b7c-430f-8a5c-75543da872d0.html](https://www.coastalbreezenews.com/news/community/hands-on-sustainability-at-empowerment-farm/article_6d347588-0b7c-430f-8a5c-75543da872d0.html)



Makawao Microgreens Farm Wins \$15,000 Prize

Irish Mahoney just landed something every microgreens grower dreams about. Her Umani Farms business plan beat 11 other competitors to win \$15,000 from Maui Economic Opportunity's contest.

The Makawao farm plans to supply fresh organic microgreens to local restaurants, grocery stores, and health-conscious consumers. Mahoney picked nutrient-dense plants that chefs love for their vibrant flavors and visual appeal. Her judges saw real potential in serving a market hungry for local, fresh produce.

"Umani" means "to harvest" in Filipino, connecting the farm to Maui's agricultural roots. Mahoney's approach combines sustainable farming with practical business sense. She completed a five-week business planning course before submitting her winning proposal.

The contest judges looked at marketing plans, cash flow numbers, and how each business would help Maui's economy. Twelve businesses competed for six grants totaling \$60,000.

Your body craves the nutrition that comes from fresh, local microgreens. These tiny plants pack concentrated vitamins and minerals your system needs daily. When you choose microgreens from local farms like Umani, you support sustainable agriculture while feeding your family better food.

Start asking your local restaurants and stores about sourcing microgreens from nearby farms. Your choices create demand that helps businesses like Umani Farms succeed.

**Source:** Maui Now. (2025, July 18). Umani Farms Maui nets top prize in MEO Best Business Plan contest. Maui Now. <https://mauinow.com/2025/07/18/umani-farms-maui-nets-top-prize-in-meo-best-business-plan-contest/>



### USDA Cuts Support for Local Farms

The USDA just pulled the plug on a program that was helping small farms and local food businesses grow stronger. The Regional Food Business Centers got their funding axed two years early, leaving hundreds of farmers without support they were counting on.

The Heartland Regional Food Business Center helped over 2,500 food and farm businesses across five states before the shutdown. They gave money for delivery systems, processing equipment, and business planning. Now that lifeline disappears in September 2025.

What does this mean for you? Local food sources become harder to find and more expensive. Small farms that grow microgreens, like Robinette Farms in Nebraska, lose critical support for expanding operations. Without these programs, fewer local growers can compete with big agriculture.

Your health depends on access to fresh, locally grown food. Microgreens from nearby farms deliver nutrients that stored produce cannot match. When you buy from local growers, you keep money in your community and get food harvested yesterday, not weeks ago.

Start building relationships with local microgreens producers now, before more funding cuts make them harder to find. Ask your grocery stores to stock local options. Your choices today determine what food options you'll have tomorrow.

**Source:** Boudreaux, A. (2025, January 11). Small-scale farms provide a local University of Nebraska-Lincoln Institute of Agriculture and Natural Resources. (2025, July 22). USDA announces plan to end regional food business center funding. "IANR News". <https://ianrnews.unl.edu/article/usda-announces-plan-to-end-regional-food-business-center-funding>



### Ukrainian Kids Teach Communities About Microgreens

Ukrainian children are becoming teachers in their own communities through an EU-funded program that puts microgreens at the center of environmental education. At Buchach Gymnasium in the Ternopil region, students planted, monitored, and harvested radish, pea, broccoli, and sunflower microgreens using hydroponic systems.

The project succeeded beyond expectations. Over 40 children learned about sustainable development, healthy lifestyles, and how microgreens work as nutrient-rich "superfoods of the future." These young greens contain higher concentrations of vitamins and antioxidants than mature plants, all grown with minimal water and zero pesticides.

Nine-year-old Daryna shared her excitement about the sweet pea microgreens she helped grow. The children watched their efforts turn into food in just 7-14 days, then ate their harvest as part of school meals.

Teachers noticed students asking more questions about food origins and thinking differently about what they eat. Other schools in the region now want to start similar programs.

Your family needs this same connection to fresh, nutrient-dense food. When children grow microgreens at home, they learn where food comes from while creating vitamin-packed additions to your meals. Start with simple varieties like pea or radish. Watch your kids become excited about eating what they grow.

**Source:** EU Neighbours East. (2025, July 17). Little agents of the Green Deal: Ukrainian children lead communities to go green. "EU Neighbours East". <https://euneighbourseast.eu/news/stories/little-agents-of-the-green-deal-ukrainian-children-lead-communities-to-go-green/>

## CREATIVE RECIPES



### Ancient Vegetables: Culinary Traditions Across Millennia

Radishes fed Egyptian pyramid builders in 2500 BCE and graced Roman banquets documented in Apicius cookbooks. Ancient Greeks offered radishes to Apollo while people enjoyed them with vinegar. Asian cultures perfected fermentation techniques, making radishes central to cuisine.

Clover sustained Native American tribes who pit-cooked roots and ground seeds into flour. Romans knew medicinal clover, while Shanghai restaurants feature stir-fried "Cao Tou."

Broccoli emerged from Etruscan gardens around 600 BCE through selective breeding of wild cabbage. Romans consumed it raw before banquets to absorb alcohol. Catherine de' Medici brought Italian broccoli to French courts in 1533. Italian immigrants established California commercial farms in 1922, creating refrigerated transport that made broccoli America's superfood.

These ancient vegetables carry millennia of culinary wisdom.



### Tricolor Meadow Bisque: A Symphony of Healing Microgreens

Salads have graced tables for centuries, and summer brings peak growing season for fresh greens.

Ancient civilizations knew that young, tender shoots packed more nutrition than their mature counterparts.

Even in July's heat, microgreens thrive indoors under controlled conditions, delivering concentrated flavors perfect for beating the summer heat - something sophisticated but refreshing.

This chilled bisque transforms humble microgreens from simple garnish into the star. Broccoli, clover, and radish microgreens don't just float on top - they're blended into a velvety base that captures their concentrated nutrition.

The technique borrows from [Thomas Keller's](#) precise vegetable preparations, though you'll find his complete methods in "The French Laundry Cookbook" and "Ad Hoc at Home."

1

#### Recipe Information

Prep Time: 25 minutes

Cook Time: 15 minutes

Chill Time: 2 hours

Category: Chilled Soup

Method: Sauté, simmer, blend, chill

Cuisine: Modern American





## 2

## Ingredients

*For the Soup Base:*

- 2 cups broccoli microgreens, stems included
- 1 cup clover microgreens
- 1/2 cup radish microgreens
- 3 cups vegetable stock, warmed
- 1 medium shallot, diced fine
- 2 cloves garlic, minced
- 1/4 cup dry white wine
- 1/2 cup heavy cream
- 2 tablespoons butter
- 1 tablespoon olive oil
- Sea salt and white pepper to taste

*For Finishing*

- Reserved microgreens for texture
- Micro drizzle of truffle oil
- Toasted pine nuts
- Ice cubes for serving

## 3

## Preparation

1. Reserve 1/4 cup mixed microgreens for final stirring.
2. Heat olive oil and 1 tablespoon butter in heavy-bottomed pot over medium heat.
3. Add shallot and cook until translucent, about 3 minutes.
4. Add garlic and cook 30 seconds more.
5. Pour in wine and let it reduce by half. Add the bulk of your microgreens - they'll wilt quickly.
6. Stir gently for 2 minutes until they release their moisture.
7. Add warm stock gradually.
8. Bring to gentle simmer and cook 15 minutes. The microgreens will break down and release their concentrated flavors into the liquid.

## 3

Preparation  
(continued)

9. Remove from heat.
10. Blend until completely smooth using immersion blender.
11. Strain through fine mesh if you want perfect smoothness, though I prefer some texture.
12. Return to pot and whisk in cream and remaining butter.
13. Season carefully - microgreens have natural saltiness.
14. Cool to room temperature, then refrigerate for at least 2 hours until thoroughly chilled.

## 4

## Plating

Ladle into chilled bowls over a few ice cubes if desired.

Stir in reserved fresh microgreens for bursts of color and texture.

Finish with three drops of truffle oil and scattered pine nuts.

The contrast between the smooth bisque and crisp microgreens creates textural interest that keeps each spoonful engaging on hot summer evenings.

*Check out Thomas Keller's "The French Laundry Cookbook" - His most detailed work on vegetable preparations, including the famous vegetable soup techniques. The French Laundry (Yountville, California) - The original restaurant where his vegetable soup became legendary.*

## 5

## Benefits of Radish and Parsley Microgreens for Health

Broccoli microgreens contain concentrated sulforaphane compounds that support healthy inflammation response. Studies with diabetic mice showed improved glucose tolerance and better gut bacteria balance after regular consumption.

Radish microgreens bring natural compounds that may help smooth blood sugar spikes and improve insulin sensitivity. The peppery bite signals beneficial plant chemicals at work.

Clover microgreens provide gentle support for liver and kidney function - organs that work hard in our modern world. Their mild, sweet flavor balances the stronger tastes of broccoli and radish.

Together, these three create a nutritional symphony that goes far beyond typical garnish duty.

## IN THE NEWS

### New State Packaging Regulations Target Microgreens

Seven states now require food producers to pay for packaging waste management through Extended Producer Responsibility programs. States like California mandate plastic packaging reductions of 25% and push for 100% recyclable packaging by 2032. Companies face steep fees, reporting requirements, and potential sales bans for noncompliance. Microgreens growers face costs from plastic containers to compostable alternatives. Smart growers switch to biodegradable clamshells and clear labelling about recyclability. Your customers want sustainable packaging—and now states demand it too. Start sourcing eco-friendly containers today or risk compliance penalties tomorrow.

**Source:** Jockel, S., & Yull, A. (2025, June/July). Prepare now for new state restrictions on food packaging materials. Food Safety Magazine. <https://digitaledition.food-safety.com/june-july-2025/column-packaging/>



Join Microgreens World for a four-week deep-dive into the most common avenues for building and strengthening your microgreens customer base. Unlike most programs, you're watching a bunch of long and boring theoretical videos that leave you more confused than when you started. The goal of the Commercial Microgreens Startup program is to do this together, one step at a time - so you can finally have financial independence!

**REGISTER**

## GET IN TOUCH

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