MICROGREENS WEEKLY DIGEST

04 AUGUST 2025

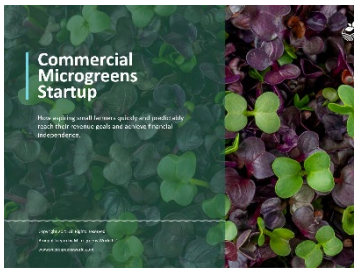
VOL 2025 No.26

THE HIGHLIGHTS

- New storage methods triple microgreens freshness window
- Harris Teeter stocks AeroFarms microgreens nationwide
- James Badue transforms family through microgreens farming
- Kale microgreens pack 25x more nutrients than mature

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

Microgreens preservation got a major upgrade this week. Scientists revealed storage techniques that can extend freshness from 5 days to 16 days. Temperature control at 4°C, LED light treatments, and modified atmosphere packaging are revolutionizing the way growers and home users operate.

Harris Teeter made microgreens mainstream by stocking AeroFarms products across nine states. The partnership reduces shipping distances to under 90 miles, providing shoppers with ready-to-eat microgreens that have an 18-23 day shelf life.

James Badue's story demonstrates how families can establish food sovereignty by starting with microgreens. After prison, he learned that real change begins at home - teaching his kids to grow nutrition rather than fighting injustice in the streets.

Tracey Feeney proves small-batch growing works. Her Mobile operation serves home cooks and professional chefs seeking concentrated nutrition that beats most supplements.

The week reminded us that microgreens aren't magic - they're smart nutrition that fits evidence-based eating patterns.

NUTRITION SCIENCE

Extend Microgreens Freshness: Practical Storage Methods

Fresh microgreens pack more nutrition per bite than their full-grown counterparts, but here's the problem: they wilt faster than you can say "superfood." Most microgreens last just 5-7 days after harvest, leaving growers frustrated and consumers disappointed. New research reveals practical techniques that can double or even triple their freshness window.

Temperature control stands as the most potent weapon against microgreen deterioration. Storage at 4°C (39°F) can extend shelf life by an additional 5 days compared to storage at room temperature. This simple change transforms a 5-day window into a 10-day opportunity for both commercial suppliers and home users. The science is straightforward: cold temperatures slow down the metabolic processes that cause wilting and nutrient loss.

But temperature is just the beginning. *Post-harvest LED light treatments* are revolutionizing the preservation of microgreen quality. Red LED exposure after harvest maintains chlorophyll levels and actually increases vitamin C content during storage. This means your microgreens stay greener longer while becoming more nutritious. Blue LED treatments preserve antioxidant compounds that would normally degrade within days.

The packaging revolution offers another breakthrough. *Modified atmosphere packaging* creates the perfect environment by controlling oxygen and carbon dioxide levels around harvested microgreens. This technique, already used by leading commercial growers, prevents the rapid respiration that causes microgreens to lose their crisp texture and vibrant color.

For home growers, *simple polyethylene bags combined with proper refrigeration* can work wonders. The key lies in maintaining humidity without creating excess moisture that promotes bacterial growth. Store your microgreens in perforated plastic bags in the refrigerator's crisper drawer. This technique creates the ideal microclimate for extended freshness.

Commercial operations are taking preservation even further with *UV light treatments*. Brief exposure to UV-B and UV-C light immediately after harvest reduces harmful bacteria while triggering the production of protective compounds within the microgreens themselves.

This dual-action approach extends shelf life while potentially enhancing nutritional value.

The implications reach far beyond convenience. A longer shelf life means reduced food waste, lower costs for retailers, and improved access to fresh microgreens in areas far from growing operations. *For local growers, these innovations level the playing field against large commercial suppliers who ship from distant locations*.

Pre-harvest techniques also play a crucial role in post-harvest longevity. *LED lighting during growth with specific red-to-blue ratios creates microgreens with stronger cellular structures that resist deterioration*. Blue light exposure during cultivation increases the production of protective compounds that act as natural preservatives after harvest.

Biofortification strategies are also showing promise. Growing microgreens with selenium supplementation not only increases their nutritional value but also improves their natural resistance to spoilage. Selenium acts as a natural antioxidant system within the plant tissues.

Innovative growers are combining multiple approaches for maximum impact. Pre-harvest LED optimization, immediate post-harvest cooling to 4°C, brief UV treatment, and proper packaging *can extend the freshness of microgreens to 14-16 days while maintaining peak nutritional quality*.

This biological approach to preservation represents the cutting edge of shelf-life extension.

For consumers, these innovations mean access to fresher, more nutritious microgreens throughout the year. Look for suppliers that utilize cold chain management and inquire about their post-harvest treatments. At home, invest in proper storage containers and maintain consistent refrigeration to ensure optimal storage conditions.

The future of microgreens lies not just in growing them more efficiently, but in preserving their remarkable nutritional value for more extended periods.

These breakthrough preservation techniques are transforming microgreens from a niche specialty item into a mainstream superfood that can maintain its potency from farm to table.

Start implementing these storage strategies today. Your body will thank you for the sustained nutrition, and your wallet will appreciate the reduced waste.

Source: Baranska, D., Panek, J., Rozalska, S., Turnau, K., & Frac, M. (2025). Microgreens as the future of urban horticulture and superfoods, supported by post-harvest innovations for shelf-life increase: a review. Scientia Horticulturae, 350, 114303. https://doi.org/10.1016/j.scienta.2025.114303

FUN FACTS

Accidental Term Birth

In 1992, food writer Pam Parseghian coined "microgreens" spontaneously at chef Craig Hartman's restaurant after tasting tiny greens. The accidental term launched nationally through widespread restaurant industry media coverage.

Metabolic Bridge Biology

Microgreen cotyledons use specialized NTRC enzymes to simultaneously mobilize stored seed reserves while conducting photosynthesis—a rare metabolic duality creating concentrated bioactive compounds during critical plant development transition phases successfully.

Simplified Absorption Pathway

Recent research reveals microgreens achieve forty times higher mineral bioavailability than mature vegetables through simplified cellular structure, creating "pre-digested" nutrition requiring less metabolic energy for optimal human nutrient absorption.

WELCOME NEW MEMBERS

NAME	CITY	COUNTRY
Artur Sousa	Salvador	Brazil
Paul Lattimore	High Wycombe	England
Elizabeth Robillard	Fulham	England
Neha Viswanathan	Thiruvananthapuram	India
B. Venkateswarlu	Visakhapatnam	India
Smita Lohia	Delhi	India
Savia Cruz	Mumbai	India
Dhanush Poojary	Kolkata	India
Virk Talwinder	Dehli	India
Joshua Fernandes	Dublin	Ireland
Rakesh Madupu	Dublin	Ireland
Mzamane Tjopi	Mafeteng	Lesotho
Nadia Rimoosh	Abu Dhabi	UAE
Paul Grey		United States
Laurie Eastman	Ashburn	United States
Michael McCabe	Louisville	United States
Alison Henderson	Los Angeles	United States
Bruce Robinson	San Jose	United States
Sheryl Abrahamm	Winchester	United States

MICROGREENS WORLD
NUTRITION | SCIENCE | BUSINESS

COMMUNITY CORNER

Starting Small: One Family's Microgreens Journey

James Badue's hands shake a little when he talks about soil. Not from nerves—from memory. The same hands that once got him in trouble now grow food that feeds his family and community. His story demonstrates how anyone can embark on their food journey, even from the most challenging places.

James came home from prison with fire in his belly. He wanted to change the world, fight injustice, and fix everything that was broken. However, his father-in-law, Calvin, taught him something different. He put James's hands in dirt and showed him real power—the kind you grow yourself.

That moment changed everything. Calvin and his wife, Nicole, had a vision called **Heartland Oasis Farms**. When Calvin passed away, James and his wife Aaya picked up that torch. They started with the simplest thing possible: microgreens.

"Fast-growing, nutrient-packed, and a perfect first step for families like ours stepping into food sovereignty," James explains. While other people wait for perfect conditions or big plans, his family started with tiny seeds in small containers.

This isn't just about farming. James learned that real change starts at home, not in the streets.

He used to pour himself into community work while his own family needed him the most.

Now he knows better. Teaching his kids to grow food, showing them where nutrition comes from—that's revolutionary.

The family works together every day. His wife Aaya handles the brand and social media, connecting their farm story to people online.

His mother-in-law, Nicole, owns the land and co-created the vision. James operates the farm and manages the growing systems. Even their kids help with planting and feeding.

Microgreens became their foundation, but the vision continues to grow. They plan to raise chickens, keep bees, grow lavender, and eventually raise sheep. They want to make teas, oils, and soaps. They dream of hosting jazz concerts and teaching community classes about growing microgreens and living sustainably.

What makes this different?James doesn't sugarcoat farming or pretend it's easy. He's building from real life—a real family with real struggles making real progress. His past doesn't disqualify him from growing something beautiful. Actually, it makes him stronger.

The moment that hit him hardest wasn't a big harvest or business milestone. It was watching his 3-year-old son press his hand into soil, the same way Calvin once showed James. That's legacy. That's why families start with microgreens and grow from there.

James says the real revolution starts at your dinner table, with how you feed your family, how you teach your kids about food, and how you show up for the people closest to you. Microgreens offer families a simple way to get started.

You don't need perfect conditions or a business plan. You don't need land, money, or permission. James started with microgreens because they grow quickly, pack a significant amount of nutrition, and anyone can grow them. From tiny seeds, families build food systems they control.

His farm isn't built on perfection—it's built on redemption.

Every family can start where they are, with what they have. Sometimes it just begins with putting your hands in soil and planting something small that grows into something sacred.

Source: Meet James Badue. (n.d.). Canvas Rebel. https://canvasrebel.com/meet-james-badue/

Tinay Plants, Big Health Wins

Tracey Feeney's health transformation story proves what happens when you take microgreens seriously. After experiencing the power of nutrient-dense foods firsthand, she didn't just change her own life—she built **Crooked Carrot Farms** to share that vitality with others.

Her small-batch operation near Mobile serves everyone from home cooks to professional chefs, all seeking the same thing: real nutrition that works.

Feeney grows *sunflower, pea, radish, broccoli, basil, and cantaloupe microgreens* using organic soil and non-GMO seeds. Each harvest is cut to order, ensuring maximum freshness and quality.

What makes this different? Feeney teaches people how actually to use these tiny powerhouses. Drop them in smoothies. Toss them on grain bowls. Layer them in sandwiches. The nutrient density you get from just a handful beats most supplements on the market.

Professional kitchens and wellness providers trust her product because the quality shows up on the plate. Home growers learn from her methods. Health-focused eaters discover how simple it is to add serious nutrition to any meal.

The business model is effective because the health benefits are genuine. When food becomes medicine, people notice the difference—and they keep coming back.

Source: Smith, Michelle (2025, August 1). Cultivating wellness one microgreen at a time: The story of Crooked Carrot Farms. North Alabama Gulf Coast. https://www.nagulfcoast.com/2025/08/01/540090/cultivating-wellness-one-microgreen-at-a-time-the-story-of-crooked-carrot-farms

Major Retailers Now Stock Fresh Microgreens

AeroFarms just landed a deal that changes everything for microgreens lovers.

Harris Teeter stores across nine states now carry their fresh microgreens—and the numbers behind this partnership tell a powerful story about where nutrition is heading.

Most produce travels 1,500 miles before reaching your plate. About 31% gets lost or spoiled during that journey.

AeroFarms cuts that distance down to under 90 miles for many stores, which means their microgreens stay fresh in your fridge for up to two weeks, rather than just days.

The convenience factor matters too. These come ready to eat—no washing required since these microgreens are grown without soil or pesticides. You can grab them off the shelf and toss them straight into smoothies, salads, or sandwiches.

When major grocery chains start dedicating shelf space to microgreens, that's social proof you can't ignore. They wouldn't stock something customers don't want.

The fact that AeroFarms microgreens have **an 18-23 day shelf life compared to regular produce** means stores can actually profit from them.

This mainstream acceptance signals a shift. Microgreens aren't just for health food stores anymore—they're becoming standard grocery items.

Source: AeroFarms to bring locally grown microgreens to Harris Teeter customers. (2025, July 29). Yahoo Finance. https://finance.yahoo.com/news/aerofarms-bring-locally-grown-microgreens-120000393.html

CREATIVE RECIPES

Kale’s Kitchen Journey

Kale started growing wild in the Mediterranean around 2000 BCE. Greeks wrote about it as early as 600 BCE, making it one of humanity's oldest vegetables. For centuries, Europeans referred to it as "peasant cabbage" and primarily fed it to livestock. People only ate kale during famines or extreme poverty.

In Scotland, kale became so common that "kail" meant any meal, and every kitchen had a kail-pot. Kitchen gardens were called "kale yards". Germans still celebrate winter with Grünkohl (kale and sausage), while the Dutch mix it into mashed potatoes.

The big change came in 2011. The American Kale Association hired publicist Oberon Sinclair to rebrand kale as a "superfood". Kale production jumped 60% between 2007 and 2012.

Popular varieties today include curly kale (the most common), dinosaur kale (also known as lacinato), and Russian kale (also called red Russian kale). From ancient peasant food to modern superfood, kale shows how marketing can transform any vegetable's reputation.

Emerald Vitality Elixir

A Sophisticated Kale Microgreens & Honey-Pineapple Wellness Beverage

Spring has always been nature's way of showing us renewal.

Just as tender greens push through winter soil, we too can refresh our bodies with the concentrated power of microgreens.

This juice isn't your ordinary green juice - it's a carefully crafted elixir that transforms the potent earthiness of kale microgreens into something genuinely delicious.

The research shows that kale microgreens pack incredible nutrition, but their strong flavor requires a perfect partner.

Enter honey pineapple, with its unique sweetness from natural fructose, glucose, and aromatic compounds that create pure liquid sunshine.

1 **Recipe Information**

Prep Time: 15 minutes
Cook Time: 5 minutes (blanching only)
Category: Wellness Beverage
Method: Blending & Straining
Cuisine: Modern Nutritional
Yield: 2 servings (10 oz each)

2 Ingredients

Base Elixir:

- 1 cup fresh kale microgreens (10-14 days old)
- 1½ cups fresh honey pineapple, cored and chunked
- ½ cucumber, peeled
- 1 green apple, cored
- 1 lemon, juiced
- 1-inch fresh ginger root
- 1 cup filtered water

Snyder-Inspired Boost

- 1 tablespoon coconut water (for natural electrolytes)
- ½ teaspoon raw honey (if additional sweetness needed)
- 1 tablespoon fresh cilantro (for detox support)
- ¼ avocado (for creamy texture and healthy fats)
- Pinch of sea salt

Optional Superfood Add-ins

- 1 teaspoon spirulina powder
- ½ teaspoon fresh turmeric root, grated

3 Preparation

Step One: Prepare the Microgreens.

1. Gently sort kale microgreens, selecting only the freshest with intact leaves and vibrant color. Rinse under cold running water.
2. Bring a small pot of water to 196°F (just under boiling).
3. Blanch microgreens for exactly 2.5 minutes to reduce their strong flavor compounds while preserving nutrients.
4. Immediately plunge into ice water, then drain thoroughly.

Step Two: Prep the Fruit Base

5. Cut the honey pineapple into 2-inch chunks. The sweetness should be at its peak - look for that golden color and fragrant aroma.
6. Core the green apple and cucumber. This combination provides the perfect balance of natural sugars and hydrating minerals.

3 Preparation (continued)

Step Three: Create the Elixir

7. Add blanched kale microgreens to your high-speed blender first, followed by pineapple chunks, cucumber, apple, and ginger.
8. Pour in filtered water and coconut water.
9. Blend on high for 90 seconds, or until the mixture is completely smooth.

Step Four: Strain and Enhance

10. Pour the mixture through a fine-mesh strainer or nut milk bag, pressing the solids gently to extract the maximum liquid.
11. Return strained juice to the blender.
12. Add avocado, cilantro, lemon juice, and sea salt.
13. Blend for 30 seconds until creamy.

Step Five: Final Touch

14. Taste and adjust.
15. Add raw honey for a sweeter taste.
16. For an extra superfood boost, blend in spirulina or fresh turmeric.

4 Plating

Serve immediately in chilled glass tumblers over ice.

Garnish with a few fresh kale microgreens and a thin pineapple wedge.

The color should be a beautiful light green-yellow that practically glows with vitality.

For an Instagram-worthy presentation, rim glasses with coconut flakes mixed with a pinch of sea salt.

The groundbreaking wellness philosophy of Kimberly Snyder, celebrity nutritionist and founder of Solluna, inspired this recipe. For more nourishing recipes and wellness wisdom, follow @kimberlysnydernutrition on Instagram, visit her juice bar at the Four Seasons LA, or explore her complete wellness system at Solluna.com.

5 Benefits of Kale Microgreens for Health

Kale microgreens are nutritional powerhouses that deliver concentrated benefits in every sip. These baby greens contain up to 5-25 times more nutrients than their mature counterparts.

They're loaded with vitamin C (higher than oranges!), beta-carotene, lutein, and zeaxanthin for eye health, plus sulforaphane - a compound with potent anti-cancer properties.

The glucosinolates in kale microgreens support liver detoxification.

Their high chlorophyll content helps alkalize the body and naturally boost energy. With their concentrated antioxidant activity (IC50 of 68.26 ppm in research), they're your daily defence against free radical damage and inflammation.

IN THE NEWS

Nutrient-Dense Foods: Skip the Hype

Nutrition expert Kristen Smith reminds us that food science isn't simple. Her recent analysis of government nutrition policies reveals how easily flashy claims mislead us about "superfoods" and miracle ingredients.

Smith's key message resonates with anyone interested in microgreens: stop chasing shortcuts to nutrition. The current Dietary Guidelines already tell us what works—focus on nutrient-dense foods that deliver real vitamins and minerals.

These guidelines apply directly to microgreens. Yes, research shows they contain concentrated nutrients. But they're not magic. They work because they fit the evidence-based principle Smith advocates: choose foods that pack actual nutrition into every bite.

The danger comes when we treat any single food as a cure-all. Smith's critique of oversimplified nutrition messaging should make microgreens enthusiasts pause. Don't buy into exaggerated claims about any food, including microgreens.

Instead, use microgreens the right way—as part of a balanced approach that prioritizes proven, nutrient-dense choices.

Source: Smith, K. (2025, July 17). The pyramid I'll die on - nutrition is nuanced. Rust Nutrition. https://rustnutrition.com/blog/2025/07/17/the-pyramid-ill-die-on-nutrition-is-nuanced/

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

PHONE :
+1 256.269.4205

EMAIL :
marketing@microgreensworld.com

WEBSITE :
www.microgreensworld.com

INSTAGRAM :
@microgreens.world

ADDRESS :
P. O. BOX 580
DECATUR, GEORGIA 30031
MBS Publishing Designs