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# THE MICROGREENS WEEKLY

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***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.***

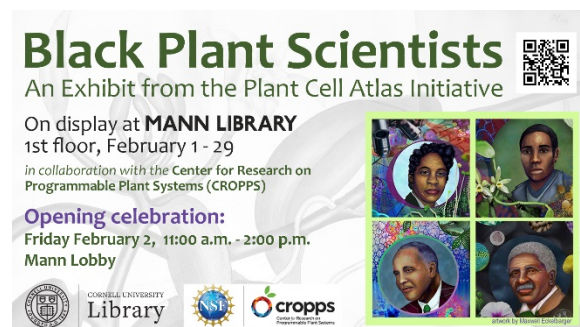
*If you read nothing else this year, read this week's feature, [The Microgreens Business Revolution in Kigali \(Rwanda\)](#), and the remarkable story of Adowa Koren, founder and CEO of Green Staples Collective Ltd, who emigrated from London, England, to Kigali, Rwanda.*

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**This Week:** Monday, February 05, 2024

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## ***Black Plant Scientists Exhibit***



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](#)



### ***Customized Microgreens: A Breakthrough in Personalized Nutrition***

Can microgreens be customized based on dietary and medical needs? A [recent study](#) published in the *Journal of the Science of Food and Agriculture* hopes to address as a collaborative team of Italian researchers investigated the potential for customizing microgreens via soilless growing methods designed to suit specific dietary needs based on medical concerns. This study holds the potential to help scientists and patients better understand the available nutritional options,

specifically for medical reasons. [Nature World News](#)

### ***Global Indoor Farming Market Growth***

The indoor farming market is projected to reach USD 45.23 Billion by 2032, driven by the demand for fresh, nutritious foods. This growth underscores the increasing importance of indoor farming techniques in addressing food security and sustainability.

[GlobeNewswire](#)



The [European Food Safety Authority's](#) Panel on Biological Hazards (EFSA's

BIOHAZ Panel) recently published a [scientific opinion](#) that identified the most relevant persistent microorganisms in food and feed production environments to be [Salmonella](#), [Listeria monocytogenes](#), and [Cronobacter sakazakii](#), as well as risk factors and interventions associated with these pathogens. The scientific opinion excluded primary production environments.

[Food Safety Magazine 2024-01-23](#)



Learn all the essential aspects of growing microgreens successfully!

**Instructor: M.S. Karla Garcia**

Master in Plant Sciences from  
The University of Arizona  
CEO at Microgreens FLN

Hort America [2024-03-16](#)

## Featured Article



Embarking on the journey of microgreen cultivation in Rwanda has been thrilling, marked by encounters with renowned chefs, royal kitchens, and even discussions with global leaders. My odyssey began during the Commonwealth Heads of Government Meeting (CHOGM), where not only did I secure the opportunity to supply microgreens for the royal event, but I also found myself in conversation with influential figures, including the then-British Prime Minister Boris Johnson.



## Royal Approval at CHOGM



It was amidst the buzz of CHOGM that I received the invitation from the chefs of both Marriott and the late Queen of England. The royal event initially thought to be separate, was seamlessly integrated into the CHOGM proceedings, elevating the significance of my microgreens to a global platform. The request for six variations of these nutrient-packed wonders for the royal guests was an honor that fueled my commitment to sustainable farming practices in Rwanda.

[Read more ...](#)

## **Urban Farming News**

WASHINGTON, – Agriculture Secretary Tom Vilsack appointed four new members to the Urban Agriculture and Innovative Production Federal Advisory Committee (Committee). The new members are replacing four members whose terms are expiring and rotating off the Committee. The Committee is part of the U.S. Department of Agriculture's (USDA) efforts to support urban agriculture and innovative production, creating a network for feedback. The Committee's public meetings allow the urban and innovative production community and others to witness deliberations and voting procedures. [Urban Ag News, 2024-01-12](#)

*Recent advancements and discoveries in plant science.*

## **Is the Future of Farming Soilless?**

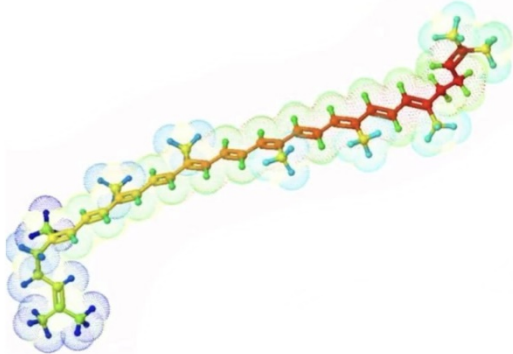


The global population is predicted to reach [9.7 billion by 2050](#). It is estimated that global food production will need to [increase by up to 70 percent](#) in the next 30 years.

Meanwhile, rapid urbanization is reducing the availability of agricultural land, and climate change is expected to make the land that's left [less suitable for staple crops](#) like wheat, rice,

corn, and oats. [Triple Pundit, 2024-01-04](#)

### ***Bioactives: What Are They, Why Are They Important And How Will They Impact CEA And Ag-Tech?***

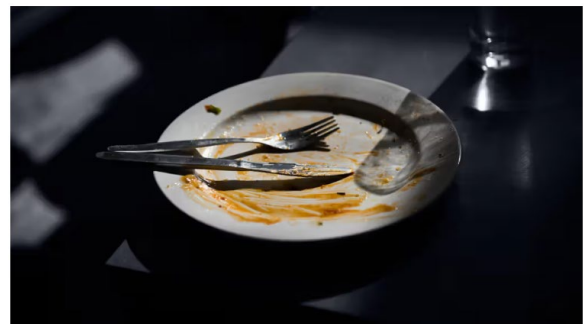


With phytonutrients [trending](#), we want to delve into what we mean by ‘bioactive’ and how they could impact Controlled Environment Agriculture (CEA). Put simply, bioactives are physiologically-active [compounds](#) located in plant organelles with the potential to positively impact human health. [Studies](#) indicate that

consuming a diet rich in bioactive compounds with antioxidant activity, including vitamins, phytochemicals, and phenolics such as flavonoids and carotenoids, can diminish the risks associated with diseases such as cancer, heart disease, diabetes, and other age-related degenerative conditions.

[Urban AG News](#)

### ***The Latest in Nutrition Science***



Researchers are investigating whether calorie restriction may help preserve brain health. Image credit: Richard Bailey/Getty Images.

### ***Could cutting calories help slow brain aging?***

Now, researchers from the Buck Institute for Research

on Aging in Novato, CA, have found that restricting the amount of food a person eats may also help protect the brain from aging via models of fruit flies and human cells.

Microgreens are a great addition to a reduced-calorie diet. [Medical News Today](#)



## The Microgreens Weekly



Brought to you by **Doc Green**, Andrew Neves' personally trained AI assistant. "You may ask me anything about microgreens."