Volume 2024 Number 26 MICROGREENS WORLD Monday July 22, 2024

WEEKLY DIGEST

GROW MORE, WASTE LESS: MICROGREEN PRECISION TECHNIQUES

YOU CAN ALWAYS START NOW: SOUTH AFRICAN RETIREE SOWS SEEDS OF SUCCESS

CREATIVE RECIPES: Millet Magic Hummus; Pesto and Arugula Microgreens Sandwich
COMMERCIAL BEST PRACTICES: Matt Peter and Grow Door County in Wisconsin
CULTIVATION TECHNIQUES: Grow With Ilona: Growing Microgreens in an Aeroponic Tower

"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.

Grow More, Waste Less: Microgreen Precision Techniques

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Maximize Safety, Minimize Risks, Safeguard Your Reputation

GET THE GUIDE!

Nutrition Science

From Sprouts to Dips: How Pearl Millet Microgreens Make Your Hummus Healthier and Tastier!

Microgreens, those tiny titans of nutrition, have long been the darlings of health-conscious foodies and culinary innovators alike.

But let's face it, folks - these delicate greens have a shelf life shorter than a snowman in July.

Enter Yadav and Awasthi, our intrepid researchers, with a solution that's nothing short of brilliant: **microgreen hummus**.

Now, I've seen my fair share of creative uses for microgreens in my time editing Microgreens World, but this? This takes the chickpea cake.

Picture this: *a **creamy swirl of hummus**, but instead of just your run-of-the-mill garbanzo mash, it's **packed with 60% microgreens**.*

It's like giving your taste buds a ticket to flavor town while your body gets a first-class upgrade to nutrient city.

Let me break it down for you, dear readers.

This isn't just about making your hummus look prettier (though, let's be honest, those vibrant green swirls are Instagram gold).

We're talking about a serious boost in **phytochemicals**, **carotenoids**, and **phenolic** compounds.

It's like turning your humble hummus into a superhero - cape optional but highly recommended.

And for all you microgreens growers out there (I see you, you magnificent green-thumbed wizards), this study is your new best friend.

No more watching your precious crop wilt faster than your motivation on a Monday morning.

Now, you can blend those beauties into a long-lasting, nutrient-packed spread that'll make your customers' taste buds do a happy dance.

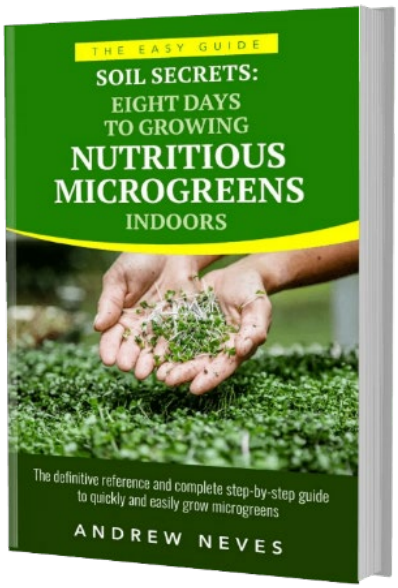
But wait, there's more! (I've always wanted to say that.)

This microgreen-infused wonder isn't just a treat for your palate - it's a veritable goldmine of **vitamin C**, **carotenoids**, **iron**, and **calcium**.

It's like someone took a multivitamin and made it actually enjoyable to consume.

Take that, chalky pills!

Now, as I sit here in my office, surrounded by stacks of "Children of the Soil" (shameless plug, I know, but a man's gotta eat), I can't help but marvel at the ingenuity of our fellow soil children.



Get The Book That Started the Revolution

We've come a long way from simply sprinkling microgreens on salads like confetti at a health food parade.

This study opens up a **whole new world of possibilities**.

Microgreen energy bars? The sky's the limit, and I, for one, can't wait to see what's next.

So, my fellow microgreen enthusiasts, let's raise a spoonful of this nutrient-packed hummus to Yadav and Awasthi.

They've not only given us a way to extend the life of our beloved microgreens but also handed us a delicious new weapon in our ongoing battle for **better health**.

Now, if you'll excuse me, I have a date with a tub of microgreen hummus and a stack of whole-grain pita chips.

This editor's work is never done - and my taste buds couldn't be happier about it.

Source: *Yadav, S., & Awasthi, M. (2024). Sensory Acceptability and Nutritional Attributes of Hummus Developed from Pearl Millet (Bajra) Microgreens. Bhartiya Krishi Anusandhana Patrika, Of.* https://doi.org/10.18805/bkap660

Creative Recipes

Millet Magic Hummus

I can tell you I love hummus and pita chips. But I do have to watch those carbs. They will sneak up on you.

But this unique homemade hummus recipe not only offers a

burst of flavors but also packs a punch of nutrition from the pearl millet microgreens.

Enjoy the freshness and health benefits in every creamy bite of this Millet Magic Hummus!

Flavor Profile:

The nutty undertones of chickpeas blend harmoniously with the fresh, earthy notes of the microgreens, creating a delightful depth of taste.

The garlic adds a hint of pungency, while the tahini and lemon juice contribute a subtle tanginess that brightens the overall flavor profile.

Each bite offers a burst of freshness, complemented by the creamy texture of the hummus.

It's a flavor experience that balances richness with a lightness that keeps you coming back for more.

Nutrient Profile:

The pearl millet microgreens infuse the hummus with a powerhouse of vitamins, minerals, and bioactive compounds.

Vitamin C from the microgreens boosts immunity, while carotenoids contribute to eye health and overall well-being.

Iron and calcium add to the hummus's nutritional prowess, supporting bone health and oxygen transport in the body.

The phenolic compounds present in the microgreens bring antioxidant benefits, protecting cells from damage and promoting health from within.

Indulge in this flavorful and nutrient-packed Millet Magic Hummus to savor a culinary delight that not only delights your taste buds but also nourishes your body from the inside out!

Ingredients:

- 40g cooked chickpeas
- 60g fresh pearl millet microgreens
- 2 cloves of garlic
- 2 tablespoons of tahini

- 2 tablespoons of lemon juice
- 2 tablespoons of olive oil
- Salt and pepper to taste

Instructions:

1. **Preparing Microgreens:** Harvest fresh pearl millet microgreens by clipping them 1 cm above the roots. Rinse them thoroughly and pat dry.
2. **Blending:** In a food processor, combine chickpeas, pearl millet microgreens, garlic, tahini, lemon juice, olive oil, salt, and pepper. Blend until smooth.
3. **Adjusting Consistency:** If the hummus is too thick, add a little water or more olive oil until the desired consistency is achieved.
4. **Taste Test:** Adjust the seasoning by adding more salt, pepper, or lemon juice to suit your preference.
5. **Serving:** Transfer the hummus to a serving bowl and drizzle with a bit of olive oil. Garnish with some fresh microgreens for a vibrant touch.
6. **Enjoy:** Serve your Millet Magic Hummus with pita bread, chips, or raw vegetables, or use it as a flavorful spread for sandwiches and wraps.

Notes:

Try experimenting with other microgreens to create outstandingly flavorful and nutritious hummus.

For example, **kale microgreens** bring a bold and slightly peppery taste to the hummus. The earthy undertones of kale complement the creamy texture.

Pesto and Arugula Microgreens Sandwich

Ingredients:

- 2 slices whole grain bread
- 2 tbsp basil pesto
- 1/2 ripe avocado, sliced

- 2 hard-boiled eggs, sliced
- 1 ounce of arugula microgreens
- 2 thin slices of white cheese (such as mozzarella or provolone)
- Salt and freshly ground black pepper to taste

Instructions:

1. Toast the whole grain bread slices until golden brown and let them cool slightly.

2. Spread 1 tbsp of basil pesto on each slice of bread.

3. On one slice of bread, layer the ingredients in the following order:

- Half of the sliced avocado
- Sliced hard-boiled eggs
- Thin slices of cheese
- Arugula microgreens

4. Season with a pinch of salt and freshly ground black pepper.

5. Top with the second slice of bread, pesto side down.

6. Gently press the sandwich together and cut diagonally.

7. Serve immediately on a plate

Notes:

For best results, use fresh, high-quality ingredients.

You can add a drizzle of extra virgin olive oil or a squeeze of

lemon juice for extra flavor if desired.

Adjust the amount of pesto to your taste preference.

Community News

Otago Farmer Bucks the Trend

Vern Paddock Project co-owner Jed Tweedie is remaining busy as his customers buy more produce. PHOTO: ALLIED PRESS FILES

Jed Tweedie, co-owner of Vern Paddock Project in Otago, New Zealand, grows organic leafy greens, root vegetables, herbs, edible flowers, and microgreens.

He has defied the national trend of decreased productivity by experiencing up to a 20% increase in sales despite a 6.1% drop in average productivity in 2023. Xero data revealed a significant productivity decline across various industries, with agriculture suffering a -12.1% fall.

Otago had the most minor productivity decrease at -3.2%. T

weedie attributed his success to customer loyalty and increased demand for organic produce during the pandemic, highlighting the resilience of his market garden business.

Source: *Otago Daily Times, Wednesday, July 17 2024.* *Article Link*

Tiny Microgreens Make a Big Splash at Greenwich Farmers Market

TinyGreensCT is a vendor at the Greenwich Farmers Market that specializes in high-quality microgreens.

Daniel Ellern and Lily Mass run TinyGreensCT in Greenwich, Connecticut, focusing on growing organic microgreens indoors.

They offer a variety of microgreens like Daikon Radish and Rambo Radish, highlighting their unique flavors and high nutrient content.

TinyGreensCT plans to expand into a commercial space and explore juicing options while currently offering a subscription service for weekly microgreen deliveries.

TinyGreensCT educates customers about the benefits and uses of microgreens while providing a glimpse into their sustainable farming practices.

Source: *Greenwich Free Press. (2024, July 19). Tiny Microgreens Make a Big Splash at Greenwich Farmers Market.* *https://greenwichfreepress.com/around-town/tiny-microgreens-make-a-big-splash-at-greenwich-farmers-market-219309/*

You Can Always Start Now: South African Retiree Sows Seeds of Success

Portland entrepreneur Denise Hendricks, 71, has started her own microgreens business from home.

Denise Hendricks, a 71-year-old Portland, South Africa retiree, has **exemplified resilience** and **entrepreneurial spirit** by embarking on a **new journey** of cultivating microgreens through her business, Maxi Microgreens.

Her story is a testament to the **transformative power** of following one's passion and seizing opportunities for growth, regardless of age.

Denise's decision to start her microgreens business was sparked by her participation in a women's livelihood program, where she stood out as a winner among the participants,

showcasing her determination and drive to succeed.

Choosing microgreens for their **nutritional benefits** and **space efficiency**, Denise's venture reflects her commitment to promoting health and sustainability in her community.

Her deep connection to **gardening** not only serves as a source of **solace** and **peace**, especially during challenging times, but also highlights the **therapeutic** and rejuvenating effects of nature.

Starting a small home setup to grow and sell microgreens in South Africa is an excellent idea for those looking to start their own business.

Consumables	qty	price/ average	total
seeds (Kg)	3	800	2400
coco peat (400g block)	18	40	720
nutrients - segro	1	100	100
Perlite	1	50	50
H202	1	25	25
			3295
Fixed costs			**5640**
racks	2		2000
trays	36	40	1440
lights	6	150	900
wire and connectors	1	100	100
Equipment			**350**
pressure Sprayer	1	75	75
cutters	1	100	100
trowel	1	60	60
hydrometer	1	115	115
fan			500
Total costs			**8935**

Microgreens are a popular and nutritious ingredient in many dishes, making them a valuable crop to grow and sell.

When starting a small home setup, there are several expenses to consider.

When all of these expenses are added together, the total cost to start a small home setup to grow and sell microgreens in South Africa is estimated to be R 8935 (USD 490).

Through Maxi Microgreens, Denise embodies the values of perseverance, innovation, and dedication, inspiring others to pursue their passions and make a positive impact.

Her story serves as a reminder that it's never too late to start a new chapter and create something meaningful.

Source: *English, A. (2024, July 17). Portland pensioner sows seeds of success. Plainsman.* https://www.plainsman.co.za/news/portland-pensioner-sows-seeds-of-success-62d24ae2-6341-47ed-a453-7aab536c58ff

The Featured Article

Grow More, Waste Less: Microgreen Precision Techniques

Listen here, microgreens farmers and gardeners, young and old. I'm here to tell you about the revolution happening in microgreen cultivation.

Now, I've seen a lot of changes in microgreens cultivation over the past seven years.

But this precision cultivation of microgreens is something else entirely.

It's transforming the way we grow these little powerhouses of nutrition, and it's high time you learned about it.

The Revolution in Microgreen Cultivation

Let me tell you, this precision cultivation is no small matter.

It's harnessing advanced technologies and data-driven techniques to maximize yields and quality like you wouldn't believe.

We're talking about Controlled Environment Agriculture (CEA), which is reshaping urban agriculture and redefining how we approach sustainable food production.

The Power of Controlled Environment Agriculture

Now, pay attention.

CEA allows for the year-round production of microgreens. It's optimizing growth and **increasing yields by up to 30%**.

That's not small potatoes, folks.

By using technologies like LED lights and automated irrigation, CEA is improving resource efficiency, reducing costs, and producing cleaner, healthier microgreens.

And get this - it's minimizing water usage and chemical inputs, too.

Advanced Technologies in CEA

Let me break it down for you. CEA is using cutting-edge technologies:

1. **Hydroponics**: This method **reduces water usage by 90%** compared to traditional methods. That's water conservation at its finest.
2. **Aeroponics**: This promotes faster growth by misting suspended roots. It's like giving your plants a nutrient shower.
3. **Vertical farming**: Now, this is something. It increases crop density, yielding up to **390 times more per square foot** than conventional farming. That's maximizing your space, folks.

Optimizing Nutrient Management

Listen carefully now. Precise nutrient management is crucial for microgreens cultivation.

Implementing tailored nutrient management can **boost yields by up to 25%.**

That's a quarter more crop for your efforts.

Key Strategies for Nutrient Optimization

Here's what you need to do:

- Introduce balanced, water-soluble nutrients around day 10-14 of growth.
- Regularly monitor pH and electrical conductivity to prevent deficiencies.
- Conduct periodic solution analyses to identify and correct imbalances.

The Science of Nutrient Absorption

Now, this is fascinating.

Research shows that microgreens absorb nutrients up to 40 times more efficiently than mature plants due to their larger surface area.

Hydroponic systems accelerate growth and increase nutrient density, while environmental factors like light intensity and temperature directly influence nutrient uptake.

Lighting: The Key to Growth

Pay attention now.

Proper lighting is essential for microgreen cultivation.

LED grow lights provide ideal spectrums while minimizing energy costs.

Here's what you need to know:

Optimal Lighting Conditions

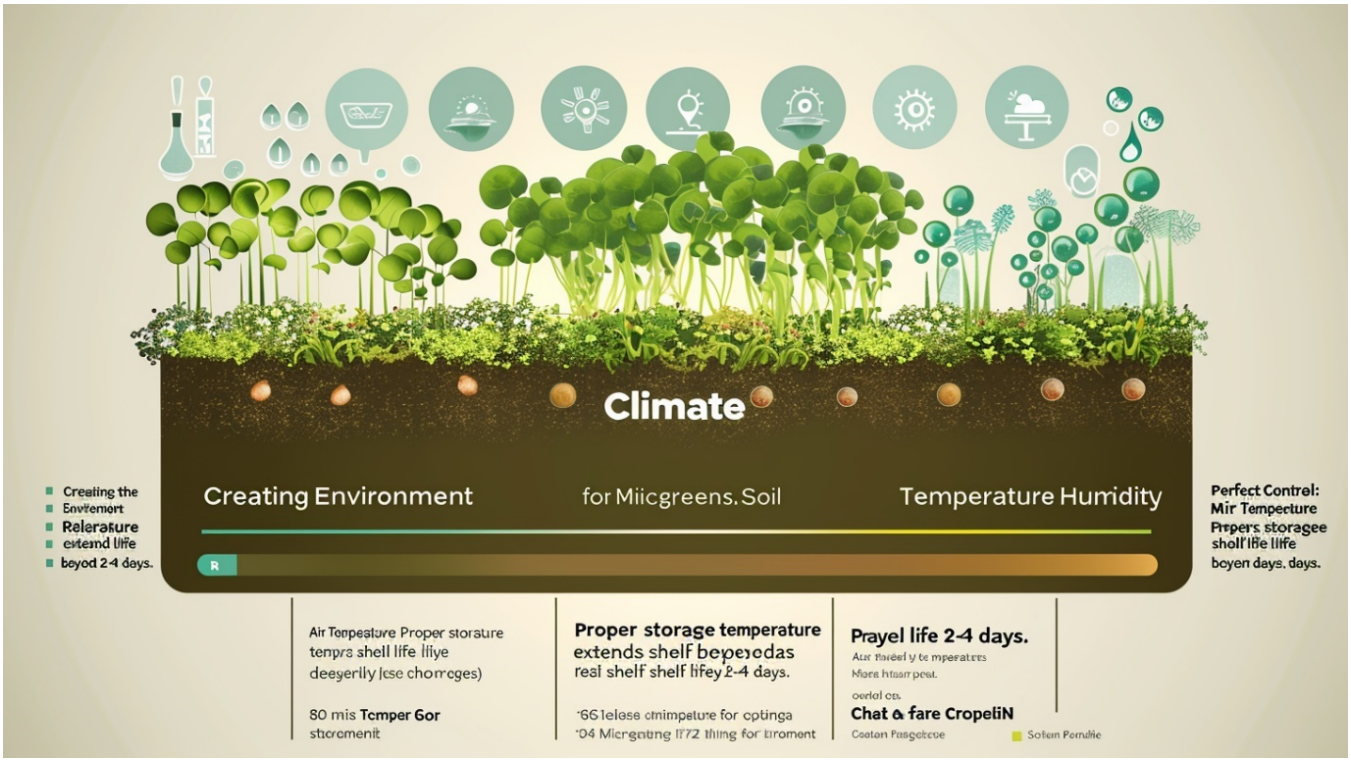
- Daily light integral: Keep it below 20 mols/m²/day
- Exposure time: Aim for 12-16 hours
- Light positioning: 12-24 inches above plants

The Impact of Light Spectrums

Different light spectrums affect microgreen growth in various ways:

- Blue light promotes leaf development and increases Vitamin C and antioxidant levels.
- Red light improves biomass production.
- Full-spectrum LED lights can potentially **increase yield by up to 30%**.

Climate Control: Creating the Perfect Environment



Now, maintaining optimal climate conditions is crucial for microgreen cultivation. Here's what you need to aim for:

Ideal Growing Conditions

- Soil temperature: 60-75°F
- Air temperature: 60-70°F
- Relative humidity: 50-70%

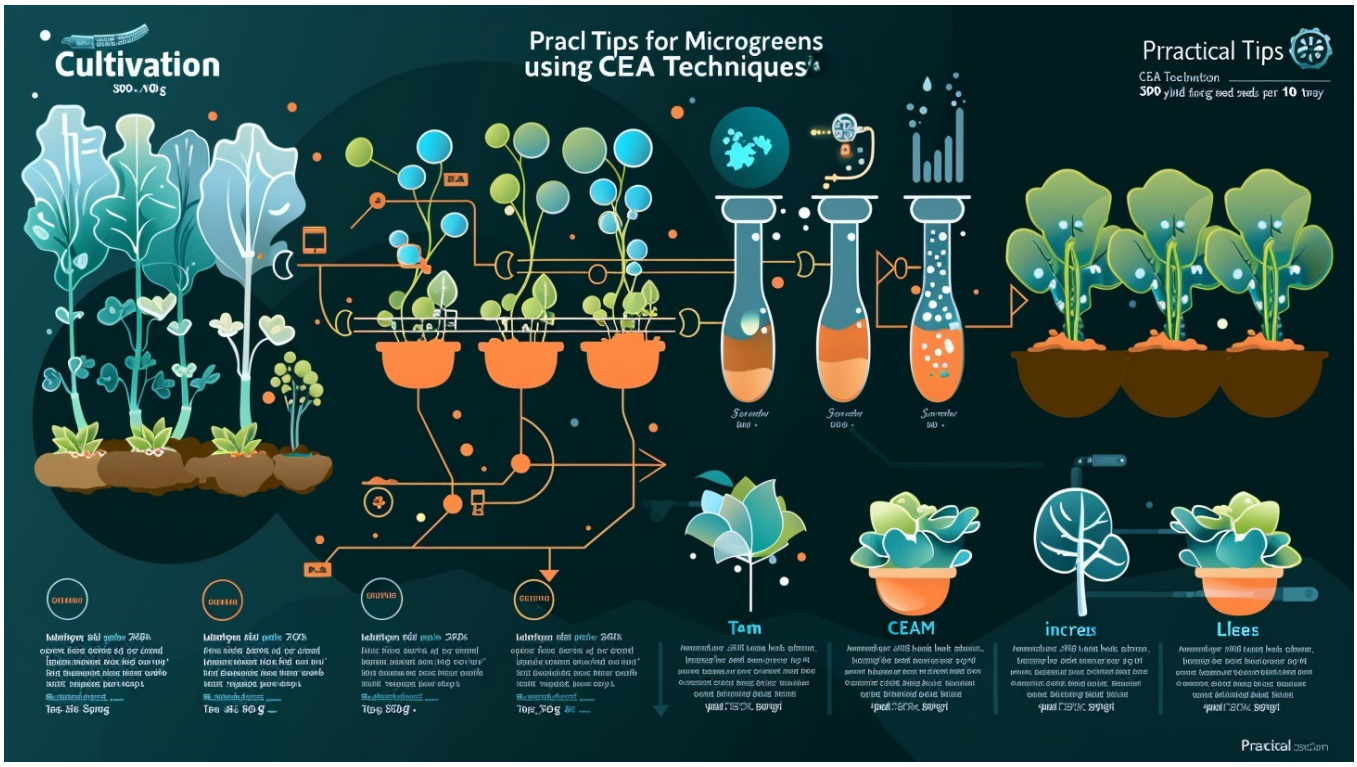
And don't forget about proper storage temperature. It can extend shelf life beyond the typical 2-4 days.

Commercial Best Practices

Listen up because this is important. Successful microgreen farms utilize CEA systems, increasing yields up to 390 times per square foot compared to traditional methods.

They also implement integrated pest management, reducing crop losses by 15%.

Practical Tips for Growers



Implementing CEA Techniques

To excel in microgreens cultivation, implement these CEA techniques: 1. Maintain soil temperatures of 60-75°F and air temperatures of 60-70°F. 2. Use LED lights to provide a Daily Light Integral below 20 mols/m²/day. 3. Monitor humidity and nutrients carefully to prevent diseases.

Essential Equipment and Technologies

- Aeroponic systems can increase yield by up to 390 times per square foot.
- Use 25-30 grams of small seeds or 80-100 grams of large seeds per 10x20 tray.
- Implement ebb-and-flow systems for efficient watering.

- Track temperature, humidity, and light levels with monitoring equipment.

Optimizing Nutrient Solutions

Careful nutrient management can boost microgreen production by up to 25%.

Here's what you need to do:

1. Use balanced, water-soluble solutions tailored for microgreens.
2. Apply nutrients around days 10-14 of growth.
3. Monitor nutrient levels, pH, and electrical conductivity regularly.
4. Consider foliar feeding for improved absorption.

Lighting Strategies

For optimal lighting:

1. Aim for light intensity between 100-200 µmol/m²/s.
2. Target a daily light integral (DLI) of 12-20 mols/m²/day.
3. Use grow lights with **blue (400-500 nm)** and red (600-700 nm) wavelengths.
4. Position lights 6-12 inches above trays.
5. Implement a 14-16 hour light schedule followed by 8-10 hours of darkness.

Climate Management

To maintain ideal growing conditions:

1. Use heating mats or cooling systems to control temperature.
2. Employ humidifiers or misting systems to manage humidity.
3. Improve air circulation with fans or ventilation systems.

4. Monitor regularly with hygrometers and thermometers.

The Future of Microgreen Cultivation

Now, listen here. The future of microgreens production looks promising with advancements in precision cultivation technologies.

Expect to see more sophisticated monitoring systems and automated nutrient delivery, improving yield consistency and resource efficiency.

Potential Advancements

1. Real-time monitoring systems for improved nutrient delivery
2. Automated climate control for optimal growing conditions
3. Machine learning algorithms to predict best harvest times
4. Genetic engineering for improved nutrient profiles and disease resistance

Profitability and Market Implications

Now, pay attention to this part.

Microgreens' short shelf life necessitates local sales.

Pricing strategies vary between retail and wholesale channels. Community Supported Agriculture (CSA) subscriptions can create consistent revenue.

Most Profitable Microgreens

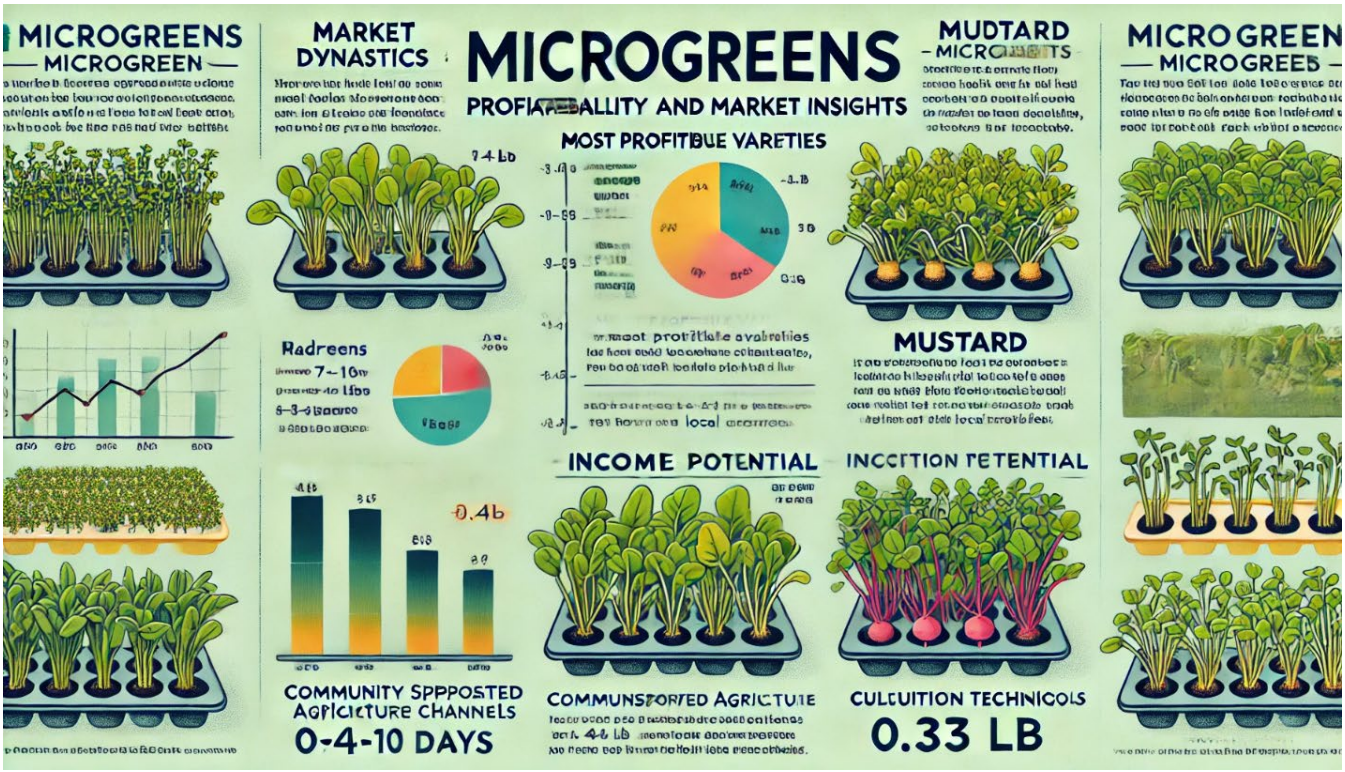
Radish microgreens are among the most profitable options, growing quickly in 7-10 days and in high demand.

Mustard and arugula are also lucrative choices, **yielding 0.44 lb and 0.33 lb per tray**, respectively.

Income Potential

Microgreen farmers' **gross income** varies widely, **from $10,000 to $100,000 annually**.

Earnings depend on factors such as scale, market location, size, demand, and sales channels.



By adopting these precision cultivation techniques, you can significantly increase yields, improve product quality, and enhance resource efficiency.

These advancements not only benefit you as growers but also contribute to more sustainable and efficient food production systems.

Remember, farmers, the future of agriculture is in your hands. Use these techniques wisely, and you'll be growing more and wasting less in no time.

Now, get out there and start growing!

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Evidence-based Expertise

Horticulture Wales Set To Launch Vending Fridges With Free Microgreens!

Avatar Fitness and the OpTIC Technology Centre are teaming up with **Wrexham University's Horticulture Wales project** to introduce vending fridges filled with free microgreens.

This collaborative effort aims to promote healthy eating habits and support local growers in Flintshire and Denbighshire.

The smart fridges will offer easy access to nutrient-rich microgreens grown at Wrexham University's Northop Campus.

The project not only focuses on providing nutritious options but also on raising awareness about local microgreen growers like Ty Isa Farm and **Fresh & Tasty Microgreens**.

Participants can join launch events at the OpTIC Technology Centre and Avatar Fitness to learn more about this initiative.

By **encouraging healthier choices** and supporting local producers, this endeavor sets a precedent for future collaborations.

The initiative's success could lead to more partnerships with local growers.

The project also aims to gather insights on preferences for locally sourced produce through participant surveys.

This innovative approach enhances convenience,

promotes health, and supports the local farming community.

Fridges will be **stocked weekly**, and containers will be on a 'first come, first serve' basis.

Containers will include a mixture of the Microgreens grown at Wrexham University's Northop Campus by Horticulture Wales.

Source: *Horticulture Wales. (2024, July 21). Horticulture Wales set to launch vending fridges with free microgreens! Horticulture Wales.* *https://horticulturewales.co.uk/horticulture-wales-set-to-launch-vending-fridges-with-free-microgreens/*

Cultivation Techniques

Grow With Ilona: Progress Check After One Week of Growing

NowMedia Staff (2024) provided an update on the progress of growing microgreens and vegetables in an aeroponic tower after one week.

Nikki Csek and Ilona Morrison observed sprouts of arugula and

cucumber and discussed the Tower Garden Home used, which costs approximately $1600 with lights and minerals.

The tower offers control over the growing process, minimal produce waste, and potential savings in the long run.

The duo plans to continue monitoring the growth and will share insights on harvesting in future videos.

Source: *NowMedia Staff. (2024, July 18). Grow with Ilona: Progress check after 1 week of growing. KamloopsBC Now.* https://www.kamloopsbcnow.com/watercooler/news/news/Grow_with_Ilona/Grow_with_Ilona_Progress_check_after_1_week_of_growing

Emerging Industry News

Microgreens Seed Market Growth Outlook – Orbis Research

The latest Orbis Research report delves into the dynamic global Microgreens Seed market, focusing on the growth projections from 2024 to 2030.

The global market for microgreen seeds is sprouting faster than radish seedlings, with projections showing significant growth through 2030.

North America, Europe, and Asia-Pacific are leading the charge as urban dwellers and health enthusiasts alike embrace these flavorful mini-veggies.

Now, here's the scoop for you growers: While a few big players dominate the seed market, there's still room for innovation.

Think unique varieties that cater to specific tastes or nutritional needs - that's your ticket to standing out!

But remember, friends, quality is vital. Consistency in your seeds and sustainable practices in packaging and production will set you apart.

As we nurture our planet and our palates, microgreens offer a delicious way to do both.

So whether you're cultivating in sprawling farmland or a cozy greenhouse, the future of microgreens is looking as bright as their vibrant colors.

Keep growing, keep innovating, and let's make the world a little greener, one tiny seed at a time!

Source: *Orbis Research. (2024, July 14). Global Microgreens Seed Market Growth 2024-2030. LP Information.* Article Link

Commercial Best Practices

Matt Peter and Grow Door County

Matt Peter's initiative, Grow Door County, aims to provide Wisconsin residents with the benefits of microgreens and native perennials.

At the same time, the perennial aspect of microgreens promotes biodiversity through native plant introductions.

Peters is doing what all new microgreens growers should be doing: *getting free, or near free, publicity*. And local radio is one way.

Peters engages with customers at farmers' markets and distributes products in select stores in Door County, Wisconsin, USA.

Listen to the interview: 🎧

Source: *Kowols, T. (2024, July 21). Peter hopes to help Grow Door County. Door County Daily News.* https://doorcountydailynews.com/news/751974

Looking to supercharge your microgreens venture?

Grab "The Business Marketing Digital Plan" - it's a game-changer for savvy entrepreneurs seeking streamlined marketing strategies.

Successful Marketing of Microgreens: The Guide and Templates

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Learn all the essential aspects of growing microgreens successfully!

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- Recognition by ISHS in strawberry hydroponic research
- Editor: Book Roadmap to Growing Leafy Greens and Herbs
- CEO at Microgreens FLN

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