

WEEKLY DIGEST

BUSINESS INDEPENDENCE AND THE MICROGREENS MINDSET BLUEPRINT

AVOID THE PENALTIES: SUBMIT YOUR LLC'S BENEFICIAL OWNERSHIP INFORMATION TO FINCEN THROUGH THEIR ONLINE PORTAL BEFORE JANUARY 1, 2025

CREATIVE RECIPES: Egg drop soup with celery microgreens

NUTRITION SCIENCE: Native American Chef Champions Plant-Based Health via Tradition

CULTIVATION TECHNIQUES: Dan Brisebois of Tourne-Sol Cooperative Farm

“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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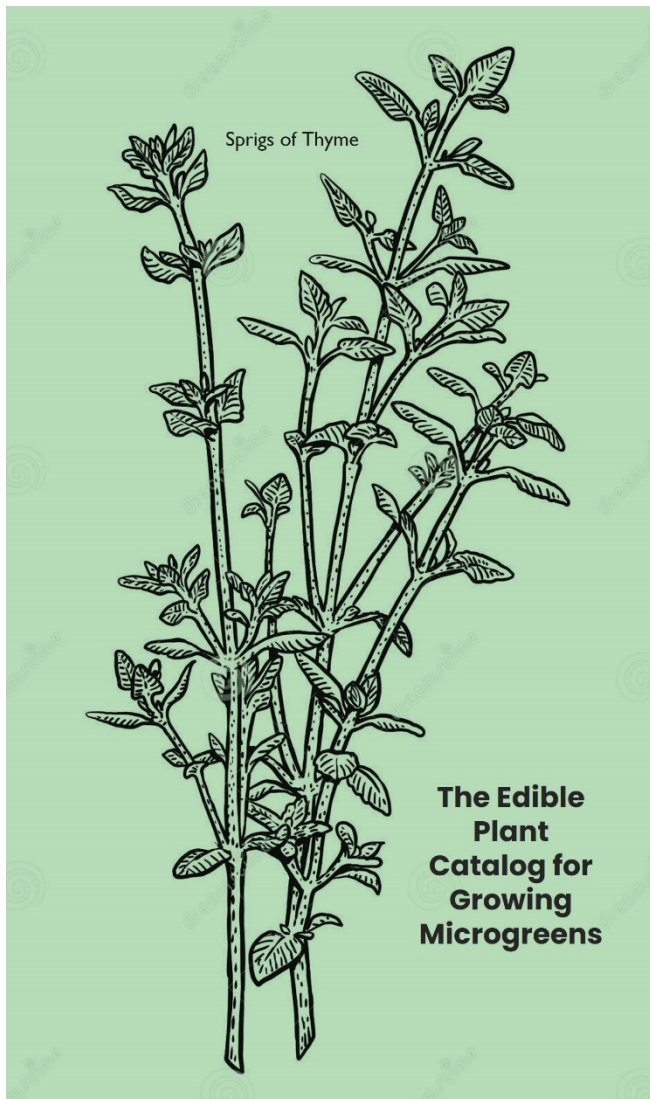
Business Independence and The Microgreens Mindset Blueprint

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The Edible Plant Catalog for Growing Microgreens



Discover a wealth of possibilities in microgreen cultivation with our meticulously curated guide featuring **over 200 edible plant species**.

Each entry outlines specific growing requirements to jumpstart your microgreens growing journey, offering insights into optimal light, temperature, and watering conditions.

This invaluable resource caters to commercial growers, researchers, and home gardeners seeking to broaden their horizons beyond traditional crops.

Embrace this opportunity to innovate and contribute to the expanding field of microgreens, enhancing your expertise while enjoying the unique flavors and nutritional benefits of diverse plant varieties.

LEARN MORE

Nutrition Science

Native American Chef Champions Plant-Based Health Through Tradition



With all the craze with these new diabetes drugs, you'd think everyone else is jumping on the bandwagon.

Not me, and not a lot of other people who know the power of food as medicine, and that the long-term safety effects of these new drugs are unknown.

Enter Dr. Lois Ellen Frank, a Santa Fe-based chef and educator, who works alongside Chef Walter Whitewater at [Red Mesa Cuisine](#) to revitalize ancestral Native American cuisine with a focus on health and wellness.

Their work includes The Power to Heal Diabetes program, which offers a natural alternative to the growing reliance on pharmaceutical interventions for diabetes management through traditional Native American dietary wisdom.

The Magic Eight Legacy

The cornerstone of Dr. Frank's work centers on "The Magic Eight" - **corn, beans**, squash, chiles, tomatoes, potatoes, vanilla, and cacao.

These plants, indigenous to the Americas before 1492, revolutionized global cuisine after their introduction to the rest of the world.

These ingredients fundamentally transformed cooking worldwide - from Italian cuisine gaining tomatoes to the introduction of chiles in Asian and Indian dishes.

Microgreen Potential

Among the Magic Eight, several can be grown as nutrient-dense microgreens:

- **Corn Microgreens** Rich in antioxidants and providing a concentrated source of vitamins A, B, C, and E.
- **Bean Microgreens** High in protein, fiber, and minerals, particularly iron and zinc.

Modern Health Applications

The re-indigenizing food movement promotes better health by incorporating these ancestral foods into contemporary diets.

Dr. Frank and Chef Whitewater work extensively with Native American communities to reintroduce these traditional foods, focusing on plant-based

nutrition as an alternative to pharmaceutical dependency.

Their recent cookbook, “Seed to Plate, Soil to Sky,” showcases modern plant-based recipes using these traditional ingredients.

The approach emphasizes sustainable agriculture and community wellness, with programs like WIC, SNAP-Ed, and FDIIR now including locally grown produce in their distributions.

Through their work at Red Mesa Cuisine, they demonstrate how traditional ecological knowledge can address modern health challenges while preserving cultural heritage.

Their efforts extend beyond mere food preparation to encompass education, community development, and the promotion of sustainable agricultural practices.

Source: Celebrating Native American Cuisine with Chef Lois Ellen Frank, Ph.D. | NutritionFacts.org. (2024, November 21). <https://nutritionfacts.org/blog/celebrating-native-american-cuisine-with-chef-lois-ellen-frank-ph-d/>

Creative Recipes

Egg drop soup with celery microgreens

You might be surprised to learn that **celery microgreens**, a modern addition to traditional **egg drop soup**, contain up to 40% more **essential oils** than their full-grown counterparts.

When you're preparing this Ming Dynasty classic, these tiny greens offer more than just visual appeal - they'll infuse your broth with an intensity that mature celery stalks simply can't match.

While the swooping ribbons of egg create the soup's signature texture, the addition of these potent microgreens transforms a simple comfort food into an **aromatic experience**.

Let's investigate how this ancient-meets-modern

combination can enhance your next bowl of soup.

Origins

Egg drop soup, traditionally known as “dan huā tàng” in Chinese cuisine, dates back to ancient China's **Ming Dynasty** (1368-1644).

You'll find that this humble dish emerged as a **practical solution** for common households looking to create a **nutritious meal** with minimal ingredients, primarily eggs and broth.

During the Ming period, eggs were considered a **luxury item**, and families would often stretch their resources by incorporating them into soups.

The technique of creating **delicate egg ribbons** became an art form that's been passed down through generations.



You'll notice that the original recipe utilized only eggs, water or stock, and minimal seasonings.

As trade routes expanded during the **Qing Dynasty** (1644-1912), the soup evolved to incorporate new ingredients and variations.

While the basic preparation method hasn't changed much,

you'll see **regional differences** across China.

Some areas add tomatoes, others include tofu, and modern versions, like the celery microgreens variation, showcase contemporary ingredients.

What's fascinating is that this soup's simplicity has helped it maintain its popularity for over 600 years, making it one of China's most enduring **culinary traditions**.

Recipe

Egg Drop Soup with celery microgreens is a comforting Chinese soup featuring delicate egg ribbons suspended in a savory chicken broth.

The addition of celery microgreens adds a fresh, herbaceous note to the traditional recipe while providing nutritional benefits.

This light yet satisfying soup combines the warmth of classic

egg drop soup with subtle aromatic elements for a balanced flavor profile.

Recipe Information:

Prep Time	Cook Time	Category
10 minutes	15 minutes	Soup
Method	Cuisine	Yield
Stovetop	Chinese	4 servings

Ingredients

- 6 cups chicken broth
- 2 large eggs, beaten
- 1 tablespoon cornstarch
- 2 tablespoons water
- 1 teaspoon sesame oil
- ½ teaspoon white pepper
- ½ teaspoon salt
- 1 oz celery microgreens
- 2 green onions, finely chopped

Preparation

1. Mix cornstarch with water in a small bowl until smooth
2. Bring chicken broth to a boil in a large pot

3. Reduce heat to medium and stir in the cornstarch mixture
4. Season with salt and white pepper
5. Slowly pour beaten eggs in a thin stream while stirring the soup in one direction
6. Turn off the heat and add sesame oil
7. Garnish with celery microgreens and green onions before serving

Let's walk through the essential preparation steps you'll need to master for the perfect egg drop soup.

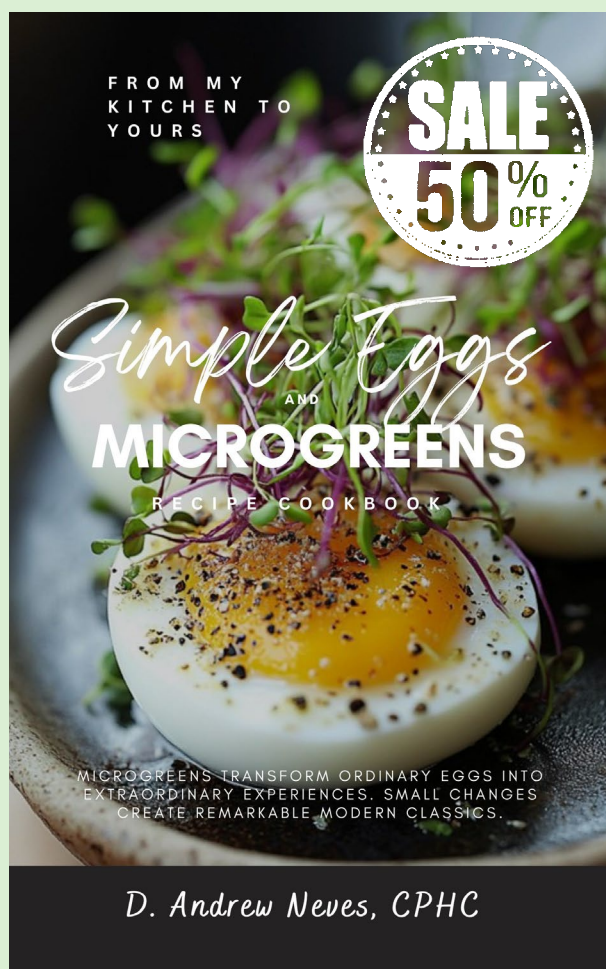
First, you'll want to start by thoroughly mixing your cornstarch with cold water until smooth, as this slurry will help thicken your soup without lumps.

Once your broth reaches a **rolling boil**, you'll add your **cornstarch mixture** and seasonings, then carefully

From my latest book, [Simple Eggs and Microgreens: From My Kitchen to Yours](#) due out this Black Friday, November 29, 2024.

I've carefully selected microgreen varieties that not only complement eggs perfectly but also offer specific health benefits - from immune-boosting compounds to heart-healthy antioxidants.

The growing guides included will help you cultivate these superfoods right in your own kitchen, ensuring you always have fresh, vibrant greens at hand.



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stream in your **beaten eggs** while stirring in one direction to create those signature, silky ribbons.

Cooking Tips

Pour beaten eggs slowly in a thin, steady stream while stirring the broth consistently in one direction to create delicate, silky ribbons.

The soup should be at a **gentle simmer** rather than a rolling boil when adding eggs, and allow it to cool slightly before adding the celery microgreens to maintain its **fresh crispness**.

Plating

Divide the hot soup evenly among serving bowls, ensuring each portion contains a good amount of egg ribbons throughout.

Top each bowl with a **generous sprinkle** of **fresh celery microgreens** and chopped green onions, creating an appealing contrast of colors and textures.

Benefits of Celery Microgreens

- **Higher concentration of nutrients** compared to mature celery
- Rich in vitamins A, C, and K
- Contains antioxidants and anti-inflammatory compounds
- Provides **intense celery flavor** with a delicate texture
- Excellent source of dietary fiber

Community News

Urban Roots Farm, Scottsdale, Arizona

Urban Roots Farms is pioneering sustainable agriculture in the Valley through innovative indoor farming methods.

The company specializes in growing microgreens and specialty produce using hydroponic techniques that significantly reduce water usage and land requirements while eliminating the need for harmful pesticides.

Their product line includes various microgreens such as Cilantro, Kohlrabi, Pea, and Radish, all packaged in environmentally friendly containers.

The company's mission focuses on revolutionizing food production methods to create a sustainable model for future generations.

“We aim to revolutionize the way we think about growing food and provide a model for sustainable agriculture for

generations to come,” Urban Roots Farms says.

Source: DeMartino, A. (n.d.). How Urban Roots Farms grows healthy greens with less water and less land. ABC15 Arizona.

3rd graders farming the future at Carrollton Elementary



At [Carrollton Elementary School in Georgia](#), third-grade students are gaining hands-on experience with sustainable agriculture through an innovative hydroponics program.

Under the guidance of teacher Heather Lundy, students cultivate lettuce and other greens in a classroom setting, learning crucial STEM concepts while producing fresh vegetables for their community.

The program, which began with a grant for hydroponic equipment, has expanded to include multiple growing towers where students monitor water quality, plant growth, and nutrient levels.

Beyond agriculture, students develop math skills by measuring pH levels and tracking plant growth, while also learning about nutrition and sustainable farming practices.

The produce is shared with the school cafeteria and local food banks, teaching students about community service while providing fresh, locally grown vegetables to those in need.

Source: Nix, K. (2024, January 24). 3rd graders farming the future at Carrollton Elementary. Microsoft News. <https://www.msn.com/en-us/news/us/3rd-graders-farming-the-future-at-carrollton-elementary/ar-AA1u39lv>

Certified Naturally Grown's List of Winter Conferences



**Certified
Naturally Grown**

Conference season is about to be in full swing! Farm conferences are a wonderful way to learn and connect with growers in a vibrant regional context. Below is a short list of conferences aligned with CNG's sustainable farming ethos.

Make sure to tag us in your conference photos @cngfarming!

December 17-19, 2024 – Manchester, NH	New England Vegetable and Fruit Conference (NEVF)
January 10-12, 2025 – Roanoke, VA	Virginia Association for Biological Farming Conference (VABF)
January 17-18, 2025 – Silver Spring, MD	Future Harvest
January 23-25, 2025 – Frankfort, KY	Organic Association of Kentucky Annual Farming Conference (OAK)

January 24-25, 2025 – Montrose, CO	Western Co. Health, Food & Farm Forum
January 29th-February 1st, 2025 – Hot Springs, AR	Arkansas Grown Conference & Expo
February 4-6, 2025 – Atlanta, GA	SOWTH
February 5-7, 2025 – Lancaster, PA	PASA Sustainable Agriculture Conference
February 13-15, 2025 – Newark, Ohio	Ohio Ecological Food and Farming Association Conference
February 15, 2025 – Burlington, VT	Northeast Organic Farming Association of Vermont (NOFAVT)

Source: Certified Naturally Grown. (2024, October 2). Certified Naturally Grown's List of Winter Conferences.

<https://www.naturallygrown.org/certified-naturally-grows-list-of-winter-conferences/>



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FEATURED ARTICLE

Business Independence and The Microgreens Mindset Blueprint



You've likely heard the sobering statistics about **startup failures**, yet you're still drawn to the allure of **business independence**.

That's because, deep down, you understand that true **entrepreneurial success** isn't just about survival—it's about thriving on your own terms.

MORE INFORMATION AT WWW.MICROGREENSWORLD.COM

Like microgreens that grow from tiny seeds into nutrient-dense powerhouses, your **business mindset** needs careful cultivation to flourish independently.

Whether you're launching your first venture or pivoting an existing one, you'll soon realize that independence isn't just a destination—it's a **strategic advantage** that transforms how you approach every business decision.

What I Know About You

What I found in my extensive research confirms that neither geographic location nor industry membership impacts US startup survival rates.

And the data suggest that these findings hold globally.

I found three factors that were causal to the survival of the startups I studied.

Those factors are **business independence**, success partners, and a thorough financial focus.

If you are just starting as a commercial microgreens farmer, thinking about it, or you're looking to grow, then focus on these factors to ensure your sustainability and survival.

In this article, I will discuss **business independence**, which is really about your mindset, something we don't talk about, focus enough on, or teach enough of when starting a microgreens business venture.

Entrepreneurs motivated by business independence are significantly more likely to achieve long-term sustainability.

The Hard Truth About Startup Survival



While entrepreneurial dreams often paint a rosy picture of success, the stark reality of **startup survival** tells a different story.

You're facing a landscape where 20% of new ventures fail within their first year, and by year five, you're looking at a sobering 50% **failure rate** across industries.

Even more concerning, less than one percent of US small businesses secure venture capital funding. [1]

The data becomes even more striking when you examine **sector-specific challenges**, where **technology startups** face a 63% failure rate, and e-commerce ventures confront an 80% mortality rate.

Among various industries, the blockchain and cryptocurrency sector shows a particularly high risk, with a 95% failure rate. [2]

You'll find that your greatest obstacles aren't just financial; they're systemic, with 34% of businesses failing due to poor **product-market fit** and 22% succumbing to **inadequate marketing strategies**.

Understanding these statistics isn't meant to discourage you but rather to prepare you for the calculated approach you'll need to beat these odds.

Independence as Your North Star

When you set your sights on **business independence**, you're tapping into one of the most powerful predictors of **startup success**.

Research demonstrates that entrepreneurs driven by independence consistently outperform those motivated purely by profit, with 92% reporting **improved quality of life** after becoming their own boss.

Your commitment to independence aligns with compelling data: 72% of independent business owners value autonomy over traditional employment, while 89% report **higher job satisfaction** compared to their previous organizational roles.

The pursuit of independence is further validated by the fact that 55% seek passion in their entrepreneurial journey. [3]

Notably, only one in five businesses survive past their first year, making a resilient mindset essential. [4]

This mindset translates directly to financial outcomes, as evidenced by the 4.7 million independent workers who've achieved **six-figure incomes**.

When you prioritize independence in your microgreens venture, you're not just choosing a business model; you're embracing a proven



framework for sustainability, where autonomy and control serve as foundational elements for **long-term success**.

Moving Beyond the Money Motive



A singular focus on profits can blind entrepreneurs to the deeper rewards of running a microgreens business.

When you shift your mindset beyond monetary gains, you'll uncover that **business independence**, **personal fulfillment**, and **social impact** can drive **sustainable success** in ways that pure profit-seeking cannot.

Modern businesses must embrace ethical standards alongside profit goals while making strategic decisions in today's complex marketplace. [5]

Research demonstrates that entrepreneurs who prioritize autonomy and purpose over wealth accumulation are significantly more likely to sustain their ventures through market fluctuations.

Studies have found that ten other motives rank higher than wealth attainment for entrepreneurs starting high-tech ventures. [6]

You're joining a growing movement of business owners who recognize that success isn't measured solely by **financial metrics**.

Whether it's pursuing the FIRE lifestyle, contributing to environmental sustainability, or creating meaningful employment opportunities, your

microgreens venture can serve multiple objectives while maintaining economic viability.

The Pivot-Power of an Independent Mindset

Since successful microgreens entrepreneurs pivot faster than their corporate counterparts, developing an independent mindset becomes your strategic advantage.

As research demonstrates, you'll gain the ability to make swift, market-responsive decisions without bureaucratic delays, positioning yourself to capitalize on emerging opportunities.

Your independence enables multiple income streams, diversifying your revenue potential beyond a single product line. [7]

This flexibility allows entrepreneurs to achieve work-life balance by controlling their schedules and work environment. [8]



Independence Factor	Direct Business Impact
Quick Decision-Making	2.3x higher survival rate
Flexible Operations	Reduced overhead costs
Innovation Freedom	Faster product iteration
Personal Accountability	Stronger customer relationships

You're not just building a business; you're cultivating a mindset that thrives on autonomy.

This independence empowers you to modify your growing methods, adjust pricing strategies, and change your product mix based on real-time market feedback while maintaining complete control over your business's direction and growth trajectory.

The data shows that this self-directed approach considerably improves your chances of long-term success.

Building Your Independence Muscle

Building your independence muscle begins with understanding that **mental strength**, like physical fitness, develops through consistent practice and progressive challenge.

Just as organizations need to maintain continuous change, entrepreneurs must regularly adapt and evolve their practices to stay competitive. [9]

Embracing a growth mindset perspective helps transform obstacles into opportunities for development and learning. [10]



You'll need to establish **clear, measurable goals** and systematically work toward them through daily actions that stretch your capabilities while remaining within achievable bounds.

To strengthen your entrepreneurial independence, you'll want to implement structured **problem-solving routines**, including **daily journaling** to track decisions and outcomes, meditation sessions to

improve mental clarity, and regular **self-assessment of your business strategies**.

This systematic approach, which mirrors the precision required in microgreens cultivation, allows you to develop both your analytical skills and your confidence in making autonomous decisions.

From Necessity to Choice: A Mindset Shift



Making the transition from **necessity-driven entrepreneurship** to **choice-driven business ownership** represents one of the most critical **mindset shifts** you'll encounter. [11]

When you operate from necessity, you're often reacting to circumstances rather than strategically building your enterprise, which can limit your microgreens business's **long-term potential**.

Consider these transformative shifts that successful entrepreneurs consistently make:

- Evolving from daily operational involvement to systems-based management
- Transitioning from problem-solver to opportunity-creator
- Moving from revenue-dependent decisions to value-aligned choices
- Shifting from solo execution to team empowerment

This evolution requires you to recognize that **true business independence** emerges when you're **creating opportunities** rather than responding to needs. [12]

Action Steps for Cultivating Independence

Success-driven independence in your microgreens business demands concrete, actionable steps that transform aspirations into reality.

You'll need to strategically implement **multiple revenue channels**, including direct-to-consumer sales, restaurant partnerships, and potential consulting services while maintaining strict control over your operational systems. [13]

Your path to independence requires building a **reliable team** through **documented processes** and clear delegation protocols, utilizing sophisticated management tools like Asana or Zoho Projects to track progress and maintain accountability.

By implementing robust **financial tracking systems** and supply chain management tools, you're establishing the foundation for **sustainable growth**. Meanwhile, continuous learning through industry networks and flexible business practices guarantees you'll stay ahead of market shifts.



Wrap-up

You've now investigated one of the core principles that can transform your entrepreneurial journey from one of dependence to true business independence.

By embracing the **microgreens mindset**, you'll develop resilience against market fluctuations, establish sustainable growth patterns, and create value-driven enterprises that serve both profit and purpose.

Keep in mind that achieving independence involves more than just financial freedom; it also entails fostering a mindset that enables you to make deliberate decisions that align with your goals.

After years of cultivating microgreens, I compiled my knowledge into a comprehensive beginner's guide titled "**Children of the Soil.**"



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Related Questions

What strategies can I implement to cultivate a growth mindset as a novice microgreens entrepreneur?

Focus on learning rather than validating your abilities. View challenges as opportunities to improve. Replace internal criticism with curiosity. Embrace an iterative process of trying, failing, and learning. Seek input

and feedback from customers and mentors. Measure progress through metrics, not perceptions. Celebrate small wins and lessons.

Why does mindset matter so much for microgreen farming success?

Microgreens are intricate and temperamental crops requiring constant learning and innovation. Market conditions shift rapidly. A fixed mindset inhibits adapting. However, a growth mindset empowers continuous experimenting to improve yields, develop new varieties, implement new growing techniques, and tailor offerings to emerging consumer preferences. Your mindset impacts your capacity to evolve.

How can I maintain a growth mindset during challenging times in my microgreens business?

Recognize that difficult periods are inevitable in any venture. Focus on what you can control and take an incremental view of progress. Reflect on learnings from each challenge. Enlist support from mentors and peers who reinforce your potential. Celebrate small daily successes. Tough times test but strengthen growth mindsets.

What if my business partner has a more fixed mindset?

Have an honest dialogue on your differences. Share research on growth mindset benefits. Maintain open communication. Frame innovations and changes positively. Highlight market insights driving new directions. Keep focusing on your shared mission and purpose. Balance each other's tendencies but progress together.

When should I shift from an experimental to an execution mindset?

The startup stage requires intense creativity. However, once customers validate ideas, the focus must shift to consistent execution. Use milestones like product-market fit confirmation, revenue targets hit,

and processes established as cues to transition mindsets from discovery to excellence. Experimentation and implementation require balance.

Research

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Evidence-based Expertise

Microgreen Bacteria Affect *Listeria* Tests



This study looked at the types of bacteria found on microgreens and whether standard tests for finding a harmful bacteria called *Listeria monocytogenes* work well for these products.

Microgreens are young plants that are popular because they are nutritious and grow quickly.

However, since they are not cooked before eating, there is a chance they can be contaminated with bacteria during growing and packaging.

Scientists found that microgreens usually have a lot of different bacteria, mostly types called Gammaproteobacteria and Bacteroidia.

They identified 36 kinds of bacteria that were common to all types of microgreens tested, with the Enterobacteriaceae family being the most common.

Specifically, the tests found a lot of *Enterococcus*, *Lysinibacillus*, and *Bacillus* along with the *Listeria*.

Some of these bacteria can actually stop *Listeria* from growing, which means the tests might not be finding all the *Listeria* that is there .

This study shows that the current way of testing for *Listeria* in microgreens might need to be improved.

This research investigated the bacterial composition of **microgreens** and the effectiveness of standard **Listeria** enrichment methods.

The study found that microgreen microbiomes are dominated by **Gammaproteobacteria** and that current methods, while effective at detecting *Listeria monocytogenes* at high contamination levels, are less sensitive at lower levels due to co-enrichment of other bacteria like *Enterococcus*, *Klebsiella*, *Bacillus*, and *Lysinibacillus*.

The findings suggest a need for improved *Listeria* enrichment methods to better detect this pathogen in microgreens. 16S rRNA gene sequencing was used to characterize bacterial communities, and statistical analyses were performed to assess the impact of enrichment procedures.

The research also highlights the importance of combining molecular detection with culture confirmation for accurate results.

While the tests can find *Listeria*, they also find a lot of other bacteria, which might make it hard to accurately determine if microgreens are safe to eat.

Source: Haniford, L. S. E., Dussault, F., Shay, J. A., Cooper, A., Blais, B. W., & Lau, C. H.-F. (2024). Bacterial composition and cultural dynamics of microgreens-associated microbiota during selective enrichment for *Listeria monocytogenes*. *Letters in Applied Microbiology*.
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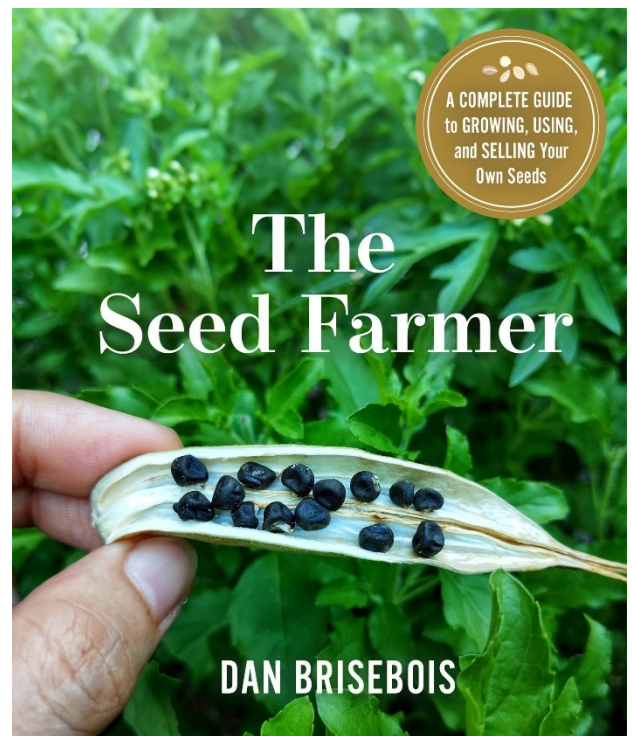
Cultivation Techniques

Dan Brisebois of Tourne-Sol Cooperative Farm

Pea shoots had fewer bacteria compared to the other types of microgreens .

To see how well the *Listeria* tests work, the scientists added *Listeria monocytogenes* to microgreens and tested them using a two-step process.

They were able to find *Listeria* in all the contaminated samples, but they also found that the tests picked up other bacteria that they weren't looking for.



“The Seed Farmer” by Dan Brisebois is a comprehensive guide that empowers small-scale farmers to achieve seed independence and potentially create additional revenue streams through seed production.

Drawing from over two decades of experience as a market grower and seed producer, Brisebois provides detailed instructions for growing, harvesting, and selling seeds while addressing common concerns like cross-pollination and crop timing.

Key Features

The book covers crucial aspects of seed farming, including:

- Developing climate-adapted heirloom seeds
- Practical growing and harvesting techniques for various crops
- Economic considerations and business scaling strategies

- Farm planning and yield projections

Significance for Microgreens Farmers

For microgreens producers, this book could be particularly valuable as it offers potential for vertical integration.

Since microgreens operations already focus on sustainable, small-scale production with minimal environmental impact, adding seed production could:

- Reduce dependency on external seed suppliers
- Create additional revenue streams
- Ensure better quality control
- Lower operational costs
- Support local food systems

Source: Brisebois, D. (2024). The seed farmer: A complete guide to growing, using, and selling your own seeds. New Society Publishers.

Emerging Industry News

Own an LLC? File a BOIC Before 2025



If you're an **LLC owner**, you'll soon need to maneuver a significant **federal compliance requirement** that's reshaping business transparency standards.

The Beneficial Ownership Information Compliance (BOIC) report represents more than just another form to file—it's an essential mandate that carries

substantial penalties for non-compliance, including potential criminal charges.

While **January 1, 2025**, might seem distant, understanding your obligations now can help you avoid the last-minute rush and guarantee your business meets the Financial Crimes Enforcement Network's (FinCEN) stringent **reporting requirements**.

Let's examine what this means for your LLC and the steps you'll need to take.

What is the BOIC?

The Beneficial Ownership Information Collection (BOIC) represents a **federal reporting requirement** that mandates most U.S. companies to disclose their beneficial owners to the Financial Crimes Enforcement Network (FinCEN).

This new reporting requirement affects millions of small business entities, introducing compliance challenges and privacy concerns.

The BOIC aims to increase transparency in beneficial ownership while helping prevent **financial crimes and illicit activities**.

Why was it created?

The U.S. Treasury Department created the Beneficial Ownership Information (BOI) reporting requirement to combat money laundering, tax fraud, and other **financial crimes** that exploit anonymous shell companies.

You must file a BOIC because the Corporate Transparency Act (CTA) makes it mandatory for most small businesses, corporations, LLCs, and partnerships to **disclose their beneficial owners** - the individuals who ultimately own or control the company.

Your compliance helps law enforcement identify bad actors who utilize complex business structures to hide illegal activities, while creating greater transparency in the U.S. financial system.

Why do I have to file one?

Due to growing concerns over financial crimes and corporate transparency, Congress enacted the **Corporate Transparency Act** in 2021, requiring companies to report their **beneficial ownership information** (BOI) to FinCEN.

You must file to avoid legal implications and financial penalties of up to \$10,000.

Compliance requirements guarantee you're meeting federal regulations while addressing privacy concerns through secure reporting channels.

Who is this for?- Who do I file it with?

Farm and food business owners must comply with the same Beneficial Ownership Information (BOI) **reporting requirements** as other companies through **FinCEN's filing system**.

Your agricultural or food-related enterprise isn't exempt

from filing unless it meets specific **exemption criteria**, such as being a large operating company with more than 20 full-time employees and \$5 million in gross receipts.

You'll need to submit your **BOI report** directly to FinCEN through their online portal at FinCEN's BOI E-Filing System, regardless of your business type in the food or agricultural sector.

Is it different if you have a farm or a food business?

Most agricultural and **food-related businesses** must file a **Beneficial Ownership Information report** with FinCEN, as these enterprises typically operate as registered corporations, LLCs, or other reporting companies.

Farm ownership and food business structures fall under the same **compliance requirements** as other entities.

There aren't special agricultural regulations or exemptions for beneficial ownership reporting unless you're operating as a sole proprietorship or general partnership.

How do I file my BOIC?

Filing a **Beneficial Ownership Information report** requires accessing FinCEN's dedicated **BOI E-Filing System** at boiefiling.fincen.gov.

The filing process includes submitting required documents about company ownership and control.

You'll need to provide accurate information to avoid common mistakes.

While there aren't any filing fees, you must meet **submission deadlines** by January 1, 2025, for existing companies.

Where do I file my BOIC?

The **Beneficial Ownership Information report** must be submitted through FinCEN's

secure **BOI E-Filing System** at boiefiling.fincen.gov.

The online portal provides step-by-step guidance through the submission process and filing requirements.

Before accessing the system, complete your document preparation by gathering required company and beneficial owner information.

The portal includes deadline reminders to help you meet the **January 1, 2025 compliance date**.

When Do I file my BOIC

Starting January 1, 2024, all newly created companies must submit their **BOI report** within 90 days of formation.

For existing businesses formed before 2024, you'll need to meet filing deadlines by January 1, 2025.

Compliance penalties for missing reporting requirements can reach \$10,000 and potential imprisonment.

LLC regulations require accurate **beneficial ownership information** to maintain compliance with FinCEN's rules.

Wrap-up

Don't risk hefty penalties or legal trouble by missing the **BOIC filing deadline**.

You'll need to submit your LLC's **beneficial ownership information** to FinCEN through their online portal before January 1, 2025.

This federal requirement isn't optional - it's designed to prevent financial crimes and increase transparency.

Take action now to guarantee your business remains compliant and avoids potential \$10,000 fines or imprisonment.

Commercial Best Practices

Grow Chico's Remarkable Rise in Local Business Scene



Grow Chico owner Johnny Gray, left, and his son Gage Gray check on the China rose radish and beet microgreens under the grow lights in the businesses indoor growing facility on Nov. 20, 2024 in Chico, California. (Kyra Gottesman/Mercury-Register)

In November 2024, the Chico Enterprise-Record reported on the success of Grow Chico, a local business that has significantly expanded its operations.

The company, which began as a small startup, has grown into a prominent player in the regional market.

This growth is attributed to strategic planning, community engagement, and a commitment to sustainable practices.

The article highlights the company's journey, challenges faced, and future aspirations, emphasizing its role in boosting the local economy and providing employment opportunities.

The success of Grow Chico serves as an inspiration for other small businesses aiming for growth and sustainability.

Source: Chico Enterprise-Record. (2024, November 24). Grow Chico soars on wings and a prayer: It's your business. Chico Enterprise-Record. <https://www.chicoer.com/2024/11/24/grow-chico-soars-on-wings-and-a-prayer-its-your-business/>



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Source: Microgreen Workshop. (2024, November 4). *Microgreens workshop: Maximizing sales through current trends* [Video]. YouTube. <https://youtube.com/watch?v=5PyKcu7GkP4>

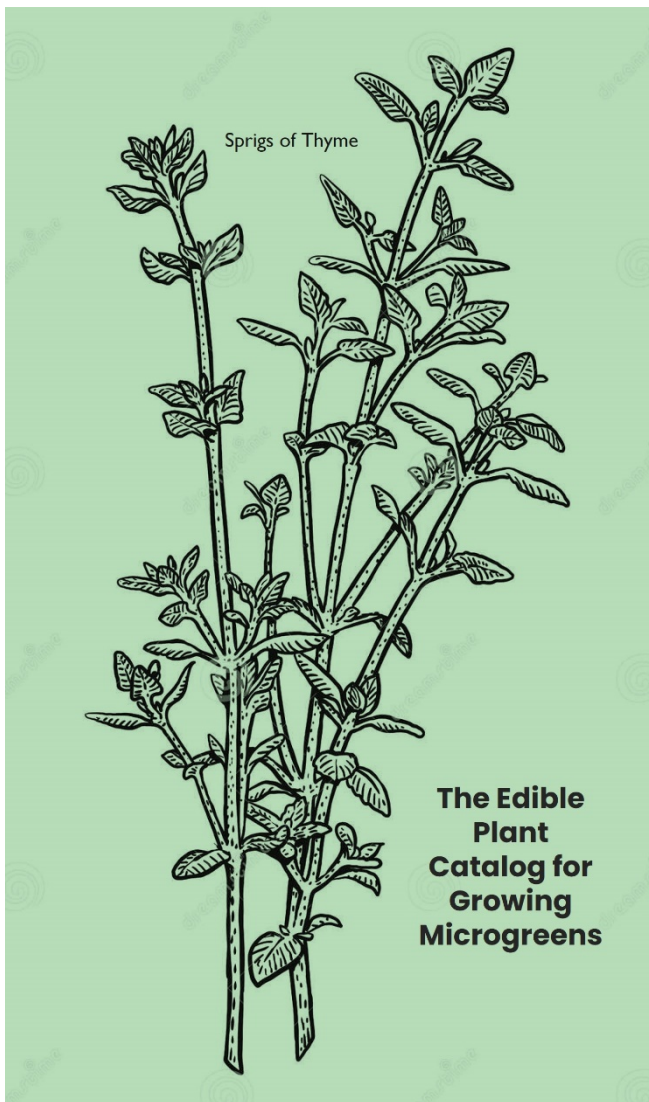


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