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Teacher

Introduction

Microgreens provide an avenue for feeding the growing population with fewer resources and inputs.

Main Reason 1

Microgreens can be cultivated and harvested easily.

Main Reason 2

Microgreens hold 40 times more nutritional content than mature plants of the same species.

Main Reason 3

Microgreens do not have to be farmed, they can even be grown and harvested in an apartment dwelling.

Facts or Examples

- Plants only need to be one to two inches tall.
- 2 Microgreens are mature within 14 days.
- 3 Flavor of the microgreens are more intense, thus a little goes a long way.

Facts or Examples

- Vitamin C, K, and E levels are extremely high in red cabbage, garnet amaranth, and green radish.
- 2 Cilantro microgreens are rich in beta-carotene and lutein.
- Nutrients found in microgreens are essential for eyes, skin, and fighting cancers.

Facts or Examples

- 1 Very few seeds are needed per square inch.
- The seedlings require very little water.
- The seedlings require little direct sunlight or can be grown under fluorescent lights.

Conclusion

Microgreens provide an easy and nutritious avenue for feeding a growing population in 2050.







