

Microgreens Market to Surpass \$2.2 Billion by 2028

High in nutrients, flavor, and versatility, microgreens capture consumer attention

WILMINGTON, NEW CASTLE, DELAWARE, UNITED STATES, June 14, 2024 /EINPresswire.com/ -- [Microgreens Market](#) has seen substantial growth, with a value of \$1.3 billion in 2019 and an estimated projection to reach \$2.2 billion by 2028



According to a new report published by Allied Market Research, titled,

“Microgreens Market,” The microgreens market size was valued at \$1.3 billion in 2019, and is estimated to reach \$2.2 billion by 2028, growing at a CAGR of 11.1% from 2021 to 2028.

For more information, please contact: <https://www.alliedmarketresearch.com/request-sample/9098>

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Allied Market Research

Microgreens are young, tender vegetable greens that are approximately 1-3 inches tall. They are harvested 7-14 days after germination, when they have two fully developed cotyledon leaves.

Microgreens are edible plants that are harvested in the juvenile growth stage. They have a quick crop cycle. They are ready to harvest in around 7 to 14 days, depending on the species and varieties of the microgreens. Microgreens are majorly cultivated in the indoor vertical and greenhouse farming methods as they need intense care

and controlled environment. The favorable temperature for the healthy and desired growth of microgreens is 18 to 24°C and relative humidity (RH) of 40 to 60%; therefore, protected cultivation is majorly used.

Microgreens are tiny vegetable greens that are harvested just after they develop their first set of true leaves, typically within 7-21 days after germination. They are essentially seedlings of vegetables, herbs, and other edible plants. Despite their small size, microgreens are packed with nutrients, sometimes containing more vitamins and minerals than their mature counterparts. They also come in a wide variety of flavors and textures, making them a versatile ingredient for adding flavor and pizzazz to all sorts of dishes.

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□High in nutrients: As mentioned, microgreens are concentrated sources of vitamins, minerals, and antioxidants. Studies have shown that they can contain significantly higher levels of certain nutrients compared to their mature counterparts.

□Variety of flavors and textures: Microgreens come in a wide variety of flavors and textures, from peppery and spicy to sweet and nutty. This makes them a great way to add variety and interest to your meals.

□Easy to grow: Microgreens are relatively easy to grow at home, even if you don't have a lot of space. They can be grown indoors on a windowsill or countertop, and they don't require a lot of light or attention.

□Beautiful and colorful: Microgreens can add a pop of color and beauty to your dishes. They come in a wide variety of colors, including red, pink, green, purple, and yellow.

□If you're looking for a way to boost the nutritional value of your meals and add some flavor and flair, microgreens are a great option.

On the basis of farming, the commercial greenhouse segment is estimated to reach \$642.6 million by 2028, at a CAGR of 9.9%. Growing area under greenhouse farming and rapid adoption of the greenhouse farming for the cultivation of the high valued crops including microgreens are likely to favor the Microgreens Market Growth. Microgreens need specific temperature and humidity for its healthy growth; therefore, greenhouse is suitable farming method for the cultivation of the microgreens.

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- Arugula: Peppery flavor, often used in salads.
- Basil: Sweet and aromatic, good for garnishes and Italian dishes.
- Beet: Earthy flavor, adds color to dishes.
- Broccoli: Mild, cabbage-like taste.
- Cilantro: Bold, citrusy flavor.

- Kale: Mild, slightly sweet.
- Radish: Spicy and crunchy.
- Pea shoots: Sweet and tender.

Microgreens

Microgreens are known for their high nutrient content, often containing higher concentrations of vitamins, minerals, and antioxidants compared to their mature counterparts. For instance, red cabbage microgreens have been found to have 40 times more vitamin E and six times more vitamin C than mature red cabbage.

How to Grow Microgreens

Microgreens can be grown indoors or outdoors, in soil or hydroponically. They are easy to grow and can be harvested in just 7-21 days. Here are some steps to follow:

- **Select Seeds:** Choose seeds specifically labeled for microgreens.
- **Prepare the Growing Medium:** Use a shallow tray filled with a soil mix, coconut coir, or hydroponic pads.
- **Sow Seeds:** Scatter seeds evenly over the surface of the medium.
- **Cover and Mist:** Cover the seeds lightly with soil or another medium and mist them with water.
- **Provide Light:** Place the tray under grow lights or near a sunny window.
- **Water Regularly:** Keep the soil moist but not waterlogged.
- **Harvest:** Microgreens are typically ready to harvest in 7-21 days. Use scissors to cut them just above the soil line.

Uses of Microgreens

Microgreens can be used in a variety of ways, including:

- **Salads:** Adds freshness and flavor.
- **Sandwiches and Wraps:** Provides a nutritional boost.
- **Garnishes:** Enhances visual appeal and taste of dishes.
- **Smoothies:** Increases nutrient density.

Precautions

While microgreens are generally safe to eat, they should be grown and handled properly to avoid contamination. It's essential to use clean water, avoid over-watering, and ensure good air circulation to prevent mold growth.

Microgreens offer a versatile and nutritious addition to any diet, making them a popular choice among chefs and home cooks alike.

Furthermore, government is actively supporting the greenhouse farmers by providing subsidy and technical help, which is expected to increase the area under greenhouse farming. Region wise, Europe was valued at \$415.5 million in 2019, and is expected to reach \$640.3 million by

2028, registering a CAGR of 9.7% from 2021 to 2028. Growing start-ups who deals in production and selling of the microgreens are majorly favoring the growth of the Europe microgreens market during the forecast period. For instance, Infarm, founded in 2013, the Berlin-based startup, has developed vertical farming tech for grocery stores, restaurants, and local distribution centers to bring fresh and artisan produce much closer to the consumer is expanding to Paris.

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- AeroFarms
- Fresh Origins
- Gotham Greens
- Madar Farms
- 2BFresh
- The Chef's Garden Inc.

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