

Special Issue

Ongoing Research on Microgreens: Nutritional Properties, Shelf-life, Sustainable Production, Innovative Growing and Processing Approaches

Message from the Guest Editors

“Microgreens” is a marketing term used to describe young and tender edible seedlings harvested when the cotyledonary leaves have fully developed and the first true leaves emerge (usually 7–21 days after germination). Microgreens are gaining increasing interest as potential functional foods, due to their relevant contents of micronutrients and bioactive compounds. Several research themes need to be explored, e.g., nutritional potential and variability; effects of growing conditions on their nutritional profile; packaging and shelf-life of microgreens marketed on their own growing substrate; nutrient bioaccessibility and bioavailability; sensory profiling. This Special Issue intends to cover the state-of-the-art, recent progress and perspectives related to production, post-harvest, characterization, and potential of microgreens. All types of manuscripts (original research, reviews, short communications, letters to editor, and discussions) are welcome.

Guest Editors

Prof. Dr. Vito Michele Paradiso

Department of Biological and Environmental Sciences and Technologies, Laboratory of Agri-Food Microbiology and Food Technologies, University of Salento, Via Monteroni, I-73100 Lecce, Italy

Dr. Massimiliano Renna

Institute of Sciences of Food Production, National Research Council of Italy, via Amendola 122/O, 70126 Bari, Italy

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MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
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About the Journal

Message from the Editor-in-Chief

Foods (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

Editor-in-Chief

Prof. Dr. Arun K. Bhunia

1. Department of Food Science, Purdue University, West Lafayette, IN, USA
2. Department of Comparative Pathobiology (Courtesy), Purdue University, West Lafayette, IN, USA

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