

Special Issue

Greens—Biofortification for Improved Nutritional Quality

Message from the Guest Editors

Recently, there has been increasing interest in growing greens (sprouts, microgreens and baby leaf vegetables) due to people's awareness of their multiple positive effects on health. The advantages of growing greens are certainly the short growing cycle and very little space for growing. Also, unlike adult vegetables, they have a lower content of phytate, an antinutrient that reduces mineral absorption, and therefore have better bioavailability and show better mineral element absorption. Biofortification is a sustainable and cost-effective strategy for enhancing the nutritional value of crops, including greens. In recent years, a wide range of different agronomic and genetic technologies have been used in vegetable biofortification. Therefore, for this Special Issue, articles (original research papers, perspectives, hypotheses, opinions, reviews, modelling approaches and methods) that focus on sprouts, microgreens, and baby leaf vegetables biofortification are welcomed for publication.

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Message from the Editor-in-Chief

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