

## Special Issue

# Progress in Fermented and Germinated Grain and Legume Products

### Message from the Guest Editors

Grains and legumes are essential food materials and excellent sources of multiple nutrients. With growing health awareness, consumers increasingly prefer natural foods, emphasizing health, sensory, and nutritional quality; hence, a greater understanding of how processing alters the quality of natural food materials is required. Fermentation and germination, traditional biotechnological processes, can significantly enhance the sensory attributes, nutritional value, digestibility, and bioactivity of cereal and legume products. Microorganisms and enzymes are the core driving forces of these processes. Therefore, understanding their interactions and impact on product quality is a significant topic in food science. This Special Issue focuses on the study of fermentation and germination applied to grain and legume products. Studies on improving product quality, evaluating health effects, investigating microbial interactions, conducting omics analyses, and identifying key enzymes are of interest. Contributions on innovative analytical methods, techniques, and studies of nutritionally important components are also welcome.

### Guest Editors

Dr. Yufeng He

Dr. Guangsu Zhu

Prof. Dr. Cornelia Witthöft

Dr. Mohammed Hefni

### Deadline for manuscript submissions

30 May 2026



## Foods

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### 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.

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### Editor-in-Chief

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