

Special Issue

Germinated Seeds and Microgreens: Nutrient Composition, Production, Processing, Fortification, Sustainability, and Health Benefits

Message from the Guest Editors

Germinated seeds and microgreens have emerged as compelling subjects of research, captivating the attention of scientists, nutritionists, and culinary enthusiasts alike. The rise of germinated seeds and microgreens reflects a growing awareness of the importance of nutrition in promoting overall health and well-being. These miniature powerhouses not only add a burst of flavor and visual appeal to dishes but also offer a concentrated source of essential nutrients. As we continue to explore and incorporate microgreens and germinated seeds into our diets, we tap into a rich tradition that aligns with both culinary excellence and nutritional wisdom.

This Special Issue seeks to gather innovative and high-quality contributions that delve into various aspects, including nutrient composition, production methodologies, processing techniques, fortification strategies, sustainability, environmental concerns, dietary evaluation, technological innovation, economic viability and market trends, consumer perception and acceptance, and the health benefits associated with germinated seeds and microgreens.

Guest Editors

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Deadline for manuscript submissions

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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

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