

Special Issue

Sprouts and Microgreens: Phytochemicals, Health Benefits and Safety

Message from the Guest Editor

Consumption of vegetables and herbs in the juvenile stage has become widely popular in the last couple of years. This is because they are easy to grow, provide a unique taste and present an economical way to get fresh vegetables on a daily basis. In general, we can recognize sprouts that grow for 2–7 days, and microgreens which are characterized by their first true leaves that occur within 7–21 days after sowing. This Special Issue will focus on the latest findings related to vegetables and herbs sprout and microgreen phytochemicals, health benefits and safety. It will include papers dealing with new findings about the presence of growing and genetic, as well as environmental, factors, which may influence the level of health-promoting compounds. The use of modern omics tools will be highly appreciated. Papers on in vitro and in vivo biological activity and the potential health benefits of extracts or compounds isolated from sprouts or microgreens are also welcome, as well as papers dealing with their safety for human consumption. This Special Issue will include original research articles, reviews, and short communications.

Guest Editor

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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.

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