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Edible Plant Sprouts: Safety in Production and Quality Control

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Message from the Guest Editor

Edible plant sprouts, the production of which involves soaking seeds, nuts, legumes, or grains for several hours, have received much attention due to their abundance, good bioavailability, and health benefits for humans. The germination process is short, from hours to days, but its regulation (light, temperature, additions etc.) greatly affects the nutritional value of plant food. The health-promoting compounds in sprouts, such as flavonoids and anthocyanins, have been the focus of much recent attention, but how to increase the biosynthesis of these compounds and how to evaluate their real function in human health remain to be elucidated deeply.

This Special Issue will focus on the latest findings related to the regulation of the production and quality of edible plant sprouts. Papers on *in vitro* and *in vivo* biological activity and the potential health benefits of extracts or compounds isolated from sprouts 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.



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Special Issue



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Message from the Editor-in-Chief

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