

A Short Literature on Microgreens: Understanding their nature and Current Research

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ABSTRACT

Microgreens are immature greens that are harvested early which hold rewarding properties. They are considered to be rich in micronutrient composition and their phytochemical composition. A recent boom in the research on microgreens intrigued the need for research in their composition and the upcoming research. The review article was conducted with the help of literature sources – Google Scholar and PubMed. The article comprises of the comprehensive review of the ongoing and current research involved with regards to microgreens and their potential.

KEYWORDS: *Microgreens, nutrient composition, antioxidant, micronutrients*