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Original scientific paper

Microgreens as a functional food

Abstract

Among functional foods, microgreens of different vegetables, aromatic herbs and grains are highlighted as a source of polyphenols, vitamins and minerals. Their consumption has a positive effect on human health. Microgreens are consumed raw, in the cotyledon phase with not fully developed first real leaves, therefore there is no nutrient loss during thermal processing. Nutritionists recommend the microgreens due to a higher content of vitamins and minerals, i.e. lower content of nitrates, compared to mature plants. This paper provides an overview about the selection of species, nutritional value, production technology and use of microgreens according to the recent studies.

Keywords: *vegetables, production, minerals, vitamins*



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Obiteljski smo obrt i primarno se bavimo uzgojem mikropovrća te u stalnoj ponudi imamo: brokulu, gorušicu, rukolu, suncokret, zelje crveno, grašak, rotvicu crvenu, pšeničnu travu.

U ponudi imamo piru, vrtanu krešu i lan, ali samo po narudžbi uz rok isporuke od 10 dana.

Naše mikropovrće sijano je sa organskim sjemenom u organski supstrat bez ikakvih dodataka ili kemijskog tretiranja te je u potpunosti ekološko.