

**Cultivation and Nutritional Profiling of Selected Varieties  
of Microgreens and their Acceptability in  
Incorporated Recipes**

*By*

**Vineetha Antony**  
**(Reg.No. 19PHFDP003)**

*Supervisor*

**Dr.R.Radha**

**A Thesis Submitted to  
Avinashilingam Institute for Home Science and  
Higher Education for Women  
Coimbatore – 641 043**

**In Partial Fulfilment of the Requirements for the Degree of  
Doctor of Philosophy in Food Service Management and Dietetics**

**July 2023**

## **Recommendations**

- In the current study, nutrient profile of only a selected six varieties of microgreens was analysed. There are so many under utilized microgreens for which the nutrient profile can be analysed. The nutrient profile of other microgreens, when analyzed can be used as a reference.
- In the study three different soil medium were used for cultivation of microgreens. The cultivation can also be trialled in soil less medium such as hydroponics and the outcome can be compared.
- The shelf life of microgreens are less compared to matured regular greens. Hence research on possible pre and post harvest treatments can be performed, in order to increase the shelf life of microgreens.
- In connection to the nutrient and phytochemical profile of the microgreens, its use as functional food / therapeutic food can be identified.
- New novel packaging and storing techniques for microgreens can further be explored to enhance its shelf life post harvest.
- Nano encapsulation studies using different varieties of microgreens can be conducted.