

‘Microgreen metamorphosis: the art and science of microgreens’

Microgreens, the young vegetable greens that are typically harvested at 1-3 inches in height, have gained considerable popularity in recent years. These are a powerful addition to the agricultural and culinary world, offering a combination of high nutritional value, health benefits, culinary versatility and sustainable growing practices. On 26 July 2024, the PG Department of Botany, KAHM Unity Women’s College, organized an informative and practical workshop on ‘Microgreen metamorphosis: the art and science of microgreens’, aimed to enhance the students' knowledge and hands-on experience with cultivating microgreens, a trending topic in sustainable agriculture and nutrition.

The first session of the event provided valuable insights into the cultivation and benefits of microgreens. Deepa P., Assistant Professor (Adhoc), PG Department of Botany, effectively covered essential topics, equipping participants with the knowledge needed to grow, manage and utilize microgreens efficiently. The session underscored the importance of microgreens in modern agriculture and nutrition, highlighting their potential to contribute to healthier diets and sustainable farming practices. During the hands-on session, students sowed microgreen seeds and monitored their growth for one week. After a period of growth, the microgreens were ready for harvest. Students actively participated in the harvesting process, learning the proper techniques to ensure maximum yield and quality. Once harvested, the microgreens packaged by the students and distributed to various college staff members including administrative and support staff.

The workshop coordinated by Deepa P. and Sana V. from the PG Department of Botany, was a notable success which provided students with practical skills and knowledge on microgreen cultivation, and highlighted the importance of sustainable agricultural practices within the college community. The event not only educated participants about the cultivation process but also highlighted the broader implications of sustainable farming for the college community and beyond.





