

KŪPONO ACRES

ABOUT MICROGREENS

Microgreens, a younger version of their full-grown counterpart, are popularly known for their culinary use by adding a visual, textural, and flavor enhancement to various dishes. Microgreens however have a deeper, untapped benefit. Despite their small size, research has confirmed that microgreens contain much higher levels of vitamins, minerals, and antioxidants relative to their fully-fledged counterparts. By weight, microgreens contain on average up to 40x the overall nutritional value of their mature plant and sometimes significantly higher when measuring individual nutrients. Microgreens are tiny powerhouses full of highly concentrated nutrients and without having to add a whole lot of greens to your diet it's a great way to support your ongoing health.

Did you know that microgreens are also more sustainable? Microgreens require far less inputs when compared to its mature version minimizing their overall environmental impact. If grown properly, microgreens are free of pesticides, fungicides, synthetic fertilizers, and heavy metals making it an exceptionally clean and sustainable food source for all to enjoy.

We here at Kūpono Acres promise that we will continue to strive to provide our community with more honest, clean, and sustainable nutrients per capita, in turn allowing our customers to eat healthier and more efficiently than ever before.

Plant Stage	Sprouts	Microgreens	Mature Greens/Veggies
Food Safety	<ul style="list-style-type: none"> * 25% of produce outbreaks while only making up a minuscule share of total produce consumed * CDC and FDA both recommend avoiding consuming raw sprouts * Cooking highly recommended as a pathogen kill step, ultimately losing nutritional value 	<ul style="list-style-type: none"> * No known microgreen produce outbreaks causing fatalities * Extremely food safe due to its feasibility to be cultivated in a highly controlled environment * Kūpono Acres uses a bottom watering technique which further mitigates against possible produce contamination if contaminated water were to come in contact with the edible portions of a crop 	<ul style="list-style-type: none"> * Mature greens contribute to another 25% of produce outbreaks (ex. E. Coli, Rat Lungworm, Salmonella) due to uncontrolled environmental exposure to birds, wildlife, rodents, and other pests (slugs & snails, etc.) * Extended grow periods play a factor in food safety risk susceptibility
Nutrition	<ul style="list-style-type: none"> * Relatively high in amino acids, however sprouts tend to lack a full spectrum of vitamins and minerals that develop in later plant growth stages 	<ul style="list-style-type: none"> * The microgreen into the petite green plant stage contains a full spectrum of vitamins and minerals in the highest concentrations of any of the plant stages, ultimately providing the consumer with the optimum nutrition available * Low in Oxalic Acid relative to mature versions 	<ul style="list-style-type: none"> * Contains a full spectrum of vitamins and minerals, but not nearly as concentrated as microgreens * Vitamins and minerals dilute and disperse throughout the plant in order to support plant growth
Flavor/ Palatability	<ul style="list-style-type: none"> * Lack of flavor due to early plant growth stage and absence of light period which inhibits metabolic processes and chlorophyll development 	<ul style="list-style-type: none"> * Although flavorful, microgreens are also the most palatable, tender, and mild of any of the plant growth stages * Microgreens are easily consumed raw allowing consumers to retain all of its nutritional value 	<ul style="list-style-type: none"> * Often, mature greens and veggies lack palatability, tenderness, and mildness requiring consumers to cook, ultimately losing nutritional value
Chemicals Pesticides Fertilizers	<ul style="list-style-type: none"> * Extremely high usage of disinfectants and fungicides * Water must be monitored frequently due to the high possibility of contamination 	<ul style="list-style-type: none"> * Our microgreens contain zero pesticides due to cultivation in a highly controlled environment in conjunction with a short grow period * If needed only low amounts of organic fertilizer is added due to short grow period (14 day avg.) 	<ul style="list-style-type: none"> * High pesticide, fungicide, and synthetic fertilizer usage due to industrial farming practices (monoculture farming system) and extended grow periods (75 day avg.)

