



## Frequently Asked Questions (FAQs)

### Everything You Wanted to Know, Honestly

#### 1. Are microgreens expensive?

**Answer:** Microgreens might seem expensive at first because they are grown in small batches, require careful handling, and are harvested at peak nutrition. However, just a handful packs a big punch nutritionally and flavor-wise — so you use **less quantity for more benefit**. Think of them as a **nutrient-dense garnish**, not a full meal replacement.

#### 2. Are microgreens only for rich people or elite diets?

**Answer:** Not at all. Microgreens are for **anyone who wants to add health and taste** to their meals. While they were once seen in gourmet restaurants, today they are being grown at home, in urban farms, and are increasingly accessible. You can even **grow them on your windowsill!** It is only that you do not have that time, knowledge, and patience – so we produce them for you. Microgreens are now becoming part of every platter in every house. You do not need to visit an elite restaurant to enjoy the taste and nutrition of Microgreens – we will do it for you!

#### 3. Why should I eat microgreens?

**Answer:** Microgreens are **nutrient-dense**, contain **concentrated vitamins, minerals, and antioxidants**, and add **fresh taste** to food. Depending on the variety, they can support immunity, digestion, eye health, heart health, and more. Plus, they are **easy to digest and pesticide-free** (especially if locally grown).



– as we do). Be aware that Microgreens are not medicines. These are to be used as part of a regular diet, as supplements.

#### 4. But I already eat sprouts. Why do I need microgreens?

**Answer:** Great! Sprouts and microgreens are **cousins**, but different. Sprouts are germinated seeds eaten whole (including the seed), usually within 2-3 days. Microgreens are **grown for 7–14 days**, have **photosynthesized leaves**, and offer a **different set of nutrients and flavor**. **You do not have to choose — both can be included** in your diet.

#### 5. Are you asking me to replace all vegetables with microgreens?

**Answer:** No, not at all. Microgreens are **supplements to your diet**, not substitutes. Keep eating your vegetables, fruits, whole grains, fats, carbohydrates, and proteins. Microgreens simply **boost your meals** with extra flavor, freshness, and nutrients.

#### 6. Are microgreens equivalent to medicines?

**Answer:** Microgreens are **not medicines**, and they do not claim to cure diseases. But food is powerful. These tiny greens offer **supportive nutrition** and may help reduce risk factors for certain illnesses — **when combined with an overall healthy lifestyle**.



**7. Someone told me if I eat microgreens I will not get cancer — is that true?**

**Answer:** That is a **myth and an overstatement**. While some microgreens (like broccoli or red cabbage) contain **cancer-fighting compounds** like sulforaphane or antioxidants, **they do not guarantee prevention or cure**. Think of them as part of your preventive wellness toolbox — not a magic bullet.

**8. Can microgreens control BP or diabetes without medication?**

**Answer:** Microgreens can **support heart health and blood sugar control** because of their fiber, potassium, and antioxidant content. But they are **not a replacement for prescribed medications**. They work best **as part of a healthy diet**, under your doctor's or dietitian's guidance.

**9. Do I have to eat them raw?**

**Answer:** Mostly yes — microgreens are best eaten **raw** to preserve their nutrients. You can add them to **salads, sandwiches, smoothies, soups (as garnish), parathas, chillas, or wraps**. Light wilting is okay but avoid overcooking. Write to us for recipes for your favourite Microgreens.

**10. Can children and the elderly eat microgreens?**

**Answer:** Absolutely. In fact, they are **great for all age groups** — soft, easy to chew, and full of nutrients. Just start small and check for any food allergies, especially with strong-tasting varieties like mustard or radish.



### 11. What do microgreens taste like?

**Answer:** Each variety has its own flavor — some are **peppery** (like radish), others **mild and nutty** (like sunflower), or even **sweet and earthy** (like beet). They can be fun to experiment with! Ask for our 'Byte-size packs of your favourite Microgreens'!

### 12. How do I store them? Will they not spoil quickly?

**Answer:** Since they are fresh and chemical-free, microgreens **have a shelf life of about 5–7 days** if kept in the refrigerator in a breathable container. Use them quickly — they are at their best when fresh.

### 13. Can I grow microgreens at home?

**Answer:** Yes! Many people do. All you need is **seeds, soil/cocopeat, a shallow tray, sunlight or a grow light, and water**. We can even help you with a starter kit or guide. Ask for our Training Services on Microgreens. You will need to be clear with your objective – do you want to grow these for fun, or for education, or for experiments, or as a business? We will guide you accordingly.

### 14. How much microgreens should I eat daily?

**Answer:** Even a **small handful (15–30g)** a day is enough to reap benefits. Add them to one or two meals a day — no need to go overboard. Skipping them for a day or two will not hurt you. Also, there are so many of them that you can pick and choose, draw your own calendars to keep variety in your taste and diet. Ask us more!



**15. Are they organic? Are you using any chemicals?**

**Answer:** Our microgreens are grown **without any pesticides or chemicals** — usually just with soil, water, and light. We follow **clean, hygienic, and natural practices** to ensure quality and safety. As our business confidentiality we will not be able to have you on our premises, but we are happy to share photos and videos from our own setup.

**16. Can microgreens be used in Indian cooking?**

**Answer:** Yes! You can mix them into **dal, upma, poha, raita, sandwiches, rotis**, or use them as toppings on **chaats, curries, or pulao**. They blend beautifully into Indian cuisine. Ask us for recipes or ask our Top of the Range Chaat Loaded with Microgreens – delivered to your doorsteps!

**17. Do they cause gas or stomach issues like sprouts sometimes do?**

**Answer:** Usually not. Microgreens are **gentler on digestion** because they are leafy, not seed-heavy like sprouts. But everyone's body is different — start with a small amount. Consult the doctor if you need to. We will be happy to guide you.

**18. Are microgreens safe during pregnancy?**

**Answer:** If they are grown hygienically (we assured this) and consumed fresh (the consumer will assure this), they can be a **great addition to a pregnancy diet**. But like any raw food, they must be **washed well**, and it is best to **consult a doctor or dietitian** for individual guidance.



**19. Can I try before I buy?**

**Answer:** Absolutely! We often offer **tasting boxes, starter kits, or trial subscriptions** — so you can explore different varieties and see how they fit your lifestyle.

**20. I do not know how to use them — will you guide me?**

**Answer:** Yes! When you buy from us, you also get **simple usage guides, recipes, storage tips**, and even videos. Our goal is not just to sell but to **help you build a healthy habit**.

**Microgreens for Personal Resilience**

**because Resilient People make Resilient Organisations  
that make Resilient Communities, and the Resilient Planet!**

**Write to us today:**

