

## Some Research Paper References

### 1. Nutritional Value of Microgreens

- **“Microgreens: Functional Food for Nutrition and Dietary Diversification”** – Plants (Basel), 2025. Discusses nutrient density and dietary diversification potential of microgreens.
- **“A Comprehensive Review on Microgreens: Nutritional Value, Cultivation, Health Benefits, and Future Perspectives”** – IJABR, 2025.

### 2. Phytochemical Composition & Bioactive Molecules

- **“Microgreens—A Comprehensive Review of Bioactive Molecules and Health Benefits”** – Molecules, 2023. Focuses on phytochemicals, antioxidants, and bioactive compounds.
- **“Microgreens for Nutritional Resilience: A Comprehensive Review”** – Int. J. Res. Agronomy, 2025.

### 3. Antimicrobial & Antibacterial Properties

- **“Antibacterial Activities of Microgreens and Mature Extract of Kale and Red Spinach Against Selected Pathogenic Bacteria”** – East African Scholars J Agri Life Sci, 2020.
- **“Microgreens—Bioactive Molecules and Health Benefits”** – Molecules, 2023 (also covers antimicrobial potential).

### 4. Shelf-Life & Drying Methods

- **“Interventions for Shelf-Life Extension and Quality Retention of Microgreens”** – Springer, 2026.
- **“Ongoing Research on Microgreens: Nutritional Properties, Shelf-Life, Sustainable Production, Innovative Growing and Processing Approaches”** – Foods, 2020.
- **“Impact of Drying Methods on Nutrient Retention in Fenugreek Microgreens”** – IJSRD, 2025.

### 5. Phyto-Infused Oils & Functional Benefits

- **“Harnessing the Benefits of Seed Oils: A Comprehensive Study on Their Role in Functional Foods”** – AMB Express, 2025.
- **“Venifixe: Phytovanoactive Topical Infused Oil for Healing and Preventing Epidermal and Venous Ailments”** – Int. J. Res. Med Sci, 2024.
- **“Comparative Evaluation of Phytochemical, Nutritional, In Vitro Properties of Cold-Pressed Vegetable Oils”** – Nature, 2025.