

# Broccoli Sprouts (aka microgreens) the Healthiest Vegetable You Can Eat

(source: <https://www.fieldworknutrition.com/blogs/field-blog/broccoli-sprouts-aka-microgreens-the-healthiest-vegetable-you-can-eat>)

We all know how healthy cruciferous vegetables like broccoli and kale are, right? We love them so much we've turned them into t-shirts (and counter / protest t-shirts for that matter). But what if I were to tell you that there was a food that had between 10 to 100 times the nutrient value of broccoli? Well in fact, when it comes to microgreens, this is exactly the case. One of the primary benefits of eating broccoli is its concentration of a known cancer-fighting compound called sulforaphane, and a 1997 study confirmed that in broccoli sprouts just 3 days old, concentration of this compound could be found in amounts of 10 to 100 times that of the full grown adult plant. And it's not just cancer-fighting, sulforaphane has plenty of other known benefits, too.

If we've got your attention, keep reading.

So what exactly are microgreens? With so many different types of vegetables at your local grocer or farmer's market, it is possible that you have completely overlooked them (they are small, after all). You may have seen them at a local farm to table style restaurant, garnishing your beet and burrata salad, or sprinkled on top of your mahi mahi ceviche. The simplest comparison we can

make that most of us will be familiar with are alfalfa sprouts - yet they can be found for all kinds of vegetables, in all kinds of colors, from kale to broccoli to cilantro to cabbage. Note, they are not broccolini, another, but not "micro" variation of broccoli.

So what are some of the other health benefits of micro broccoli? One study that got our attention as athletes linked the consumption of sulforaphane, again, found in high concentrations in broccoli sprouts, to reduced oxidative stress in the upper airways of humans. This could have some very positive effects for people who suffer from asthma, or those of us who are pushing our bodies during exercise on a regular basis. Increased exercise intensity and duration increases oxidative stress, and any aerobic exercise requires optimum oxygen exchange in the lungs. So anything we can eat or do to reduce oxidative stress and enable better oxygen consumption and delivery to working muscles is definitely worth noting.

Other benefits that have been directly associated with sulforaphane via clinical research are its positive effects on fighting cancer stem cells, as well as positive effects in regulating blood glucose, which could have significant and positive implications for type II diabetics.

Not sold yet? As self-proclaimed advocates for raising awareness of some of the perils surrounding our food system, microgreens have been demonstrated to be a great, nutritionally dense and resource conserving alternative to growing "traditional" vegetables to feed our ever growing global population. We can get behind that.

So what do you do with them? Well, as a smoothie company, we recommend tossing a small handful into your smoothie every day. This is an incredibly convenient way to consume microgreens like micro broccoli sprouts without having to whip up a gourmet concoction. But we've found an almost endless use for

them. Their subtle flavor and soft texture make them the perfect garnish for just about anything. They can mix into any salad seamlessly, adding a nutritional benefit you'll hardly even notice.

You can find microgreens at many grocery stores nowadays, and definitely at place like Whole Foods, Lazy Acres, and likely whatever your local organic grocer is. You can probably find them at your local farmer's market, too. If you really get into eating them, the most cost-effective way to keep them on hand is to grow them yourself. We haven't tried this yet, but figure it can't be too hard. They grow quickly and require very little space.

Give them a try, and if you do add them to your smoothie, and see what you think!

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