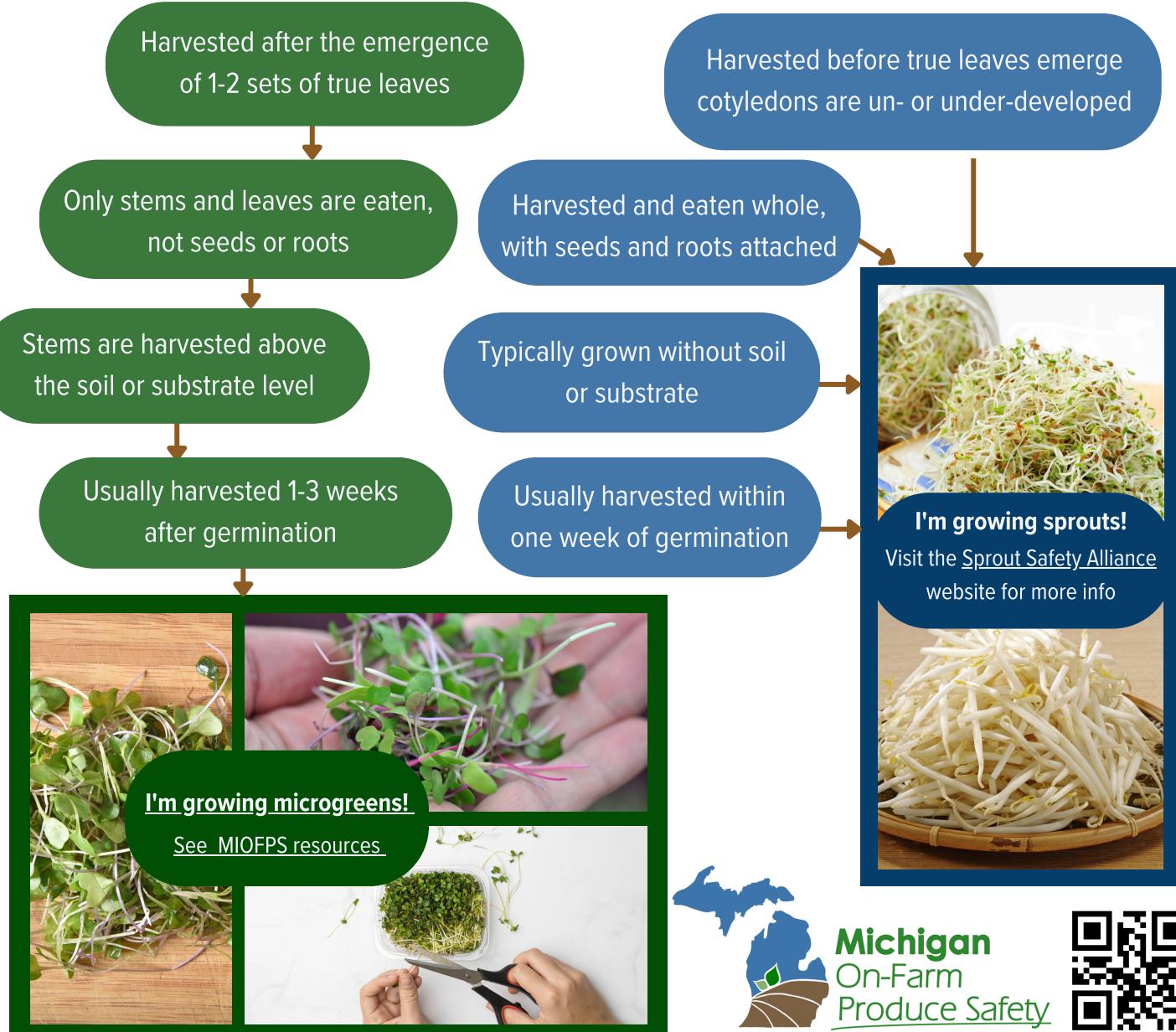


Produce Safety Fast Facts:

SPROUTS or MICROGREENS?

Sprouts and microgreens share many similarities. Both feature a large surface area, high moisture and dense nutrient content, are often grown indoors in a warm, moist environment, and are generally hand-harvested at a young stage. Both are also regulated by the [FSMA Produce Safety Rule](#). Sprouts, however, have additional [food safety](#) and [state licensing](#) requirements.



[Michigan Produce Safety Technicians](#) are ready to help you meet your on-farm produce safety goals.



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