

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.

Harvested after the emergence of 1-2 sets of true leaves

Only stems and leaves are eaten, not seeds or roots

Stems are harvested above the soil or substrate level

Usually harvested 1-3 weeks after germination

Harvested before true leaves emerge  
cotyledons are un- or under-developed

Harvested and eaten whole, with seeds and roots attached

Typically grown without soil or substrate

Usually harvested within one week of germination



**I'm growing sprouts!**

Visit the [Sprout Safety Alliance](#) website for more info



**I'm growing microgreens!**

See [MIOFPS resources](#)



**Michigan**  
On-Farm  
Produce Safety



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