

UNS Vertical Farms Dubai unveils over 45 varieties of microgreens

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Rich in antioxidants, vitamins, and vital micronutrients, microgreens are renowned for their ability to reduce inflammation, support weight management, and lower the risk of chronic diseases. Microgreens are also a versatile ingredient, bringing flavour, colour, and nutrition to salads, soups, curries, dips, and more.

Speaking about the company's mission, Mehram Murtaza, Executive Director of UNS Vertical Farms, said "Microgreens are a promising addition to a healthy lifestyle. At UNS, we cultivate over 45 varieties of microgreens using sustainable vertical farming practices in the heart of Dubai. Our dedication to freshness ensures that our microgreens are harvested and delivered within 48 hours, offering a superior product full of nutrients and flavour. These tiny greens are taking UAE by storm and are not just health boosters—they're culinary stars that enhance any dish with vibrant colours, unique flavours, and unmatched freshness."

As the world increasingly embraces the health benefits of microgreens, UNS Vertical Farms stands at the forefront of this green revolution, offering one of the most diverse selections of sustainably grown microgreens in the UAE. Located in Al Quoz, Dubai, UNS Vertical Farms, a division of Speedex Group and a pioneer in vertical farming in the UAE

since 2018 provides fresh, nutrient-packed microgreens that elevate meals into nutritional powerhouses while promoting sustainable agriculture.

Packed with antioxidants, vitamins, and essential micronutrients, microgreens are celebrated for their potential to fight inflammation, combat obesity, and even reduce the risk of chronic diseases. Studies particularly highlight the antioxidant properties of microgreens from the Brassicaceae family such as broccoli, cabbage, arugula, and radish for their ability to support weight management, cholesterol reduction, and improved overall health and are highly recommended by Doctors and nutritionists.