



DUCKWEEDS: SUSTAINABLE NOVEL FOODS

Dóra Szepesi-Bencsik, Ádám Lőrincz, Eszter Trenyik, Balázs P. Szabó

Department of Food Engineering, Faculty of Engineering, University of Szeged, Moszkvai krt. 5-7,
H-6725 Szeged, Hungary
e-mail: bencsikd@mk.u-szeged.hu

ABSTRACT

The overpopulation of our planet and the excessive use of resources are causing an increasing problem. The population's need for protein is classically met from animal sources (meat, milk, eggs, fish) and from arable crops (soy, peas, chickpeas, etc.). The amount of agricultural land available on Earth is limited, so it is necessary to open up to new possibilities.

As of December 2021, 2 species of water millet, *Wolffia arrhiza* and *Wolffia globosa*, have been included in the range of new foods. In addition to these, widely known duckweed species such as *Lemna gibba* or *Lemna minor* are candidates for this status. Lentils have outstanding content values, the protein content of the dried plants is between 20-30%, and their fatty acid composition is also excellent. They can be grown easily and quickly without soil.

These plants are not unknown in the folk diet, they have been consumed for a long time in some Southeast Asian countries, but in the Western world they were not considered as potential food until now.

Keywords: sustainability, duckweed, Wolffia, Lemna