

90% adults fall short of eating their daily recommended vegetables. Could gene-edited salad greens make a difference?

A food and agriculture startup called Pairwise developed CRISPR-edited vegetables to make them more palatable. They created a breed of mustard greens (*Brassica juncea*) that had reduced pungency compared to non-edited mustard greens.

The product's goal is to increase palatability, thus [increasing the consumption](#) of vegetables. According to the CDC, 9 of 10 adults do not meet the recommended daily intake of fruits and vegetables, which are crucial to get fiber, vitamins, minerals, and other antioxidant compounds.

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Here are some ways CRISPR can be used in food editing...

- Improved nutritional content. Foods' nutrition composition can be improved by using CRISPR. For example, scientists can modify genes responsible for nutrient synthesis, bioavailability, or allergenicity to develop crops with higher vitamin or mineral content or reduced allergenic properties.
- Extended shelf life. By targeting genes associated with fruit ripening and decay, CRISPR can potentially extend the shelf life of perishable crops. This could reduce food waste and improve the availability of fresh produce.
- Flavor and quality enhancement. CRISPR can be employed to modify genes that impact the flavor, texture, and quality of crops.

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