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Indoor Growing Is Trendy

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Hold on to your LEDs—indoor farming is trendy. That's according to the Top 10 Food Trends for 2022 from Whole Foods, which releases a list every year chosen by its expert Trends Council members.

The report's No. 1 trend is Ultraurban Farming, which begins by talking about the company's partnership with Gotham Greens to create a rooftop greenhouse on its Brooklyn store. The trend mentions Bowery, AeroFarms, Plenty, Gotham Greens and more.

What else is trending? Apparently sunflower seeds, something called moringa, mocktails, and turmeric, among others. Whole Foods also for the first time is offering a Discovery Box of 10 products that highlight

each of their 10 trends. For \$30, purchasers can receive a box and test out the new trends. You can find all the trends at [wholefoodsmarket.com/trends/top-food-trends-2022](https://www.wholefoodsmarket.com/trends/top-food-trends-2022). **IG**