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Pedro Humberto Castro is a Plant Molecular Biologist. After finishing his BSc degree in Applied Biology and specializing in Plant Molecular Physiology, PHC started his PhD studies (Univ. Minho, PT; Univ. Malaga, ES) to understand molecular mechanisms involved in the regulation of nutrient homeostasis and to enhance crop resilience to climate change. After finishing his PhD degree, PHC was an invited assistant professor at the Univ. Minho. In 2015, PHC moved to Univ. Copenhagen (DK), where he was involved in ground-breaking discoveries that unraveled how plants perceive and regulate the micronutrient zinc. Presently, PHC is a researcher at BIOPOLIS-CIBIO, Univ. Porto, where he studies plant iodine biofortification mechanisms and genetic strategies to counteract environmental stress conditions.