

5 Delicious Indian Vegetables - Kitchen Garden Pack



This plantscapping pack contains 7 items worth Rs 1490

Rating: Not Rated Yet

Price

Sales price R 893

Discount R 597

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Description Why we created this pack ?This garden kit contains 5 Delicious Indian Vegetable Seeds + 5 pots (8 inch) + Nutrient rich ready to use soil.

Healthy Vegetables have long been held a holistic place in our well being.

From ancient times, and today, we are dependent upon Vegetables to purify our body, mind, and soul!

Vegetables are low in calories and fats but contain good amounts of vitamins and minerals.

All the vegetables are rich sources of calcium, magnesium, potassium, iron, beta-carotene, vitamin B-complex, vitamin-C, vitamin-A, and vitamin K.

This pack contains following items

Plants / Seeds

#	Item Name	Price	Qty	
1	Brinjal F1 Hybrid Green Long - Seeds	R 105	1	detail
2	Chilli F1 Jwala Pariksha - Seeds	R 105	1	detail
3	Cucumber F1 Hybrid Sultan - Seeds	R 105	1	detail
4	Gwar Phali F1 Hybrid, Cluster Beans - Seeds	R 105	1	detail
5	Spring Cut Bunching Onion - Seeds	R 115	1	detail

Garden Accessories

#	Item Name	Price	Qty	
1	Nutrient rich soil ready to use soil - 10 Kg	R 649	1	detail
2	8inch Round Plastic Pot (Black) - Pack of Five	R 306	1	detail

Package Summary

Total cost of items: R 1490

Total number of items in pack : 7

How its useful for you ? 1. Vegetables contain unique anti-oxidants, essential oils, vitamins, which help equip our body to fight against germs, toxins and to boost immunity level.

2. Vegetables are, in fact, medicines in smaller dosages.

3. Many unique compounds in the healthy Vegetables have been found to reduce blood sugar levels in diabetics

4. Studies have shown that certain compounds in Vegetables can bring significant reduction in total cholesterol and in blood pressure, and thereby, helps cut down coronary artery disease and stroke risk.

5. Antioxidants in vegetables has been found to have anti-inflammatory properties.

6. Thus, it is thought to be effective in preventing or at-least delaying the onset of various diseases.

7. The chemical compounds in the vegetables have been found to be deodorant, digestive, antiseptic, fat and weight loss action, stimulant actions when taken in appropriate dosage.

8. Some Vegetables and plant parts are increasingly been used as popular flavor drinks.