

5 Fresh Vegetables For Salad - Kitchen Garden Pack



This plantscapping pack contains 7 items worth Rs 1480

Rating: Not Rated Yet

Price

Sales price R 887

Discount R 593

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Description Why we created this pack ?This garden kit contains 5 Fresh Vegetables For Salad Seeds +5 pots (8 inch) + Nutrient rich ready to use soil.

The nutrients in vegetables are vital for health and maintenance of your body.

Eating a diet rich in vegetables may reduce risk for stroke, cancer, heart diseases and type-2 diabetes.

One to four cups of vegetables are recommended each day, depending on how many calories you need.

This pack contains following items

Plants / Seeds

#	Item Name	Price	Qty	
1	Carrot Selection Red - Seeds	R 105	1	detail
2	Cucumber F1 Hybrid Sultan - Seeds	R 105	1	detail
3	Onion Improved Dark Red - Seeds	R 105	1	detail
4	Radish F1 Hybrid - Seeds	R 105	1	detail
5	Tomato F1 Hybrid Sachriya - Seeds	R 105	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 (R 306 1 [detail](#)
Black) - Pack of Five

Package Summary

Total cost of items: R 1480

Total number of items in pack : 7

How its useful for you ?1.Vegetables are low in calories and fats but contain good amounts of vitamins and minerals.

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

3.As in fruits, vegetables too are home for many antioxidants.

4.These health benefiting phyto-chemical compounds help protect the human body from oxidant stress, diseases, and cancers, and help the body develop the capacity to fight against diseases by boosting immunity.

5.Additionally, vegetables add sufficient fiber offers protection from conditions like chronic constipation, hemorrhoids, colon cancer, irritable bowel syndrome, and rectal fissures.