

## 5 Most Nutritious Vegetables - 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 Most Nutritious Vegetable Seeds +5 pots (8 inch) + Nutrient rich ready to use soil.

- 1.The nutrients in vegetables are vital for health and maintenance of your body.
- 2.Eating a diet rich in vegetables may reduce risk for stroke, cancer, heart diseases and type-2 diabetes.
- 3.One to four cups of vegetables are recommended each day, depending on how many calories you need.
- 4.To find out how many vegetables you need to eat, use the Healthy Eating Planner of diet designed by your Doctor.

This pack contains following items

Plants / Seeds

#	Item Name	Price	Qty	
1	Beet Root F1 Hybrid - Seeds	R 105	1	<a href="#">detail</a>
2	Bottle Gourd F1 Rama - Seeds	R 105	1	<a href="#">detail</a>
3	Carrot Selection Red - Seeds	R 105	1	<a href="#">detail</a>
4	Green Amaranth, Green Cholai - Seeds	R 105	1	<a href="#">detail</a>
5	Spinach F1 Hybrid - Seeds	R 105	1	<a href="#">detail</a>

Garden Accessories

#	Item Name	Price	Qty	
1	Nutrient rich soil ready to	R 649	1	<a href="#">detail</a>

2	use soil - 10 Kg 8inch Round Plastic Pot ( R 306 Black ) - Pack of Five	1	<a href="#">detail</a>
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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.Additionally, vegetables add sufficient fiber offers protection from conditions like chronic constipation, hemorrhoids, colon cancer, irritable bowel syndrome, and rectal fissures.

5.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.