

Top 5 Healthy Leafy Veggies - 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 Top 5 Healthy Leafy Veggies Seeds + 5 pots (8 inch) + Nutrient rich ready to use soil.

- 1.Fresh healthy Vegetable leaves can be used in the preparation of soups and herbal sauces.
- 2.Chopped, fresh Vegetable leaves can impart richness to salads.
- 3.Along with other spicy items, selective healthy vegetable leaves are being used to enhance the flavour and taste of various recipies.
- 4.Some Vegetable leaves and plant parts are increasingly been used as popular flavour drinks.
- 5.Vegetable carry unique anti-oxidants, essential-oils, vitamins, phyto-sterols and many other plants derived nutrient substances helping us to increase immunity.

This pack contains following items

Plants / Seeds

#	Item Name	Price	Qty	
1	Coriander Imported - Seeds	R 105	1	detail
2	Green Amaranth, Green Cholai - Seeds	R 105	1	detail
3	Methi Kasturi, Fenugreek - Seeds	R 105	1	detail
4	Red Amaranth, Red Cholai - 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.Recently, vegetable nutrition has widely drawn the attention of fitness conscious for their proven health benefits.

1.Majority of day-to-day used vegetables are very low in calories, and saturated fats.

2. Just for example Leafy vegetable holds just 16 calories per 100 g.

3.There is a long list of vegetables whose calorie is less than 20 per 100 gm.

4.Eat at least 5-7 servings of fresh vegetables every day.

5.Federal dietary guidelines now recommends at least nine servings of vegetable nutrition per day.

6.Seasonal vegetables should be encouraged.

7.Bring variety in the choice of vegetables in your everyday diet.

8.Yellow and orange color vegetables are rich in Vitamin-A,B carotenes, zea-xanthins and crypto-xanthins, whereas dark-green vegetables are a good source of minerals and phenolic, flavonoid as well as anthocyanin anti-oxidants.

Reviews

Saturday, 12 August 2017

All seeds germinated waiting to grow 2 weeks over growing nicely

Yade Dirchi

Thursday, 20 July 2017

Can be grown in pot??

Kiran Mayi

Friday, 23 June 2017

Very good service. High quality product.

Joshi Prisy

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