

Top 5 Wow Winter Vegetables - Kitchen Garden Pack



This plantscapping pack contains 7 items worth Rs 1480

Rating: Not Rated Yet

Price

Sales price R 888

Discount R 592

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

- 1.Winter season is the most Healthiest & heat absorbing season of overall seasons.
- 2.People who eat fresh vegetables as part of their daily diet during this period have a reduced risk of many chronic diseases.
- 3.Winter vegetables are important part of healthy eating and provide a source of many nutrients, including potassium, fiber, folate (folic acid) and vitamins A, E and C.
- 4.Above vegetables has been proved to appealing to help produce immunity against colds & fevers.

This pack contains following items

Plants / Seeds

#	Item Name	Price	Qty	
1	Carrot Selection Red - Seeds	R 105	1	detail
2	France Beans Hybrid Selection, French Beans - Seed	R 105	1	detail
3	Methi Kasturi, Fenugreek - Seeds	R 105	1	detail
4	Peas Imported OS 10 - Seeds	R 105	1	detail
5	Spinach F1 Hybrid - 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 (Black) - Pack of Five	R 306	1	detail

Package Summary

Total cost of items: R 1480

Total number of items in pack : 7

How its useful for you ?1.Options like Spinach, Fenugreek, Carrot, French Beans, Green Peas, Carrot provide additional benefits, making them a superfood,
2.Dietary fiber from vegetables helps reduce blood cholesterol levels and may lower risk of heart disease.
3. In the markets, however, always buy small quantities so that they should last within a day or two.
3.There is no point in eating unfit green vegetables!
3.Buy vegetables that feature freshness, bright in color and flavor, and feel heavy in your hands.
4.Look carefully for blemishes, spots, fungal mold and signs of insecticide spray.
5.Whenever possible, go for organic farm vegetables to get maximum health benefits.
6.They are not very expensive if you can find them from the nearby local farm owners.
7.Organic varieties tend to be smaller but have rich flavor, possess some good concentration of vitamins, minerals and loaded with numerous health benefiting anti-oxidants.
8.Rich Proteins & minerals in these vegetables may help to maintain healthy blood pressure.

Reviews

Wednesday, 23 August 2017

After how many days it will flower.

Sanhita Yadav

Sunday, 13 August 2017

100%Germination of both the packets.one packet contains more than sufficient seeds and all of them germinated

Sherly Uthup

Wednesday, 12 July 2017

Some good number of seeds have germinated . Would know better later on when they would eventually produce flower & egg plant

Joshi Prisy

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