

GROWEEZ

Nutritional info and fun food garden facts!



I am Beta the Beetroot.

Both the leaves and the roots of the beetroot plant are edible. The roots are high in **Vitamin C** and the leaves are high in **Vitamin A**.

Vitamin C boosts your immune system to stop you from getting sick. Vitamin A is good for your eyes and keeps your heart, lungs and kidneys working properly. Eating beetroot can lower your blood pressure and improve your body's use of oxygen, leading to better exercise performance.

I am Sami the Spinach.

Spinach is a leafy green vegetable. It provides the body with **Vitamin A and C** and is high in **Iron and Potassium**.

Vitamin C promotes skin health and immune function and iron helps your red blood cells transport oxygen around the body. Eating spinach can help reverse the damage to your eyes caused by sunlight, and may help fight aging and reduce the risk of cancer and diabetes.



I am Babs the Basil.

Basil is rich in **Vitamins A, vitamin K, vitamin C, Iron, Potassium, Magnesium and Calcium**.

It is best planted with Toni because basil acts as a pest repellent and improves the flavor of tomatoes when planted next to them.



I am Toni the Tomato.

Tomatoes are the fruit of the plant. They contain high levels of **Antioxidants** and are a good source of **Vitamin C and E**.

Antioxidants keep your body in a healthy balance while Vitamin C boosts your immune system. Consumption of tomatoes has been linked to many health benefits including certain cancer prevention, heart disease and skin health.



I am Ruff the Rocket.

One of the best leafy greens, packed with **Vitamin C** which is a great antioxidant and an immune booster. **A, K, Calcium and Iron, Potassium, Magnesium**. Calcium and Magnesium strengthen your bones.

I am Chaz the Carrot.

Carrots are the roots of the plant. They are a good source of **Vitamin A, C, K, B** and **Potassium** as well as **Calcium**.

Potassium is an essential mineral that helps control your blood pressure. You can improve night-blindness by eating carrots.



I am Olli the Onion.

High in **vitamin C**, onions are a good source of **dietary fiber**, and **folic acid**. They also contain **calcium, iron**, and have a **high protein quality** (ratio of mg amino acid/gram protein). Onions are low in sodium and contain no fat.

Avoid planting beans and peas with onion. Whilst it is generally beneficial that beans and peas put nitrogen back into the soil, onions don't like a lot of nitrogen.



I am Leti the Lettuce.

Lettuce forms the leaves of the plant. It is high in **Vitamin B, Iron and Potassium** and is a good source of **Vitamin A, C and K**.

Vitamin B gives you energy and helps with the production of red blood cells, while Potassium helps with digestive health and proper muscle function, which keeps your heart strong. Eating lettuce can have anti-aging effects because it stops your body from producing excess free radicals.

I am Beni the Butternut.

Butternuts, gem squashes and pumpkins are considered squash vegetables. Squash is a good source of **Vitamin A, C, E and Potassium** as well as **Calcium and Magnesium**.

Calcium and Magnesium strengthen your bones. One cup of squash contains 350% of the Daily Recommended Allowance of Vitamin A, making it very important for maintaining good eyesight.



I am Bert the Bean.

Beans are the seeds of the plant. We eat both the beans and the green pods they grow in. Beans are high in **Vitamin A, B, C and K** and provide you with **Calcium, Potassium and Iron**.

Vitamin A is good for your eyes, Vitamin B keeps your heart strong, Vitamin C protects you from diseases and Vitamin K is important for blood clotting and strengthens your bones. Beans contain a wide variety of vitamins and minerals, are high in protein and fibre and low in calories, making them one of the healthiest foods you can eat.



I am Paco the Pea.

Peas are the seeds of the plant that grow in pods. While they are high in starch they are also a good source of **Vitamin A, C and K** as well as **Iron**.

Iron helps carry oxygen through your blood to all parts of your body and Vitamin K strengthens your bones.

Including peas in your diet can help control your blood sugar and maintains a healthy digestive system.

