

Dig Into The Nutrition Behind Home Gardens

In ancient times, growing food was a critical way to guarantee access to reliable, nutritious food and is a tradition that we carry on today. Even now with access to grocery stores, gardening remains popular.

So, what are some easy vegetables to grow in your home garden and their health benefits?

CUCUMBER - Cucumbers are quite easy to grow in a home garden and are full of hydration and are a low calorie snack. Cucumbers are rich in vitamin K which contributes to bone health as well as fiber; helping to manage cholesterol and prevent heart disease.

GREEN BEANS - Green beans are a rich source of vitamins A, C, and K, folic acid and fiber.

SPINACH - Spinach is an extremely nutrient-rich vegetable with benefits for skin, hair, and bone health. Spinach is well-known for being rich in iron which is important for maintaining healthy pregnancies, supporting the immune system, and aiding in digestive processes.

TOMATOES - There are many varieties of tomatoes that can be grown in a home garden. Tomatoes are low in calories and provide important nutrients like vitamin C and potassium. Rich in antioxidants, tomatoes are linked to reductions in heart disease and certain cancers.

LETTUCE - Lettuce is a great source of vitamin A which is needed for healthy skin, bones, and eyes. Specifically, romaine lettuce has high amounts of vitamin C and vitamin A. Vitamin C helps to keep our gums, teeth, and skin healthy.

These are just a few of the vegetables that can be easily grown at home. Planting a garden can be both enjoyable and nutritious. Give it a try this summer!



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