

Nutrient-Rich Foods

To Grow at Home



- ✓ Leaf lettuce – High in vitamins A & K
- ✓ Spinach – Rich in iron & vitamin C
- ✓ Peas – Good source of plant protein
- ✓ Tomatoes – Rich in antioxidants
- ✓ Raspberries – High in fiber
- ✓ Potatoes – Provide potassium & energy
- ✓ Green onions – Easy to grow & add flavor & nutrients
- ✓ Mint – Supports digestion

Read more!



www.MeaganGibsonNutrition.com