

Garden for a healthy lifestyle

Grow these healthy, nutrient-dense fruits and vegetables in your garden and promote your wellness.



Garlic

- Boosts immune system
- Reduces blood pressure
- Lowers cholesterol



Pomegranates

- High in antioxidants
- Anti-inflammatory
- Improves memory



Blueberries

- High in antioxidants
- Protects against heart disease
- Improves mental health



Broccoli

- Boosts immune system
- Strengthens bones
- Helps to prevent cancer



Kale

- High in antioxidants
- Clears out toxins
- Promotes healthy vision



What you grow can contribute to a healthy lifestyle as planting healthy foods means eating healthy foods.



Visit www.lifeisagarden.co.za or scan this QR code, for more gardening information and inspiration for living a better, healthier life.

