

BEST VEGGIES TO GROW IN *Winter*

Greens that go crazy for cooler climates.



Cauliflower

A thriving winter gladiator
(*Brassica oleracea* var. *botrytis*)



Baby Spinach

Dynamite in a petite package
(*Spinacea oleracea*)



Garlic

Combat the common cold
(*Allium sativum*)



Thyme

Hardy and heavenly in stews
(*Thymus vulgaris*)



Snap Peas

Stay fabulous with fiber
(*Pisum sativum*)



Cabbage

Keeping that heart healthy
(*Brassica oleracea* var. *capitata*)



Spring Onions

For tasteful texture
(*Allium fistulosum*)



Microgreens

Trendy & tenacious gems

Enjoy your home-grown groceries for months to come – veg, salad leaves and fruit!



Visit www.lifeisagarden.co.za or scan this QR code, for more tips and advice on growing healthy, thriving plants in your home.



Life is a garden
www.lifeisagarden.co.za