



# EASY VEGETABLES

to Grow in Your Home Garden  
and Its Benefits



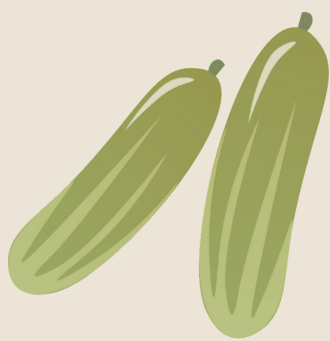
## CORIANDER

Rich in antioxidants and promotes digestion & gut health



## SPINACH

This green leaf plant is known best for its rich in iron and vitamin E.



## CUCUMBER

This plant provides vitamin K and high water content.



## TOMATOES

Great resources to get vitamin C and vitamin A.



## LETTUCE

This popular vegetable is full of folate and potassium.