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**IMPORTANCE OF GROWING  
YOUR OWN VEGETABLES  
ALL YEAR ROUND**

NUTRITION FACTS AND HEALTH BENEFITS OF  
HERBS, GREENS & LEAFY VEGETABLES



INDOOR URBAN GARDEN

*the*

# **FRESHEST, MOST NUTRITIOUS SALAD OR SMOOTHIE YOU WILL EVER HAVE**

GROW YOUR OWN HERBS, GREENS, AND LEAFY  
VEGETABLES ALL YEAR ROUND WITH YOUR VERY  
OWN INDOOR URBAN GARDEN. FROM GARDEN  
TO PLATE IN 5 MINS.



HEALTHY HOME LIVING  
403-366-0850