

GROW YOUR OWN SUPERFOODS

ICON KEY

(A) Vitamin A	(E) Vitamin E	(Fe) Iron	👁️ Good for Eyes	⊗ Acidic Soil	🏠 Indoor
(B) Vitamin B	(K) Vitamin K	(Mn) Manganese	🛡️ Protects from Cancer	⊗ Alkaline Soil	🏡 Outdoor
(C) Vitamin C	(Ca) Calcium	(Mg) Magnesium	🔥 Lowers Cholesterol	⊗ Neutral Soil	☀️ Sun
(D) Vitamin D	(Cu) Copper	(K) Potassium	❤️ Protects Heart	❄️ Cold	☁️ Shade
🌾 High in Fibre	👉 Protein	🧠 Brain Food	💧 Lowers blood pressure	🛡️ Aids Immunity	

PLANTING CHART

		PLANT	GROW	HARVEST		JAN	FEB	MAR	APRIL	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
	BENEFITS				ENVIRONMENT												
🍑 APRICOT	(A) (C) (Fe) (K) 🌾 👁️				☀️ 🏠 🏡 ⊗												
🌿 ASPARAGUS	(A) (C) (E) (K) 🌾 🛡️ 🧠				☀️ 🏠 ⊗												
🌿 BASIL	(A) (C) (K) (Ca) (Cu) (Fe) (Mg) ❤️				☀️ 🏠 🏡 ⊗ ⊗												
🍷 BEETROOT	(A) (B6) (C) (Fe) (Mg) (K) 💧 🧠				☀️ 🏠 🏡 ⊗												
🍷 BLACKBERRY	(C) (K) (Mg) (K) 🛡️ ❤️ 🧠				☀️ ☁️ 🏠 🏡 ⊗												
🍷 BLUEBERRY	(C) (K) 🌾 ❤️				☀️ ☁️ 🏠 🏡 ⊗												
🌿 BROAD BEAN	(C) 🌾 👉 🛡️ 🔥				☀️ 🏠 🏡 ⊗												
🌿 BROCCOLI	(A) (C) (E) 🛡️ 🔥 ⚡️				☀️ ☁️ 🏠 🏡 ⊗												
🌿 CAULIFLOWER	(B6) (C) (K) 🛡️ ❤️ 🧠				❄️ 🏠 ⊗												
🌿 CHILLI PEPPER	(A) (C) (E) (K) (Mg) (Mn) 🔥				☀️ 🏠 🏡 ⊗												
🌿 GARLIC	(B6) (C) 💧 🔥				☀️ 🏠 🏡 ⊗												
🌿 GINGER	(B) (C) (E) (Ca) (Fe) (Mg) (K) 🛡️ 🛡️				☁️ 🏠 ⊗												
🌿 GLOBE ARTICHOKE	(C) (K) 🌾 🛡️ 🔥				☀️ 🏠 ⊗												
🍷 GOJI BERRY	(A) (B2) (C) (Fe) 🛡️ ❤️ 🛡️				☀️ ☁️ 🏠 🏡 ⊗												
🌿 KALE	(A) (C) (K) (Ca) (Fe) 🛡️ ❤️ 🔥 👁️				❄️ 🏠 ⊗												
🍷 PUMPKIN	(A) (C) (E) (Fe) (K) (Mn) 🌾 👁️ ❤️ 💧				☀️ 🏠 🏡 ⊗												
🌿 QUINOA	(B2) (Fe) (Mn) 🌾 👉				☀️ 🏠 ⊗												
🌿 SPINACH	(A) (B2) (C) (K) (Fe) (Mn) ⚡️				☀️ 🏠 ⊗												
🍷 SWEET POTATO	(B6) (C) (D) (Fe) (Mn) (K) ❤️				☀️ 🏠 🏡 ⊗												
🍷 TOMATO	(A) (C) (K) (Cu) (K) (Mn) ❤️ 🛡️				☀️ 🏠 🏡 ⊗												

SUPERFOOD RAINBOW



RED

Lycopene gives naturally red food its colour. It's a powerful antioxidant that fights heart disease and cancers.



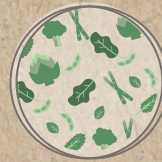
ORANGE

Rich in vitamins A, C and beta-carotene, orange foods are great for skin and bones, vision and the immune system.



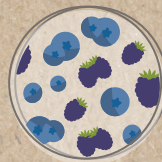
YELLOW + WHITE

These foods often contain lutein and allicin, which can help vision and can promote a healthy heart and immune system.



GREEN

Vitamin-rich green fruit and veg, which can help lower blood pressure, improve vision and defend against cancer.

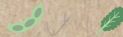


BLUE + PURPLE

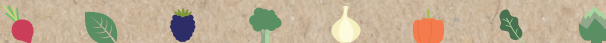
High in antioxidants, blue and purple foods help to maintain a healthy blood pressure and improve memory.

GROWING DIFFICULTY

EXCEPTIONALLY EASY



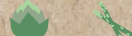
EASY



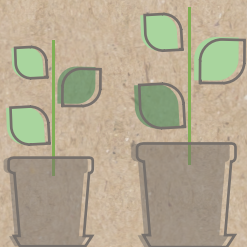
MODERATELY EASY



MODERATELY DIFFICULT



DIFFICULT



URBAN GARDENING

Basil needs ten hours of sunlight a day. If yours is getting less, try using a fluorescent growing light.

Water **blueberries** and **blackberries** with rainwater not tap water, which can lower the acidity of the soil.

Lay a **chilli** plant on its side a while, it'll throw out more side stems and give you a bumper harvest!

Plant organic **garlic** cloves, that haven't been chemically treated, to gain a whole bunch of garlic cloves.

Goji berries are perfect for a balcony, as once they're settled, they'll withstand British wind and rain.

Begin your **tomato** plant in a smaller pot indoors. Six weeks later, move it to a larger pot in the sun.

