



# HOME GROWN

# FIT FOR LIFE

*a great garden to grow in*

Supporting families and individuals to successfully grow their own healthy, fresh produce for themselves, their families, and communities.



## INCREDIBLE HEALTH BENEFITS

MicroGreens are up to 40 times more potent in phytochemicals than the mature version of the vegetable. Research shows they can help boost immunity, improve eyesight, lower cholesterol and blood pressure, among many other benefits.

## HELPING FUTURE GENERATIONS

Not only will Fit For Life help families incorporate healthy foods into their diet, but it will also teach children the importance and rewards of personal responsibility and nutrition.



## SUSTAINABILITY IS KEY

Growing MicroGreens gives you beautiful, nutrient-dense crops, without having to leave home. This cuts out the need for vegetables to be transported from industrial farms and does not require the use of harmful pesticides and chemicals.

## WHAT ARE MICROGREENS?

MicroGreens are seedlings harvested in the primary stage of the vegetable's growth - and can come from plants like beets, radishes, cabbage, broccoli, and around 60 other varieties.



HomeGrown - Fit For Life is a community health initiative, brought to you by the Center of Achievement. Contact [ghpee@aol.com](mailto:ghpee@aol.com) for more information.