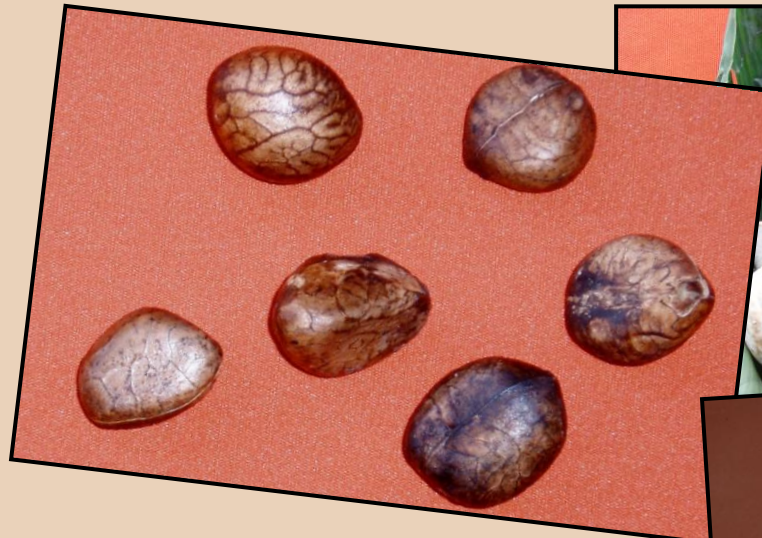




Leaves and vegetables for protein, minerals and vitamins



Seeds and nuts for protein and minerals



Grow a range of food plants to give your family a balanced diet



Fruit for vitamins and health



Starchy staples for energy and some protein

