



Get Powered Up: A Lifestyle Tip From ECI REC

How Does Your Garden Grow?

If the answer is “What garden?” you may want to consider starting a vegetable plot this spring. Growing your own vegetables has a lot of benefits for your family, and you can start with a space as small as four by four feet, or even try container gardening.

Perhaps the most obvious upside to growing vegetables is health. According to reports from the Produce for Better Health Foundation, only 6% of Americans eat the recommended number of vegetable servings each day (about 2½ cups). Increasing vegetable intake is a great way to reduce your risk of diseases, especially heart disease. Finding your vegetables right outside your back door is a convenient reminder!

Growing your own vegetables can save you money, especially if you normally buy organic produce. Take the average tomato, for example. According to Burpee Seeds, a single plant will produce 40 to 50 medium to large tomatoes in a summer, “a bounty that would set you back anywhere from 32 to 48 dollars at the supermarket.”

Gardening is environmentally friendly—trucks have to haul your veggies and fruits to the grocery store—and nothing can compare to the taste of fresh-picked produce.

Finally, gardening is a fun activity for you and your kids to enjoy together. Hey, they might even eat more if they get to help plant and care for them!

Start your garden project by evaluating the amount of sun your space gets. For more tips on starting your own garden, visit www.bhg.com/gardening. 🌱