

WHAT'S GROWING IN YOUR GARDEN?

To lead a healthy lifestyle, it is important to fuel your body with all the nutrients it needs to thrive. A lot of these nutrients can be found in fresh grown produce, such as what you have growing in your SucSeed garden right now. Let's dig deeper and learn more about what you are growing in your garden right now!

Use the internet and/or books to answer the following questions!

1. List the produce that is currently growing in your garden.

2. Choose one type of produce being grown in your garden and two other fruits or vegetables of your choice and fill out the table below.

	Fruit/Vegetable 1	Fruit/Vegetable 2	Fruit/Vegetable 3
Can it be grown hydroponically?			
List some vitamins that can be found in the produce.			
List some health benefits of the produce.			
List some dishes that use this produce.			