

# Johannesburg Botanical Garden Health Garden Vegetable Garden Planting Roster

| Name of Vegetable | Picture of Vegetable  | Season that it grows           |
|-------------------|---|--------------------------------|
| • Tomato          |    | Through out the year           |
| • Brinjal         |    | Sept-October                   |
| • Beetroot        |    | February/March;<br>July-August |
| • Beans           |    | February/March;<br>July-August |
| • Peas            |    | Through out the year           |
| • Cabbage         |   | Through out the year           |
| • Onions          |  | February/March;<br>July-August |
| • Thyme           |  | Through out the year           |
| • Basil           |  | Through out the year           |
| • Spinach         |  | February/March;<br>July-August |
| • Carrot          |  | July-August                    |
| • Celery          |  | August-May                     |

# Benefits of a Health Garden Vegetable Garden

## Benefits of a health garden

- Relieves stress
- Provides better nutrition
- Chemical free vegetables
- Provides physical exercise
- Saves money

## Reasons for eating vegetables

- Low in fat
- Low in calories
- Less water retention – low in sodium
- High in fibre
- Increased vitality due to high nutrient content

## Nutritional benefits of vegetables

|            |   |   |
|------------|---|---|
| • Tomato   |    | The red pigment contained in tomatoes is called lycopene. This compound appears to act as an antioxidant, neutralizing free radicals that can damage cells in the body. Tomatoes contain large amounts of vitamin C, providing 40 percent of the daily value. They also contain vitamin A, potassium, and 7 percent of the recommended dietary allowance (RDA) of iron for women and 10 percent RDA for men. Raw tomatoes lower the risk of developing rectal colon, stomach cancer or prostate cancer.   |
| • Brinjal  |    | Brinjal / Eggplant is effective in the treatment of high blood cholesterol. It helps to block the formation of free radicals and is also a source of folic acid and potassium.  |
| • Beetroot |    | Beetroots are a very good source of calcium, iron, vitamin A and C as well as an excellent source of folic acid. They are a very good source of fibre, manganese and potassium. Beet greens and beetroot are a good source of phosphorus, magnesium, iron and vitamin B6. Beetroot contains the bioactive agent betaine, which supports healthy liver function. When the liver is functioning properly, fats are broken down efficiently, aiding weight loss, and preventing fatigue and nausea.  |
| • Beans    |    | The major health benefit of green beans is their ability to lower cholesterol due to their rich source of fibre. Studies have shown that the high fibre contained in beans prevents blood sugar levels from rising too rapidly after a meal. This makes beans an especially good choice for individuals with diabetes, insulin resistance, or hypoglycemia.   |
| • Peas     |  | Peas are lower in calcium and phosphorus than beans, but they provide similar levels of protein and carbohydrates. They are a good source of protein, B vitamins, magnesium, phosphorus, manganese, iron, and potassium. Dried peas are an excellent source of fibre. Green peas are a good source of vitamin C, vitamin K and carotene.  |
| • Cabbage  |  | Cabbage is very high in vitamin C, which makes it ideal for cold and flu season. If you suffer from stiff joints, you may enjoy the benefits of the amino acid glutamine, which is also found in this humble vegetable. Cabbage also contains dietary fibre, vitamin C, vitamin K, potassium, manganese, vitamin A, thiamin, vitamin B6, calcium, iron and magnesium. It's purported to assist in achieving optimum health, and its anti-oxidant content has made it one of the vegetables recommended to help prevent cancer.  |
| • Onions   |  | Onions contains vitamin C and is a great anti-oxidant and helps in anti-inflammation. Stimulates insulin production. Onions provide protection against tumors, lowers blood lipids and blood pressure.  |
| • Thyme    |  | Crude dried or fresh herb may be brewed as tea. For cooking, thyme is wonderful. It goes well with roast and grilled meat. It is also good with seafood, cheese, eggs and vegetables. In addition, thyme has many non-culinary uses. When dried in bunches, thyme can be hung in a closet to ward off insects. It also works well in fabric sachets.  |
| • Basil    |  | Basil is a herb that is effective in preventing cell damage from both radiation and oxygen. Basil also exhibits anti-inflammatory properties, making it a good food to consume by people who have problems with arthritis. Basil is a source for vitamin K, iron, calcium, vitamin A, manganese, magnesium, vitamin C and potassium. It is good for the heart, because it helps to prevent build-up in the arteries and fights free radicals. The magnesium helps blood vessels to relax which increases blood circulation.   |
| • Spinach  |  | The calcium content in spinach strengthens bones. The A and C vitamins in spinach plus the fibre, folic acid, magnesium and other nutrients help control cancer, especially colon, lung and breast cancers. Folate also lowers the blood levels of something called homocysteine, a protein that damages arteries. Spinach also helps protect against heart disease. The falconoid in spinach help protect against age related memory loss. Spinach's secret weapon, lutein, makes it one of the best foods in the world to prevent cataracts, as well as age related muscular degeneration, the leading cause of preventable blindness in the elderly. Foods rich in lutein are also thought to help prevent cancer. |
| • Carrot   |  | Carrots are a good source of fibre, vitamin B1, vitamin B2, vitamin B6, vitamin C, vitamin K, biotin, potassium and thiamine. Carrots offer an excellent source of beta-carotene. Carrots also contain antioxidants which help prevent cardiovascular disease. Carrots promote healthy skin, bones, eyesight and hair.  |
| • Celery   |  | Celery leaves have high contents of vitamin A, whilst the stems are an excellent source of vitamins B1, B2, B6 and C with rich supplies of potassium, folic acid, calcium, magnesium, iron, phosphorus, sodium and plenty essential amino acids. Nutrients in the fibre are released during juicing, aiding bowel movements. While many foods lose nutrients during cooking, most of the compounds in celery hold up well during cooking. Celery promotes healthy and normal kidney function by aiding elimination of toxins from the body. While eliminating toxins, it also prevents the formation of kidney stones.  |