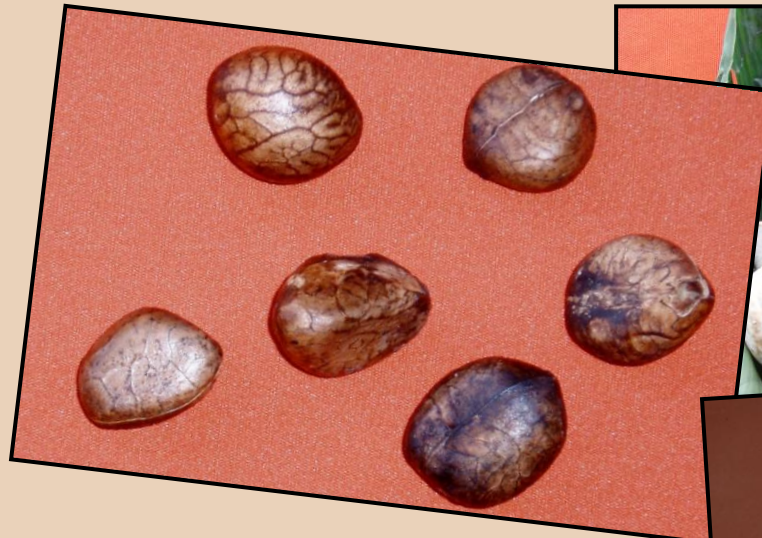




**Leaves and vegetables for protein, minerals and vitamins**



**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**

