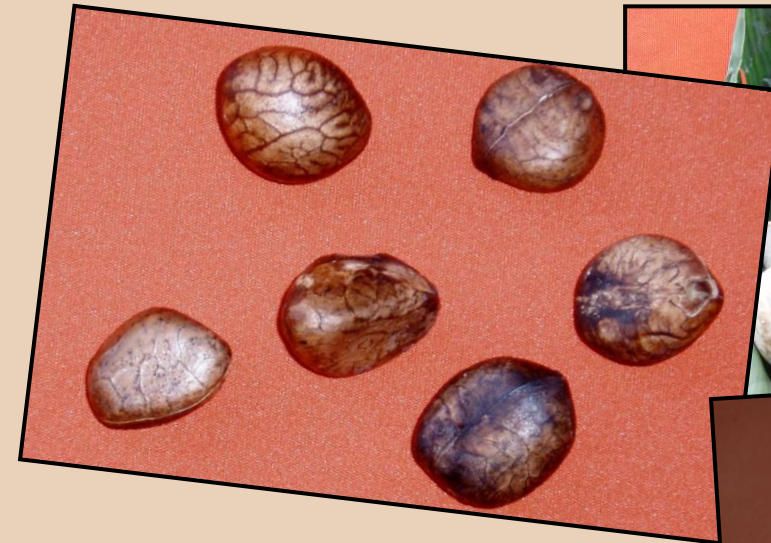




**Leaves and vegetables
for protein, minerals
and vitamins**



**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**

