

# Basil



# Growing Conditions



- Basil originally comes from Central Africa and Southwest Asia.
- Basil should be watered when the soil is dry to the touch. When watering make sure u water at the base of the plant and not the leaves.
- Basil grows best in warm environments where there is sun at least 6 hours of the day.
- When basil is planted they should be at least 12 to 16 inches apart.

# Health Benefits

**Basil is rich in vitamin A, vitamin K, vitamin C, magnesium, iron, potassium, and calcium. Basil has a lot of health benefits some are:**

- stomach spasms,
- loss of appetite,
- Intestinal gas,
- kidney conditions, fluid retention, head colds, warts, and worm infections. It is also used to treat snake and insect bites.





# Recipe

Basil Pasta is a dish with its main ingredient is Basil.

Steps for Basil Pasta:



1. Stir tomatoes, onion, olive oil, garlic, and basil together in a bowl.
2. Bring a large pot of lightly salted water to a boil. Cook fusilli in the boiling water, stirring occasionally, until cooked through but firm to the bite, 12 minutes. Drain.
3. Toss warm pasta with feta cheese and Parmesan cheese in a large bowl. Stir tomato mixture into pasta and season with salt and pepper.



*Kale*

# Growing Conditions

Kale is naturally grown in Asia Minor. The watering level for kale is about 1 to 1.5 inches of water a week. Kale needs light shade or full sun for their sunlight level. That means that it needs four to six hours of sun a day. To keep Kale growing you should keep the soil at 60 to 65 degrees fahrenheit. It is best to grow kale in summer, when it is hot. When you are going to plant kale use 0.5 cups of kale. You should keep watering the kale so that the soil can get moist and the kale won't die.





# Health Benefits

~Vitamins A,C, K, BC, calcium, potassium, and manganese are found in kale. It is also a good source of dietary fiber, protein, thiamine, folate, iron, magnesium, and phosphorus.

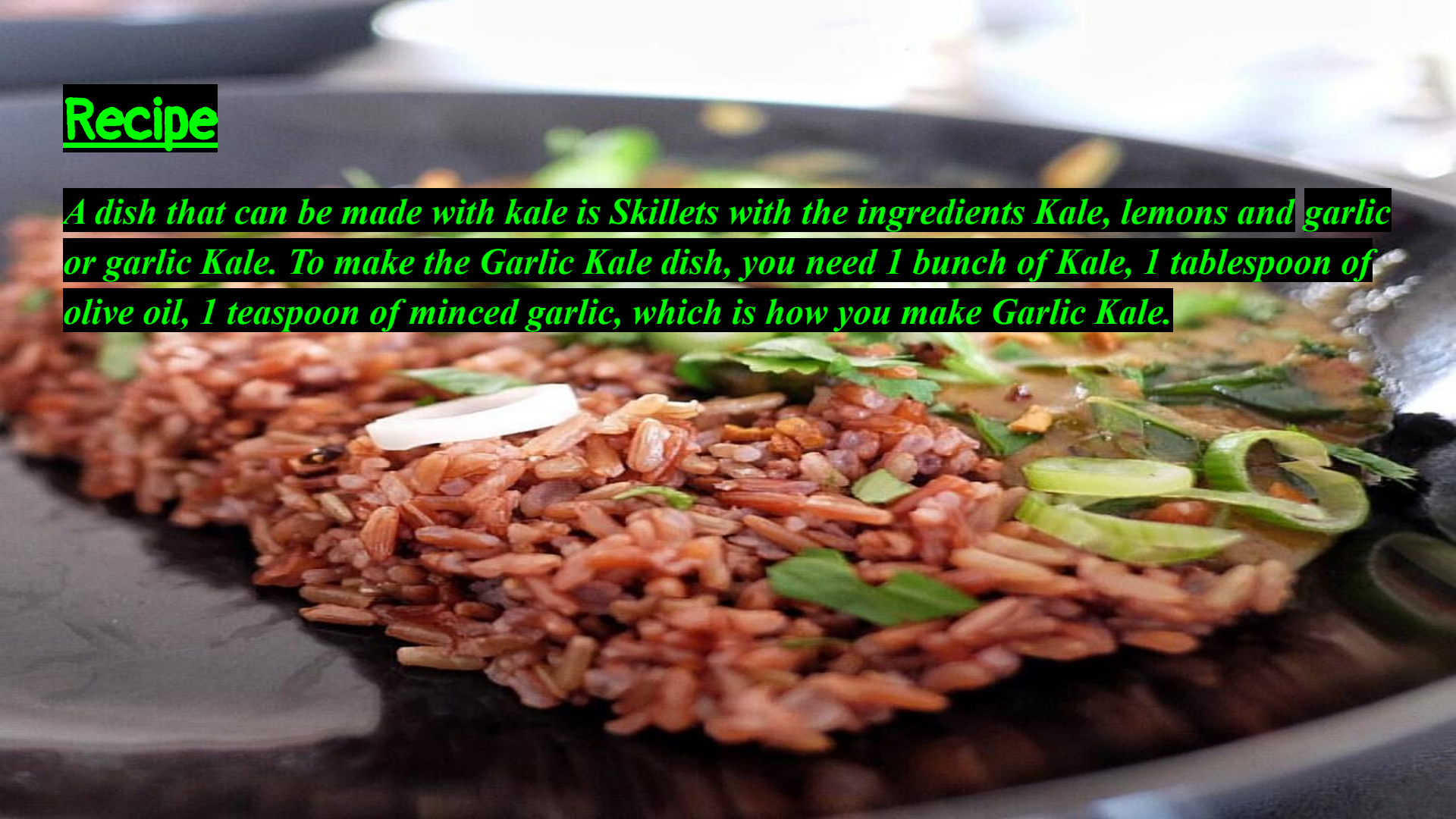
~The remedies kale is used for is to help have a healthy digestive tract, and it can also help lower cholesterol which can reduce the risk of heart disease

~Other health benefits is that there are numerous cancer-fighting substances in kale and it has strong nutrients that protect your eyes



## Recipe

*A dish that can be made with kale is Skillets with the ingredients Kale, lemons and garlic or garlic Kale. To make the Garlic Kale dish, you need 1 bunch of Kale, 1 tablespoon of olive oil, 1 teaspoon of minced garlic, which is how you make Garlic Kale.*







# Bibb Lettuce

# Growing Conditions



Bibb lettuce was first grown in Kentucky by a man named John Bibb.



Fertilizer must not be high in nitrogen, as it can cause leaves to become bitter.



This lettuce must be planted in full sun or part shade.



Bibb lettuce requires a pH of 6.2 to 6.8. The soil it is grown in must be moist at all times.

# Health Benefits:

Some vitamins found in bibb lettuce are vitamins A,B,C and Vitamin B.C. Minerals that are included in this vegetable are Thiamin, Riboflavin, Calcium, Magnesium and Phosphorus. It is also a good source of Folate, Iron, Potassium and Manganese. All of these minerals and vitamins are good examples that show bibb lettuce as a great and healthy vegetable.





# Recipe

## Bibb-and-Radish Salad with Buttermilk Dressing



**Ingredients:** 3 large heads of bibb lettuce, 8 radishes,  $\frac{1}{3}$  cup snipped chives, 2 tbsp mayonnaise,  $\frac{1}{3}$  cups buttermilk, 2 tbsp red wine vinegar,  $\frac{1}{4}$  cup olive oil, salt, pepper

**Directions:** In a large bowl, toss the lettuce with the radishes and chives. In a small bowl, whisk the mayonnaise with the buttermilk and vinegar. Gradually whisk in the olive oil and season with salt and pepper. Just before serving, drizzle the dressing over the salad and toss well. Serve.





# *Rainbow Chard*



# Growing Conditions

- *Rainbow chards' origin is from southern Europe, making it grow in a warm climate.*
- *Rainbow chard usually needs 1-1.5 inches of water per week.*
- *Rainbow chard grows the most in areas where a lot of sunlight hits.*





# Health Benefits

*There are many health benefits that come with consuming the usually colorful plant. For one, these plants fight off diseases because they are packed with antioxidants. Rainbow chard has the following antioxidants: polyphenols, vitamin C, vitamin E and carotenoid plant pigments, such as beta-carotene. These nutrients help protect cells from free radical damage. Chard contains vitamin K which is essential for bone health. Swiss chard is a great source for potassium, calcium, and magnesium. These can help you maintain a healthy blood pressure.*

# Recipe

## Ingredients:

- *1/2 cup extra-virgin olive oil*
- *3 large garlic cloves, thinly sliced*
- *4 pounds rainbow or ruby chard—thick stems discarded, inner ribs removed and cut into 2-inch lengths, leaves cut into 2-inch ribbons*
- *Salt and freshly ground pepper*
- *1/2 teaspoon finely grated lemon zest*



## Directions:

*In a large pot, heat 1/4 cup plus 2 tablespoons of the olive oil. Stir in the garlic and cook over moderately high heat until lightly golden, about 1 minute. Add the chard leaves in large handfuls, allowing each batch to wilt slightly before adding more. Season the chard with salt and pepper and cook, stirring, until the leaves are softened and most of the liquid has evaporated, about 8 minutes. Transfer the chard to a bowl. Wipe out the pot. Add the remaining 2 tablespoons of olive oil to the pot. Add the chard ribs and cook over moderately high heat, stirring occasionally, until crisp-tender, about 5 minutes. Stir in the wilted chard leaves and season with salt and pepper. Transfer to a bowl, sprinkle with the lemon zest and serve right away.*





# Gourmet Lettuce



# Growing Conditions

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Lettuce was originally cultivated in Ancient Egypt, most likely started out as oilseed lettuce. Gourmet lettuce grows best in the sun, yet it is tolerant towards shade. The temperature range of lettuce is between 45 to 80 degrees, and when planting more than one head of lettuce they should be planted between 6 to 18 inches away from each other. The plant should be watered between once two twice a week, and does best with a pH level of 6.0 to 7.0.



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# Health benefits

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There are many health benefits of gourmet lettuce such as vitamins, cleansing our bodies , and it helps with weight loss. Some vitamins gourmet lettuce can give you are vitamins A, B, C, and K. These nutrients help to make our body healthy and the way it's supposed to be. This plant can protect our bodies mainly because the minerals inside the lettuce keep our acid levels balanced and it increases more energy, clearer thinking, clear skin, and makes it easier to sleep. Gourmet lettuce can also help you lose weight because it breaks down the bad salts in your body to help you get yourself to a balanced weight.



# Recipes

- ❖ Gourmet Lettuce soup- Gourmet Lettuce soup is a soup that consists of Gourmet Lettuce, onions, and garlic. To make the soup you blend the ingredients, and then simmer the soup. It is a very healthy soup that uses the Lettuces outer leaves and ribs which usually goes to waste.
- ❖ Gourmet Lettuce salad (with vinaigrette)- This Gourmet Lettuce salad is a salad that consists of Gourmet lettuce, raisins, ramen noodles, and almonds. To make this salad you simply saute the almonds, cook the ramen noodles, gather all the ingredients, and mix them together. This salad is easy to make, and takes 20 minutes to make.

