

# Grow Your Own Health

## Nutritional and Medicinal Value of Garden Vegetables

based on the [Vegetable Garden Layout](#) by Roots Nursery

Vegetable	Nutritional Value	Medicinal Value	Notes
Peas	Vit B, C, E, Zinc, Omega-3, Antioxidants, Protein, Fiber	Stomach Cancer, Aging, Immune System, Alzheimers, Bronchitis, Bones, Candida, Blood Sugar, Heart, Constipation	Studies show that 2 milligrams daily of green peas along with other legumes lowers risk of stomach cancer. 1 cup contains 10 mgs!
Cucumbers	Vit A, B, C, D, Folate, Calcium, Magnesium, Potassium.	Cancer, Diabetes, Blood Pressure, Joint Health, Gout, Arthritis, Skin, Hair, Hydration, Hangover	Combine with Carrots for gout and arthritis. Use topically for sunburns and puffy eyes
Green Beans	Vit B6, Folic Acid, Iron Magnesium, Potassium, Fiber, Protein	Cholesterol, Blood Pressure, Blood Sugar, Colon and Bowel Regulation, Constipation	When frozen and then cooked, retention of some B vitamins in green beans can be as high as 90%.
Squash	Vit C, Magnesium, Folate, Copper, Riboflavin, Potassium, Antioxidants, Fiber	Cancer, Blood Pressure, Heart Health, Bones, Colon, Prostate, Eyes	Squash is in the top 3 for carotenoid content, a source of antioxidants.
Celery	Vit C, calcium, magnesium, potassium	Immune System, Blood Pressure, Cholesterol, Cancer, Diuretic, Inflammation,	pthalides in celery relax the muscles around the arteries and allowing vessels to dilate
Radish	Vit C, Antioxidants, Fiber	Blood Sugar, Blood Pressure, Cancer, Cholesterol, Digestion, Detox, Diuretic	Its anti-pruritic content can be used for insect bites, and bee stings. Reduces pain swelling and soothes the affected area.
Eggplant	Vit B, C, K, Potassium, Folate, Copper, Fiber, Antioxidants	Brain, Heart, Digestion, Cancer, Blood Pressure, Hydration	People with untreated kidney or gallbladder problems should avoid eggplant.
Spinach	Vit A, B, C, Iron, Calcium, Fiber, Antioxidants	Heart, Bones, Cancer, Blood Pressure, Immune System, Eyes, Hair, Skin, Anti-Inflammatory,	Heat releases calcium, cooking lightly is more nutritious! Spinach is rated #1 healthiest food.
Kale	Vit A (beta carotene), C, K, Calcium, Iron, Potassium.	Bones, Eyes, Hair, Skin, Migraines, Memory Loss, Anti-Inflammatory, Cancer, Arthritis, Asthma, Lower Cholesterol, Immune System, Liver Detox	Kale ranks high for pesticide. Grow Yourself or Choose organic.
Lettuce:Romaine Green Leaf,Bibb, Butterhead	Vit A (beta carotene), K, Potassium Antioxidants	Arthritis, Cataracts, Hair, Skin, Blood Pressure, Osteoporosis, Bones	Iceberg lettuce has little nutritional properties. Choose more colorful varieties.

## Substitute Greens

Swiss Chard	Vit A (beta-carotene), C, E, K Magnesium, Potassium, Iron.	Bone, Lung, Heart, Blood Pressure, Blood Sugar, Immune System.	#2 right behind Spinach of the most healthy food.
Collard Greens	Vit A (beta carotene), C, K, Folate, Manganese, Calcium	Detox, Arthritis, Cataracts, Hair, Skin, Bones, Heart, Lungs, Immune System, Cancer	The cholesterol-lowering ability of collard greens may be the greatest of all commonly eaten 'cruciferous' vegetables.
Arugula	Potassium, Antioxidants	Blood Pressure, Osteoporosis, Memory, Cancer, Pregnancy	1 cup of arugula contains 19 mcg of folate, essential for pregnant women to prevent neural tube defects in the fetus.
Parsley	Vit A (beta-carotene), C, K, folate, Iron, Calcium	Cancer, Bones, Heart, Anti-Inflammatory, Immune System,	2 tbsp of parsley contain 153% of the RDA of vitamin K

Cauliflower	Vit B, K, Folate, Omega-3, Fiber	Cancer, Heart, Cholesterol, Digestion, Inflammation, Arthritis, Pregnancy	Contains B9 (folate) necessary for healthy pregnancy.
Cabbage	Vit A (beta carotene), C, Antioxidants	Cancer, Ulcers, Alzheimer's, Immune System, Cholesterol, Constipation, Skin, Eyes Anti-Inflammatory	Steam instead of cook, as overcooking will decrease nutritional value
Rosemary	Vit A, C, Iron, Folic Acid, Potassium	Cancer, Memory, Mood Elevator, Migraine, Pain Relief, Inflammation, Immune System, Digestion, Liver Detox	Pregnant women should avoid may lead to contractions. May also raise blood pressure

Tomatoes	Vit A, B, C, K, Calcium, Folate, Potassium, Magnesium, Antioxidants	Blood Pressure, Cholesterol, Skin, Eyes, Bones, Blood Sugar, Cancer, Kidney & Gallstones, Chronic Pain, Inflammation	Lycopene, a powerful antioxidant, is better absorbed from orange or tangerine colored tomatoes than red.
Basil	Vit A (beta carotene), C, Antioxidants	Heart, Cancer, Skin, Hair, Bone and Joints, Digestion, Acne, Psoriasis, Anti-Bacterial, Immune System	studies on human white blood cells shows that basil protects cells and DNA chromosomes from radiation and oxygen-based damage.
Chives	Vit A, K, Potassium, Calcium, Folic Acid, Magnesium	Cancer, Digestion, Blood Pressure, Cholesterol	Sprinkling chives on potatoes, soup, pasta or salad is a simple way to do something small for your health.

Beets	Vit C, Folate, Magnanese, Potassium, Iron, Antioxidants	Detox, Cancer, Blood Pressure, Aphrodisiac	Beets contain high amounts of boron, which is directly related to the production of human sex hormones.
Garlic	Vit B, C, Antioxidants	Cholesterol, Blood Vessels, Antibiotic, Immune System, Anti-Inflammatory, Cancer	Letting chopped garlic sit a while before heating helps the enzymes set in.
Carrots	Vit A, B, C, E, K, Potassium, Manganese, Folate, Antioxidants	Vision, Cancer, Heart, Stroke, Liver Detox, Skin, Teeth, Aging	Most helpful vegetable in preventing cardiovascular disease
Peppers	Vit A, B, C, K, Folate, Potassium, Magnesium, Fiber	Eyes, Cancer, Immune System	To get the most antioxidants, let them ripen fully.

outside the garden			
Broccoli	Vit. A, C, K, Potassium, Magnesium, Calcium	Blood Pressure, Heart, Immune System, Bones, Sun Damage, Cancer, Eyes	Broccoli is much more nutritious as sprouts

\*Sources <http://www.whfoods.com>, <http://healthdiaries.com>, <http://mindbodygreen.com>, <http://www.joybauer.com> among others

This data is a collection of internet published information and has not been proven or approved by a health professional or the FDA. If you have issues with your health, see your physician for health concerns.

A note about Fat Soluble Vitamins: **Some vitamins are water soluble and others are fat-soluble vitamin, meaning, it requires fat to absorb through the intestine. Eat fat soluble vitamins with fats such as dressing, or cook greens in oil. For a list of fat-soluble/water-soluble vitamins, see: [http://en.wikipedia.org/wiki/Fat\\_soluble\\_vitamins#In\\_humans](http://en.wikipedia.org/wiki/Fat_soluble_vitamins#In_humans)**

If you cant grow it... a note about Pesticides: <http://www.ewg.org/foodnews/> has issued information about the amount of pesticide in vegetables. Check their "Dirty Dozen" list of vegetables are recommended to buy organic or Grow Yourself!