

# Spring Gardening

*Spring represents new life and hope. While the beginning of the season is still chilly, take the time to plant any of the cancer fighting cool weather veggies below!*



## Spinach

Spinach is a great source of fiber and folate. Folate is protective against certain kinds of cancers including colorectal, stomach, head and neck and lung cancers. Spinach is also high in lutein which is good for the eyes!



## Beets

"Beets are a great nutrient rich-vegetable with low calorie content despite their sweet taste. They are an excellent source of folate, a B Vitamin that is heart-health and, because of its role in producing and repairing DNA, seems to be part of our anti-cancer arsenal, too." (Karen Collins)



## Peas

Peas are a kind of legume. They are a plant source of protein and fiber. Legumes/beans have been examined in reducing several kinds of cancers including breast cancer.



## Parsley

Great on sandwiches or salads, parsley is rich in vitamins A, K, and C and full of flavor. Parsley also contains apigenin, another flavonoid that may play a role in preventing cancer.



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## Radishes

Radishes contain Sulforaphene, which when extracted can be a potential anticancer agent.



## Onions & Ginger

Take the root of an onion or fresh ginger root and plant! Wait a few weeks then harvest! Both of these ingredients decrease risk of cancer.

## Additional Gardening Tips

You can generate a celery plant from the stub. Soak the stub in warm water overnight then plant in your garden.

Take the extra cloves of garlic you were too lazy to peel and plant them in a sunny spot. Once the stalk pokes through the soil cut it off. Wait a few weeks then harvest.

Sprout seeds from peppers or apples! Put a moist paper towel with the seeds in a Ziploc bag. Then tape it up on a window or to a sunny spot. After a few days see the sprouts and then get ready to plant!

