

URBAN FARMER

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How to: Grow superfoods in the garden

As of lately, plenty of nutritionists and doctors worldwide are talking about the importance of eating superfoods. However, it's possible to not only eat them but also grow them successfully as well! Sometimes, purchasing certain superfoods at a grocery store or farmers market can lead to an influx in spending on food, so gardeners might as well just grow the superfoods themselves.

What is a superfood?

Superfoods are extremely nutritious while also having a low-calorie content and plenty of fiber, protein or other vital nutrients. They can bring a multitude of health benefits when you include different types of superfoods in your diet and can prevent or reverse conditions such as inflammation within the body and even help prevent some cancer. Some examples of superfoods include apples, avocados, beans such as lentils, blueberries, broccoli, cinnamon, garlic, kiwi, onions, oranges, pomegranate, pumpkin, soy, spinach and tomatoes. While some of those may look foreign, difficult or just plain impossible to grow due to climate, others will likely be plenty possible and even easy. By growing some or all, you can have health beneficial food within hand's reach, and it will also help cut down on your grocery bill each month.

Easiest superfoods to grow in the garden:

While beginning gardeners may be nervous about growing superfoods like kiwi or cinnamon, there are plenty of options they can still grow that will benefit their



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body greatly.

Blueberries: There are many different types of blueberries to grow in your garden. One of the positive things about growing blueberries is they come back every year so you don't have to continuously sow the seeds. Common types of blueberries can be grown in USDA Hardiness Zones 5-10, making it widely accessible for different types of climates.

Quinoa: This may seem like an exotic item to grow, but it can actually be quite simple. Seeds can be harvested in as little as 90 to 120 days, making their growth period somewhat short. It also makes for an interesting topic of conversation.

Kale: Many know how healthy kale is, and they also know how easy it is to grow in the backyard garden. Kale can even be harvested at a young age to shorten its growing



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time as well as make it more tender to eat. Kale can be prepared in a number of ways in the kitchen, making it a versatile superfood to grow in your backyard.

Microgreens: Short on time to grow your favorite superfood? Try growing microgreens. These consists of greens or herbs harvested within 14 days of their growth cycle - making them quick with turnaround and extremely nutritious for the body. These microgreens have a greater concentration of vitamins and nutrients than their adult counterparts. Microgreens can be grown quickly, and in limited space.

At Urban Farmer, we have everything you need for your superfood garden at [ufseeds.com!](http://ufseeds.com)



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