

Your vegetable garden has the potential to feed your family throughout all four seasons at a fraction of the cost of what you'd pay for equivalent produce at the market. In winter, you will rarely have to turn on a water source, and you can fertilize with your homemade compost. By saving the seeds of your favorite plants, you also won't have to buy new seed packets. During every planting period consider adding an unfamiliar crop that you've discovered by perusing seed catalogues.

Even when the inclement weather is keeping you bundled up cozily seated by a blazing fire with a cup of hot lemon tea to ease your sore throat, if you've taken an hour or so to sow your favorite seeds, germination will be happening underground. One sunny day you'll walk outside to witness the miracle of nature. Voila! Instant leafy greens sown and grown in your personal heart-healthy home garden.

Pass the mustard!



Fennel is delicious chopped into salads and sauces.



Add purple head cabbage to your diet to prevent premature aging.



Avoid an E. coli infection by growing your own romaine lettuce.



Check out the small buds growing in the axils of a stalk of Brussels sprouts!