PHOENIX VOYAGE
GROW ORGANIC EDUCATIONAL SERIES
VEGGIE CARDS 1 - 6

BROCCOLI

VEGETABLE

GOOD FOR: BONES + HEART
ANTIOXIDANT AND ANTI-INFLAMMATORY
FULL SUN AND MOIST SOIL
PLANT ½ " DEEP AND 12-24" APART
HARVEST IN THE MORNING

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SPINACH

VEGETABLE

GOOD FOR: BONES, HAIR + SKIN
HIGH IN FIBER AND WATER CONTENT
FULL SUN TO LIGHT SHADE
PLANT 1/2" - 1" DEEP AND 12" APART
HARVEST WHEN LEAVES ARE RIGHT SIZE

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CUCUMBER

VEGETABLE

GOOD FOR: BRAIN, SKIN, BONES +HEART
ANTI-INFLAMMATORY, DIGESTIVE TRACT
FULL SUN AND MOIST SOIL
PLANT 1" DEEP AND 6 - 12" APART
HARVEST WHEN GREEN FIRM AND CRISP

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PUMPKIN

VEGETABLE

GOOD FOR: EYES, HEART + IMMUNE SYSTEM
ANTIOXIDANT, FIBER, POTASSIUM + VITAMINS
FULL SUN
PLANT 1" DEEP AND 12" APART
HARVEST WHEN DEEP SOLID COLOR

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CAULIFLOWER

VEGETABLE

GOOD FOR: BONES, MEMORY, DIGESTION
HIGH IN FIBER AND WATER CONTENT
FULL SUN IN COOL SEASON
PLANT 1/4-1/2" DEEP AND 6-12" APART
HARVEST WHEN WHITE, COMPACT AND FIRM

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TURNIP

VEGETABLE

GOOD FOR: EYES, DIGESTION, ENERGY
ANTI-PARASITIC, ANTI-FUNGAL, POTASSIUM
FULL SUN
PLANT 1/2" DEEP AND 4-6" APART
SMALL YOUNG TURNIPS ARE NICE AND TENDER

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