

# KNOW WHAT YOU GROW

## Healthy Growables



### **Garlic**

Heart Health



### **Echinacea**

Healthy Immune System



### **Lavender**

Stress Management



### **Mint**

GI Health



### **Oregano**

Antioxidant



### **Rosemary**

Good circulation



### **Ashwagandha**

Good Sleep



### **Basil**

Immune, bone, and heart health



### **Daisy**

Respiratory Relief

Did you know you can grow plants to support your daily health and wellness? Use this guide to know what you grow! Always check with your doctor to make sure what you grow and consume is safe. This is not medical advice.