

Title:

5 Reasons To Grow Your Own Fruit And Vegetables

Word Count:

416

Summary:

More and more people are returning to the old tradition of growing their own produce, ranging

Keywords:

food,fruit,vegetables,gardening

Article Body:

Having your own vegetable patch or fruit garden was once commonplace, but fell out of favour a

- Freshness

Fruit and vegetables taste better and are healthier if eaten as soon as possible after picking

- Quality

Commercially grown crops are often selected for their high yields, uniform appearance and long

- Price

Much supermarket fresh produce is hugely overpriced, despite their advertising claims. Growing

- Provenance

More and more people have concerns about how our food is produced, with chemical pesticides an

- Variety

There are literally thousands of different varieties of fruit and vegetables, but supermarkets

There is of course a downside to all this - it takes time and effort. In these increasingly bu

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