



by Christopher Nyerges

Growing your own VITAMINS

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Vitamins. Everyone needs them. We should take some every day. And they come in bottles, right? Well, yes and no.

The original sources of many common vitamins and minerals are plants, and several of these are quite easy to cultivate in our own backyards. That means we would be getting our vitamins and minerals fresh, pure, and in a balanced form. Grow your own vitamins in your yard and eat them in your food. This is not a particularly unusual idea. For millennia, people obtained their needed nutrition from the food they ate. In fact, the only reason

we've all become so dependent on bottled vitamins is that our normal supermarket foods have steadily become poorer sources of our needed vitamins and minerals. The reasons for this are complex, but can be summarized by the fact that too many commercial food producers focus more on profit when it comes to our food, and less on the nutritional aspects.

Roses are great to grow in any garden because they provide beauty and fragrance. Also, if you let the fruits mature (referred to as the "hips"), you'll have a rich source of vitamin C. The only known

