

## Digging Deep

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Charming arrangements of urns and pots with petunias and pansies.

### For Increased Health Benefits, Add These Simple Greens to your Plot

1. Dandelion Greens: I know, everyone considers dandelions weeds but these weeds are high in vitamin A, actually 10 times more than a serving of broccoli.
2. Leeks: Rich in vitamin B folate, these onion relatives are heart healthy, preventing blood clots.
3. Arugula: My most favorite green, arugula provides more nitrates than spinach or rhubarb delivering energizing oxygen to the rest of your body. Maybe arugula is my secret ingredient to my exuberant energy.
4. Bok Choy: Great for bone health, two cups of this crunchy green delivers as much calcium as half a glass of milk plus 80 percent of your daily requirement for vitamin K.
5. Swiss Chard: A great source of blood balancing nutrients, Swiss Chard prevents blood sugar spikes and dips while being a top source of magnesium.



Cynthia Brian encourages planting the succulent aloe to ease summer burns and bits.

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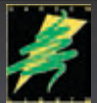
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