

Published based on [Five Reasons You Should Look At Growing Your Own Vegetables](#)

# **Five Reasons You Should Look At Growing Your Own Vegetables**

A lot of people would like to start growing their own vegetables but often think that it is difficult and time consuming. Although you may need to spend a day or so preparing the ground for your seeds but once you have everything planted the day to day maintenance is fairly minimal. You don't really need a large amount of garden in order to be able to [grow your own](#) either. Applying for a local council allotment could be one solution and there are a number of space saving raised garden beds available on the market to fit into the smallest of gardens. The great thing about growing your own vegetables is that there are a wide range of benefits to doing it and below are some of the best reasons to start doing it.

1. To Save Money - When you are able to harvest your own vegetables you will notice that you will save considerable amounts of money on your weekly food shopping. When you buy a packet of salad or a bag of carrots you tend to buy more than you need. This means that you tend to be left with a lot of unused vegetables that get thrown away, with your own vegetables you just use what you need so you don't end up wasting money.
2. For The Health Benefits - If you want to live a healthy lifestyle then eating five portions of fruit and vegetables every day will help you to achieve this. Growing your own vegetables will encourage you to eat more fresh greens more often. Not only this but spending time in the garden preparing the soil and maintaining everything you are growing is good exercise.
3. You Know What Has Been Put On Them - It is hard for any company to guarantee that no pesticides or other chemicals have been used on the plants and soil the vegetables are grown in. These sorts of pesticides are often harmless to us and protect crops from disease and pests but many people don't like the idea of them being used. You can control what you put on your crops to make sure you know exactly what you are getting.
4. Because They Are Tastier - Freshly grown organic vegetables taste so much better than store bought ones. When you buy them from a supermarket they have been picked and transported before they have even been put out on the shelf. This means that you rarely get to taste them when they are truly fresh and a lot of the flavour is lost.
5. To Get Your Kids To Eat Them - It can often be a struggle to get children to eat things that are good for them. By showing your children how you go about growing fruit and vegetables in your garden will give them more of an interest when it comes to gardening and to trying new foods. Lets face it, anything that can help to prevent your children from becoming salad dodgers has to be worth trying.

You can also find this article published on [Five Reasons You Should Look At Growing Your Own Vegetables](#), and on the tag pages [Gardening](#), [Grow Your Own](#), [Healthy Eating](#), [Nutrition](#), [vegetables](#).