

I Grow My Greens Challenge!



RESERVE YOUR HOME SPINACH KIT

<https://forms.gle/9wniPVrRNeXc8Jrv6>

Spinach is packed with nutrients – but also banned pesticides. This poses a significant overall health risk and opens possibilities to a variety of ailments including even cancer!

This Shivratri (March 8th) Sri M will be launching the **"I Grow My Greens Challenge"**.

The easiest way to get the required nutrition without the associated risk. Only, a very small area is required to grow a variety of spinach. Spinach harvested in 5-6 grow bags can easily meet the dietary spinach requirements of most families. And this can be grown in most apartments; those with some garden area can grow more varieties.

To be a part of this movement, please register by filling the form in link given above. A fully self sufficient kit of Grow bag, Organic Manure & Soil Mix with Seeds will be provided to confirmed participants. Participants need to Post pictures of their Spinach by Earth Day (April 22nd 2024).

Lets Grow a Healthy Future Together!

Lokah Samasta Sukhino Bhavanthu!

[**Register Here!**](#)



growing a sustainable future



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