

Greenhouse Kits: Convenient, Affordable and a Healthy Choice

The average family spends thousands of dollars at the grocery store each year on produce. Most of the fresh food items your family will eat are often grown in locations all over the world and that produce isn't as fresh as it could be.

In fact, studies have shown that vegetables purchased at the grocery store lose as much as half of their nutritional value during transit. Much of that produce will ripen at varying rates and what you can't eat ends up in the garbage. Often times you are not able to find special varieties in your grocer's produce section.

Wouldn't it be nice if you could find exactly what you are looking for, every time and have it fresh on your table each and every day? Having your own greenhouse is one way to ensure you produce is fresh, nutritional, and pesticide free.

Some of the benefits of growing your own food in a greenhouse include:

Cost Savings:

It only costs cents on the dollar to grow your own produce. The cost saving benefit of having a greenhouse is the extended growing season that allows you to have fresh tomatoes, greens and other vegetables all year long. That could translate into hundreds of dollars saved on a monthly basis if you buy seeds and grow your own vegetables.

Higher Nutritional Value:

Produce shipped from different parts of the world are harvested prematurely and ripen while in transit. Many of the beneficial nutrients are lost during a process known as respiration. Produce continues to respire long after harvest and use what they already have inside to ripen because they are no longer able to gather nutrients from the plant and soil.

No Harmful Pesticides Used:

By growing your own produce inside of a greenhouse, you can limit the usage of harmful pesticides. By growing your own produce in your greenhouse you know exactly what is sprayed onto your vegetables.

Time Saving:

Does this sound familiar? You get into your car and fight traffic along the way to the grocery store. Now you have to fight the crowds as you sift through the few produce items that look somewhat fresh. Then you have to wait in the checkout line, pay, load up your car and fight traffic so you can get home to cook dinner. Now imagine going home to pick fresh produce right out of your greenhouse. Why not enjoy the fruits of an indoor garden year round.

A Wonderful Hobby:

Hobby gardening is one of the most rewarding and popular hobbies in the world. Having a greenhouse allows you to grow anything from fruits and vegetables, to herbs and even flowers. Because you don't need to spend time weeding you can truly enjoy the benefits of gardening all year long. Just picture yourself stepping into the quiet and warm atmosphere of your greenhouse in the middle of winter.

In conclusion, owning your own greenhouse can extend your growing season while enhancing your quality of life.

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