

This week on Ireland’s Classic Hits Radio we’re looking at how best to start growing your own vegetables.

**Growing Your Own Food vs. Buying It From the Store**

Growing your own food is honestly life-changing. If you haven’t tried it yet, what’s holding you back? You can grow so many delicious things in your own garden, or even on a balcony. Once you start growing your own food, the benefits will be hard to ignore. Edible gardening is a hobby that’s definitely worth exploring—you’ll gain so much in the process!

Here’s why we think you should start growing your own food in 2024.

**1. It Saves Money**

**2. It’s Convenient**

**3. It’s Healthier**

**4. You’ll Know Exactly How It Was Cultivated**

**5. It’s Better for the Environment**

**6. You’ll Be More Self-Sufficient**

**7. It’s an Opportunity to Try New Foods**

**8. It Supports Local Pollinators**

**9. It Gets Young Kids Interested in Vegetables**

**10. It Makes Your Garden Prettier**

**For more information:**

[www.betterplants.ie](http://www.betterplants.ie)

[www.growveg.com/guides/5-great-reasons-to-grow-your-own-food](http://www.growveg.com/guides/5-great-reasons-to-grow-your-own-food)

