



The joy of growing your own food!

[iplantcanada.ca](http://iplantcanada.ca)

# Freshness. Flavour. Accessibility.

Growing your own fresh herbs and vegetables opens you up to a world overflowing with flavour and possibilities. **iPlant** promotes healthy eating by allowing you to prepare food that's fresh and packed with vitamins, straight from the source: your home.



> **iPlant** pepper plants come in a variety of colours.

Fresh herbs have an infinite number of culinary uses and **iPlant** will awaken the gourmet chef in you: pestos made from basil or other herbs; a persillade or its cousin done with coriander; tarragon, rosemary or thyme-based condiments; chives to add to spreads of all sorts. Time-honoured recipes and spontaneous creations can be prepared in your own kitchen with but flick of the wrist.

The **iPlant** line also offers a number of vegetables varieties that your herb accompaniments will magnificently bring to life.



**iPlant** herbs and vegetables combine freshness, aroma and versatility, while providing precious sources of vitamins and minerals.

In addition, the **iplantcanada.ca** Web site offers a number of recipes and cooking tips. This site will fast become an indispensable resource for consumers and retailers alike.



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