

AGRIVERSAI

GREEN YOUR FUTURE

VERTICAL AGRICULTURE

FRESHNESS IN THE CITY

MORE EFFICIENCY WITH FEWER RESOURCES

INVESTING IN THE FUTURE

40 DIFFERENT PLANT VARIETIES TESTED

BY MOVING FOOD PRODUCTION TO URBAN CENTERS, VERTICAL FARMING REDUCES THE NEED FOR TRANSPORTATION AND STORAGE, PREVENTS FOOD WASTE AND FACILITATES ACCESS TO FRESHER, SAFER FOOD.

INNOVATION



The global population growth and dwindling agricultural land are raising concerns about food security. In this context, vertical farming is emerging as an innovative solution for sustainable food production. Vertical farming is a farming method that combines soilless farming techniques and controlled environment agriculture, where plants are grown in vertical layers.

Vertical farming involves growing plants outside conventional agricultural land, such as on the walls, roofs or other vertical surfaces of buildings. Various soilless farming techniques can be used, such as hydroponics, aeroponics and aquaponics. Controlled environment agriculture is used to maximize plant growth and production by optimizing light, temperature, humidity and nutrients.

STEP TO A SUSTAINABLE

Future

Vertical farming offers a more sustainable food production system by using resources such as water and land more efficiently, reducing greenhouse gas emissions and utilizing urban waste streams.



Vertical farming contributes to urban development by producing food in urban areas using the vertical surfaces of buildings, revitalizing wastelands and beautifying the urban landscape.



40 different plant varieties were tested.

1. Sage (Medicinal)
2. Amaranth (Microphilis)
3. Okra
4. Kidney bean
5. Peas
6. Broccoli (Leaves and Flowers)
7. Broccoli (Microphilis)
8. Cherry Tomato
9. Nigella
10. Dill
11. Dill (Microphilis)
12. Hazelnut Beet
13. Chervil Parsley
14. Chives
15. Mustard (Red)
16. Spinach (Pak Choy) Green
17. Spinach (Pak Choy) Red
18. Italian Basil
19. Italian Parsley
20. Kale
21. Coriander
22. Coriander (Microphilis)
23. Curly
24. Thyme (Medicinal)
25. Red Cabbage (Microphilis)
26. Lamb's Ear
27. Cabbage (Microphilis)
28. Sauerkraut (Suteresi)
29. Lemon Basil
30. Lollo Rosso
31. Lettuce
32. Parsley
33. Parsley (Microphilis)
34. Lentils (Microphilis)
35. Mizuna
36. Mini Arugula
37. Purple Basil
38. Mint (Medicinal)
39. Pak Choy (Spinach) Red
40. Pak Choy (Spinach) Green



Sage (Medicinal)

Sage is a plant native to the Mediterranean and Central Asia that has been used as a medicinal herb since ancient times. Vertical cultivation of sage increases its production and minimizes its environmental impact. The benefits of sage for medicine and human beings are many.



Sage has antioxidant, anti-inflammatory, antiseptic and antimicrobial properties useful for colds, digestive problems, oral and dental health, stress, sleep and the immune system.



Amaranth (Microphilis)



Amaranth (Microphilis) is a plant native to the Andes Mountains, growing in areas as high as 3000 meters. It is remarkable for its small, seed-like flowers and brightly colored leaves. Amaranth is rich in protein, fiber, vitamins and minerals. It is also rich in antioxidants, making it a healthy food option.



Amaranth (Microphilis) is a plant with high nutritional value and has many benefits for human health. Thanks to its high fiber content, it helps the digestive system to function regularly, keeps blood sugar under control and lowers cholesterol levels. While it helps to lose weight with its low calorie and high fiber content, it strengthens the immune system with its structure rich in antioxidants. Amaranth, which is also rich in minerals such as iron and magnesium, energizes.



Okra

Okra (*Abelmoschus esculentus*) is an annual plant of the Malvaceae family that grows in warm climates. It is cultivated for its green, long and mucous-coated fruits. Okra has an important place in Turkish cuisine and is the main ingredient in many different dishes.



Okra (*Abelmoschus esculentus*) is a plant with high nutritional value and has many benefits for human health. It helps the digestive system to function regularly with its high fiber content, supports the eye and immune system with vitamins A and C, protects cells with antioxidants, and is an important food source for pregnant women with folate. Okra can help keep blood sugar and cholesterol under control and contribute to weight loss.



Kidney beans

Kidney beans are a delicious and nutritious legume with a kidney-like appearance. Originating from South America, kidney beans were introduced to Europe in the 16th century and are widely cultivated in Turkey in provinces such as Bursa, Samsun and Kastamonu.



Kidney beans are rich in protein, fiber, vitamins and minerals and have high nutritional value. In this way, it regulates the digestive system, balances blood sugar, protects heart health, protects against cancer and strengthens the immune system. It is an ideal food source especially for those looking for vegetable protein.



Peas



Peas are a climbing plant belonging to the legume family. It is known for its green, round or slightly oval-shaped pods. Originating from the Middle East and the Mediterranean region, peas are now cultivated all over the world.



Peas are an important food in terms of their nutritional value and the benefits they offer to human health. It facilitates digestion with its high fiber content and is ideal for vegetarians as it is a source of vegetable protein. It is also rich in vitamins A, B, C and minerals such as potassium, phosphorus, magnesium and iron. In this way, it balances blood sugar, protects heart health, provides protection against cancer and strengthens the immune system.

Broccoli (Leaves, Flowers, Microphilis)

Broccoli is a vegetable belonging to the cruciferous family. Broccoli, whose leaves and flowers are consumed, is an important food in terms of its nutritional value and the benefits it offers to human health.



PEquipped with powerful antioxidants, broccoli prevents cancer cells. It provides protection against heart diseases with vitamin C and potassium. It also protects eye health. Rich in fiber, broccoli facilitates digestion and strengthens immunity. It reduces the risk of diabetes and strengthens bones. Add broccoli to your table and eat both delicious and healthy!

Cherry Tomato

Cherry tomatoes are small, round and sweet. They are often used in salads, appetizers and as a snack. Cherry tomatoes contain more water and nutrients than other types of tomatoes. They are also rich in antioxidants such as lycopene, vitamin C and potassium.



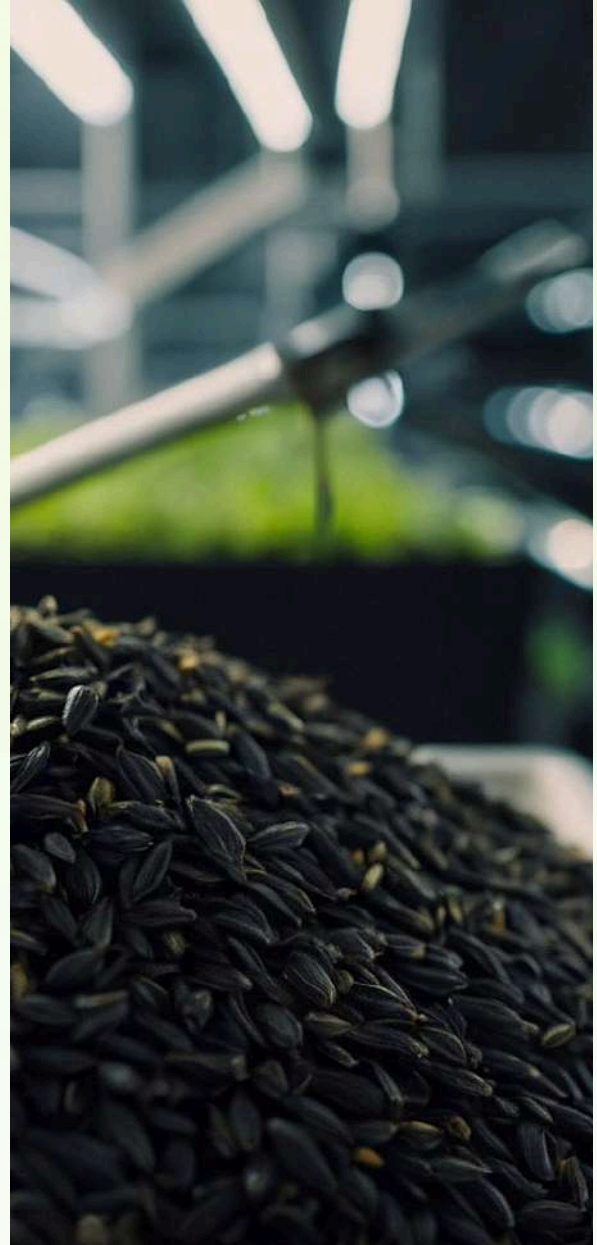
Cherry tomatoes are rich in lycopene, which reduces the risk of heart disease, antioxidants that can prevent cancer, vitamin C that protects eye health, nutrients that strengthen the immune system, fiber that regulates digestion and antioxidants that protect the skin. It also helps to lose weight with its low calorie and high fiber structure.



Nigella

Nigella sativa is an annual herb belonging to the buttercup family (Ranunculaceae). It is native to Asia, the Middle East and the Mediterranean. It is known for its white or blue flowers and black, triangular-shaped seeds.

It has antioxidant and anti-inflammatory properties, strengthens the immune system, regulates the digestive system, helps control blood sugar, has a pain-relieving and anti-inflammatory effect and protects skin health. Used in medicine and cuisine for centuries, black cumin has an important place in many different cultures.



Dill (*Microphilis*)



Dill is a biennial herb belonging to the umbrella family (Apiaceae) with the scientific name *Anethum graveolens*. It is native to the Mediterranean, Middle East and Asia. It is known for its thin, feathery leaves and yellow flowers.

Dill, a biennial plant with thin leaves and yellow flowers, belonging to the umbrella family, is native to the Mediterranean, Middle East and Asia. Fresh leaves are used in salads, soups and sauces, dried leaves are used as a spice and seeds are used in pickles and some spice mixtures. Dill, also known as "green gold", regulates the digestive system, relieves gas and bloating, stimulates appetite, strengthens the immune system, accelerates blood circulation, has painkillers and anti-inflammatory effects, protects skin health and facilitates falling asleep. Considered a sacred plant in Egypt, dill was used for medicinal purposes in Ancient Greece and Rome, and today it is used in cuisine and medicine in many different cultures.



Hazelnut Beet



Hazelnut beetroot is a traditional and natural medicinal product derived from the seeds of the *Nigella sativa* plant. This plant has black, triangular-shaped seeds and has been used in medicine and cooking for centuries.



Hazelnut beetroot is a medicinal food, also known as the "holy seed", that has been used in medicine and cuisine for centuries. With its antioxidant and anti-inflammatory properties, it strengthens the immune system, protects cells from damage and reduces inflammation. While regulating the digestive system and helping to control blood sugar, it is useful in head, joint and muscle pain with its painkiller and anti-inflammatory effect. It protects skin health, provides protection against infections, accelerates blood circulation, protects against cardiovascular diseases by lowering cholesterol. It energizes, relieves fatigue and improves sleep quality. Although hazelnut beet has many benefits, pregnant or breastfeeding women, diabetics and people taking medication should consult a doctor before use.

Chervil Parsley

Chervil, known by the scientific name *Anthriscus cerefolium*, is an annual herb belonging to the parsley family. It is native to the Mediterranean, Middle East and Caucasus. Chervil, which stands out with its curly leaves and pleasant aroma, is used fresh in the kitchen and dried for medicinal purposes.



Chervil, native to the Mediterranean, Middle East and Caucasus, is a plant that stands out with its curly leaves and pleasant aroma and is used fresh in the kitchen and dried for medicinal purposes. While regulating the digestive system and preventing indigestion, it prevents kidney stones and cleanses the kidneys with its diuretic effect. It is good for respiratory diseases such as coughs and colds, and is also known for its painkillers and anti-inflammatory effects. Chervil, which stimulates appetite, protects skin health, accelerates blood circulation, lowers blood pressure and strengthens the immune system, is also a member of the famous herb mixture of French cuisine called "fines herbes". Used for centuries for medicinal and culinary purposes, this herb has an important place in many different cultures.

Chives

Chives (*Allium porrum* L.) are a perennial vegetable in the lily family, closely related to onions and garlic. Commonly used in European and Mediterranean cuisine, chives are known for their long white or light green stems and mild onion flavor.



Chives, the favorite of our delicious tables, are also rich in vitamins and minerals. Chives, which are full of nutrients such as vitamin C, vitamin K, folate, potassium and manganese, help the digestive system to function regularly with their high fiber content, prevent constipation and balance the intestinal flora.

Chives, which stand out not only with their flavor but also with their health benefits, contribute to strengthening the immune system, lowering blood pressure, balancing cholesterol, protecting against cancer, strengthening bones and protecting eye health. Chives can be used raw in salads, soups and sandwiches, sautéed, baked or grilled, and are a very practical vegetable in the kitchen.

Mustard (Red)

Mustard is a spice made from mustard seeds and has a sharp and sour taste. It can be found in different colors, including yellow, brown and red. The most common type of mustard is yellow mustard. Mustard seeds are also used to make pickles



Mustard not only adds flavor to our tables, but also has many benefits such as facilitating digestion, cleansing the respiratory tract, protecting against cancer, protecting heart health, antibacterial and anti-inflammatory. Compounds such as isothiocyanates and glucosinolates in mustard seeds are the main source of these benefits. To take advantage of these benefits of mustard, it may be recommended to include it in your daily diet.

Spinach (Pak Choy)

Spinach (Pak Choy) is a leafy green vegetable with high nutritional value that can be consumed boiled, sautéed or raw. This vegetable, which belongs to the cabbage family, has increased its popularity in recent years and has started to be frequently used in kitchens. Especially its production in high-tech vertical farming facilities has increased the interest in spinach.



Spinach (*Spinacia oleracea* L.) is a leafy vegetable rich in vitamins and minerals such as vitamin A, vitamin C, vitamin K, vitamin E, vitamin B6, folate, potassium, magnesium, calcium, iron, zinc, lutein and zeaxanthin. Thanks to these nutrients, it contributes to strengthening the immune system, protecting skin health, increasing energy levels, strengthening bones, regulating digestion, protecting eye health, reducing cancer risk, protecting against cardiovascular diseases and many more benefits. With its fiber content, it prevents constipation and balances the intestinal flora. Nitrates in spinach help dilate blood vessels and reduce the risk of heart attack and stroke.

Italian Basil

Italian basil (*Ocimum basilicum* var. *citratum*) is one of the indispensable herbs of Mediterranean cuisine. With its strong aroma and refreshing taste, it is frequently used in salads, pastas, sauces and meat dishes. Italian basil stands out not only for its flavor but also for its health benefits.



Indispensable in Mediterranean cuisine, Italian Basil (*Ocimum basilicum* var. *citratum*) adds flavor to salads, pastas, sauces and meat dishes with its anise-like aroma and refreshing taste. Not limited to its flavor, Italian basil facilitates digestion, strengthens the immune system, reduces stress, protects oral and dental health, regulates blood sugar and energizes. This plant, which can grow 30-60 cm tall, stands out with its dark green oval leaves and serrated edges. Used fresh or dried, Italian basil is a valuable herb that not only adds flavor to kitchens but also has many health benefits.

Italian Parsley

Italian parsley (*Petroselinum crispum* var. *neapolitanum*) is a common culinary herb that adds flavor to dishes. It belongs to the parsley family, is of Mediterranean origin and is widely cultivated in Europe.

Italian parsley (*Petroselinum crispum* var. *neapolitanum*), a biennial herb of Mediterranean origin, is a common culinary herb that adds flavor. This plant, which can have straight or curly leaves, has a milder taste than classic parsley with a light anise flavor.

Rich in antioxidants such as vitamins C and E, Italian parsley can protect against chronic diseases such as cancer, heart disease and Alzheimer's by preventing cell damage caused by free radicals. It also regulates the digestive system with its fiber content, prevents kidney stone formation, strengthens bones, strengthens the immune system, regulates blood sugar and protects oral and dental health. Italian parsley is a valuable herb that not only adds flavor to kitchens but also has many health benefits.



Kale

Kale is a green leafy vegetable from the cruciferous family. The leaves are dark green or purple in color and are tougher and more wavy than other types of cabbage. It has a distinctive slightly bitter taste.



Kale is rich in vitamins (A, C, E, K), minerals (calcium, potassium, magnesium, phosphorus, iron) and fiber. It offers many health benefits such as strengthening the immune system, regulating digestion, protecting against cancer, supporting heart and bone health, improving eye function and brain function, weight loss, maintaining skin health and reducing the risk of diabetes. With its high nutritional value and wide range of health benefits, kale is an important food for human health.



Coriander (Microphilis)

Coriander is a herbaceous plant belonging to the parsley family, whose scientific name is *Coriandrum sativum*, whose leaves resemble parsley and grow up to 20-60 centimeters in height. Its homeland is the Mediterranean and the Middle East. It is also widely cultivated in our country.



Coriander is rich in nutrients such as vitamins A, C and K, folate, potassium, magnesium and fiber. It facilitates digestion, regulates blood sugar, protects heart and skin health, strengthens the immune system and acts as a painkiller. Coriander, which is also rich in antioxidants, helps fight cancer. Therefore, coriander is an important food that should be included in our diet.



Curly

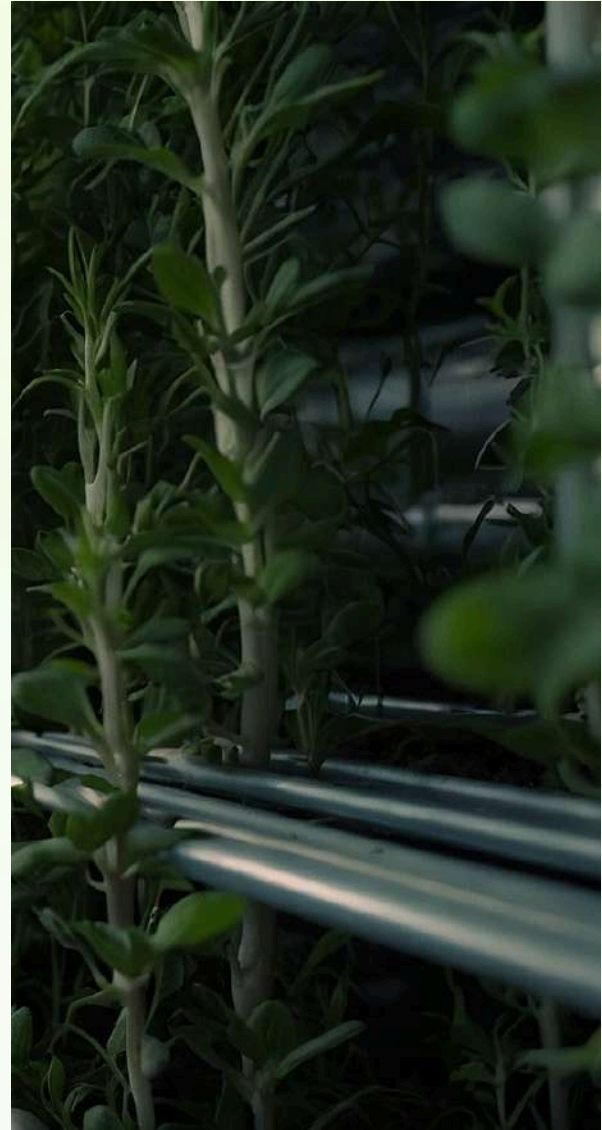
Curly, belonging to the cruciferous family, scientific name *Brassica rapa*, is a radish-like vegetable with wavy and curly leaves. Its homeland is the Mediterranean and the Middle East. It is also widely grown in our country.



Curly is rich in vitamins and minerals such as vitamins A, C and K, folate, potassium and calcium, and fiber. Thanks to its fiber content, it facilitates digestion, strengthens the immune system, protects eye health, protects against cancer, strengthens bones and protects skin health. Curly, which is also rich in antioxidants, has a protective effect against many chronic diseases.

Thyme (Medicinal)

Thyme (*Thymus vulgaris*) is an aromatic plant belonging to the mint family, originating from the Mediterranean and the Middle East and widely cultivated in Turkey. There are different types of thyme: common thyme, lemon thyme, Cretan thyme and Anzer thyme. Common thyme, the most common type, is used in cooking and tea, while lemon thyme is used in fish and salads, Cretan thyme is used in meat dishes and sauces, and Anzer thyme is preferred for medicinal purposes.



Thyme (*Thymus vulgaris*) is a plant that stands out with its digestive system regulating, immune system strengthening, cough relieving, pain relieving, blood sugar balancing, cancer preventing and skin health protecting effects. It facilitates digestion by secreting digestive enzymes, strengthens the immune system and increases resistance to diseases with its rich content of vitamin C and antioxidants. It helps relieve cough due to its expectorant and anti-inflammatory properties. With its pain relieving and anti-inflammatory properties, it can be used in pain such as joint pain, headache and toothache. It helps regulate blood sugar and prevent the formation of cancer cells. Rich in antioxidants, it protects skin cells from damage caused by free radicals, which delays skin aging and prevents skin problems.

Red Cabbage (Microphilis)

Red cabbage is a vegetable from the cruciferous family with leaves that are red, purple or burgundy in color. Widely used in European and Mediterranean cuisine, red cabbage can be used in salads, soups, pickles and main dishes.



Thanks to its vitamin C and antioxidants, red cabbage helps strengthen the immune system and increases resistance to infections such as colds and flu. Being rich in fiber, it supports the digestive system and prevents constipation. Thanks to its anthocyanin content, it can protect against cancer, reduce the risk of heart disease and protect eye health. While it can help improve brain function and prevent memory loss, it also helps to lose weight with its low calorie and fiber structure. Being rich in antioxidants that protect skin cells from damage, it also makes the skin look healthier and younger.

Lamb's Ear

Lamb's ear, known by the scientific name *Rumex crispus*, is a perennial herbaceous plant in the sorrel family (Polygonaceae). The leaves are green or reddish green, oval or heart-shaped with wavy edges. There are fine hairs on the surface of the leaves. Lamb's ear grows widely in temperate climates and is usually collected in spring.



Lamb's ear (*Rumex crispus*) is a plant with high nutritional value and many health benefits. It is rich in vitamins and minerals such as vitamin C, vitamin K, vitamin A, vitamin B6, potassium, magnesium and calcium. It also contains antioxidants such as anthocyanins and flavonoids. With this content, it supports the digestive system, strengthens the immune system, protects against cancer, protects heart and eye health, improves skin health, helps regulate blood sugar, and protects oral and dental health. Adding lamb's ear to your diet can improve your overall health.

Cabbage (Microphilis)

Cabbage is a cruciferous vegetable with tightly intertwined, round or oval-shaped leaves. There are cabbage varieties in different colors such as white, purple, red and black. Cabbage, which is grown in many parts of the world, is a versatile vegetable with high nutritional value in the kitchen.



Cabbage is a nutritious vegetable from the cruciferous family. It contains many important nutrients such as vitamin C, vitamin K, beta carotene, fiber, potassium and calcium. Being rich in antioxidants, it protects cells against damage caused by free radicals. It strengthens the immune system, helps the digestive system to function properly and reduces the risk of developing heart disease. Some studies have also shown that compounds in cabbage may protect against some types of cancer. It helps to lose weight because it is low in calories and high in fiber. Protects eye health and supports brain function.

Lemon Basil

Lemon basil (*Ocimum basilicum citratum*) is an herb in the mint family with lemon-flavored leaves. It originates from Southeast Asia and is commonly used in Thai cuisine. Lemon basil, with its refreshing lemon flavor, can be used in salads, sauces, soups and meat dishes. It can also be used dried.



Lemon basil (*Ocimum basilicum citratum*) is a plant in the mint family with lemon-flavored leaves. It originates from Southeast Asia and is commonly used in Thai cuisine. It is rich in antioxidants, vitamin C and nutritional compounds such as linalool. Thanks to these compounds, it prevents cellular damage, strengthens the immune system, reduces stress, facilitates digestion and fights inflammation. It also protects oral and skin health with its antibacterial and anti-inflammatory properties. Lemon basil can be used fresh or dried in salads, sauces, soups, teas and aromatherapy.

Lettuce

Lettuce (*Lactuca sativa*) is an annual or biennial vegetable with large green leaves, belonging to the daisy family. Originally native to the Mediterranean and the Middle East, lettuce is now widely cultivated all over the world and is one of the most popular salad vegetables. There are many different varieties of lettuce. Among the most common are stem lettuce (iceberg, romaine), curly lettuce (butterhead, romaine), leaf lettuce (looseleaf) and iceberg lettuce. Each variety has its own unique flavor, texture and use. Lettuce is a very low calorie vegetable with 95% water content. It is also rich in many vitamins and minerals such as vitamins A, C, K, folate, potassium and magnesium.



Rich in fiber, vitamins, minerals and antioxidants, lettuce is a nutritious, low-calorie and versatile vegetable. In this way, it contributes to human health in many aspects such as digestion, immunity, eye, cardiovascular health. The fiber content of lettuce facilitates digestion and balances the intestinal flora. Being rich in vitamin C and antioxidants strengthens the immune system and protects against diseases. Some compounds in lettuce are also thought to inhibit the growth of cancer cells. With its low-calorie and high-fiber structure, it facilitates weight loss and gives a feeling of satiety. Its vitamin A content protects eye health and reduces the risk of developing eye diseases such as cataracts. The lactucarin substance in lettuce reduces stress by relaxing the nervous system and improves sleep quality by making it easier to fall asleep.

Parsley (Microphilis)

Parsley (*Petroselinum crispum*) is a nutritious herb belonging to the Apiaceae family and widely used in the kitchen. Grown for its leaves and roots, parsley is known for its leaves, which can be straight or curly, and its mild aroma. Rich in vitamins and minerals such as vitamins A, C, K, folate, potassium, calcium and magnesium, parsley is also rich in antioxidants.



More than just a delicious culinary herb, parsley also protects cardiovascular health with its fiber content that supports the digestive system, vitamin C and antioxidants that strengthen the immune system, compounds that can help fight cancer, and properties that can help regulate blood sugar and lower blood pressure. It is a health treasure with numerous benefits such as preventing kidney stones, facilitating weight loss, protecting bone and eye health, delaying skin aging, reducing stress and improving sleep quality. It can also be included in slimming diets with its low calorie and high fiber content.

Lentils (Microphilis)



Lentil is a food rich in protein, fiber, vitamins and minerals belonging to the legume family. Lentils, of which different types are consumed in many parts of the world, also have an important place in Turkish cuisine. Used as the main ingredient of soups, salads, meatballs and juicy dishes, lentils are known for their many health benefits as well as their flavor.



Lentils are an excellent source of protein that contributes to muscle repair and new tissue formation. With its fibrous structure, it facilitates digestion, prevents constipation and supports intestinal flora. With its iron content, it helps in the fight against anemia and contributes to balancing blood sugar. Protects heart health, lowers cholesterol and protects against heart diseases. Strengthens the immune system and supports memory and concentration. Lentil, which helps to lose weight with its low calorie and high fiber content, is a delicious and nutritious food that can be consumed at every meal. It is an excellent source of protein, especially for vegetarians and vegans.

Mizuna



Mizuna is a leaf vegetable that has an important place in Japanese cuisine and has gained popularity in Turkey in recent years. Mizuna belongs to the cabbage family and is closely related to vegetables such as arugula, mustard and broccoli.



Mizuna is rich in vitamins and minerals such as vitamin C, vitamin K, vitamin A, folate, potassium and calcium. Mizuna, which is also rich in antioxidants, can reduce the risk of developing chronic diseases by protecting against cell damage caused by free radicals. Some compounds in mizuna are also thought to inhibit the growth and proliferation of cancer cells. Mizuna, which is rich in fiber, prevents constipation and supports the intestinal flora by ensuring the regular functioning of the digestive system. It helps strengthen the immune system with vitamin C and other nutrients, and contributes to the strengthening and protection of bones with vitamin K. The potassium in mizuna helps regulate blood pressure, reducing the risk of heart disease. A delicious and nutritious leaf vegetable, mizuna can be used in salads, sandwiches, side dishes, sautés, soups and stews.

Mini Arugula

Mini arugula is a leaf vegetable that has gained popularity in recent years. Coming from the same family as arugula, mini arugula stands out with its smaller and softer leaves.



Mini arugula is rich in vitamins and minerals such as vitamin C, vitamin K, vitamin A, folate, potassium and calcium. Mini arugula, which is also rich in antioxidants, can reduce the risk of developing chronic diseases by providing protection against cell damage caused by free radicals. Some compounds found in mini arugula are also thought to inhibit the growth and proliferation of cancer cells. Rich in fiber, mini arugula prevents constipation and supports the intestinal flora by ensuring the regular functioning of the digestive system. While it helps strengthen the immune system with vitamin C and other nutrients, it contributes to the strengthening and protection of bones with vitamin K. The potassium in mini arugula helps regulate blood pressure and reduces the risk of heart disease. A delicious and nutritious leaf vegetable, mini arugula can be used in salads, sandwiches, side dishes, sautés, soups and stews.

Purple Basil

Purple basil is a purple-leaved variety of the basil (*Ocimum basilicum*) plant. Although less common than green basil, it is gaining popularity in kitchens and gardens for its distinctive flavor and aroma.



Purple basil (*Ocimum basilicum* L.) is a plant belonging to the Lamiaceae family, which stands out with its antioxidant and anti-inflammatory properties. These properties make purple basil a plant that protects against chronic diseases such as cancer, heart disease, diabetes, relieves inflammation and digestive problems, strengthens the immune system, reduces stress and protects skin health. These benefits of purple basil have been researched and scientifically proven in various laboratory and clinical studies.

Mint (Medicinal)



PMint (*Mentha*) is a genus of 25-30 species belonging to the family Lamiaceae. Widely found in many parts of the world, mint is known for its aromatic leaves and refreshing scent. It is used in cooking, beverages, cosmetics and medicines.



More than just a delicious culinary ingredient, mint is a special herb with many benefits, such as facilitating digestion, strengthening the immune system, relieving cold and flu symptoms, relieving headaches and muscle aches, maintaining skin health, eliminating bad breath, energizing and reducing stress. Peppermint oil can be used in aromatherapy and is also useful for skin care. Mint can be used fresh in salads, sauces, garnishes and drinks. Dried mint leaves can be used to make tea. Mint is easy to grow and can be grown in pots or in the garden. Mint is a special herb that will add color to kitchens and your lifestyle with its flavor and benefits. By including mint in your daily life, you can prepare delicious meals and benefit from your health.

Pak Choy (Spinach)



Spinach (*Spinacia oleracea*) is a flowering plant with dark green and fleshy leaves. It is cooked in many places in our country and around the world and is also used in desserts. Spinach, which is both nutritious and delicious, has an important place in kitchens and tables.



Spinach (*Spinacia oleracea*) is rich in many vitamins and minerals such as vitamins A, C, K, iron, magnesium, calcium and potassium. Thanks to these nutritional values, it can protect against various health problems and improve overall health. Scientific studies have shown that spinach consumption helps to protect eye health, strengthen the immune system, fight anemia, protect heart health, regulate blood pressure, protect the digestive system and bone health, and protect skin health. The antioxidants in spinach may also protect against many chronic diseases by protecting against cell damage caused by free radicals. Spinach, which is a very important food in terms of nutritional value and health benefits, can help improve overall health and protect against many diseases when added to the daily diet.

We are working with excitement to bring you many more.

AGRIVERSAI



AGRIVERSAI

**With AgriDL
We offer the miracles of nature with scientific rigor.
We contribute to a sustainable future.
We open the doors to a healthy life.**

Contact us for more information.
Visit our website: agridl.com.tr
Contact us at our Gmail address: agridl5.0@agridl.com
Follow our social media accounts: URL AgriDL social media
Location : Besa Kule A Blok 10th Floor No.37 Turkey/Ankara