**NEWS ARTICLE**

Why not grow your own veggies this summer?

**23 November 2023:** As summer continues and food prices remain high, there is surely no better time to sustainably grow your own veggies, says [Pratley](http://www.pratleyminerals.com) Minerals Sales Manager **Rudi Coetzee** “More people are also turning to home-based vegetable gardening to promote sustainability and reduce their environmental footprint,” he adds.

Home gardening reduces the need for transportation and packaging associated with store-bought vegetables, which often come from far-off places, translating into reduced carbon emissions. Growing your own veggies affords you control over what pesticides and chemicals you use. You can opt for organic methods, ensuring that your veggies are free from harmful substances.

Home veggie gardens provide a source of fresh produce, contributing to food security for your family and potentially even your community in times of need or high food prices. What’s more, gardening itself offers numerous mental and physical health benefits, from stress reduction to increased physical activity and a deeper connection to nature.

This trend not only benefits individual households but contributes to small-scale feeding schemes for communities. A key factor in the success of home veggie growth is the use of an effective and environmentally friendly growing medium.

Grolite® from Pratley is a unique, naturally occurring mineral-based product that is used extensively as a horticultural growing medium and is the ideal product to get your home growing on the right track. It allows for improved fertiliser efficiency, soil quality, and water drainage, while retaining moisture in the root zone. It therefore promotes vegetable plant growth and increases crop yields in a cost-effective, efficient manner. Grolite® captures nutrients and water molecules, resulting in a capillary action in the voids between particles for uniform distribution of water and nutrients.

“Grolite® is the ideal method to increase yields for self-sustainable vegetable gardening and farming practices,” concludes Coetzee. With food prices in the red, there is no better time to get your home growing off to a good start. Grolite® is available nationwide from Pratley in various grade sizes to cater for specific blends.

***Ends***

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**Notes to the editor**

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**About Pratley**Established in 1948 by George ‘Monty’ Pratley, the various companies in the Pratley stable rest on a foundation of research and innovation in both the manufacturing and mining sectors. The various Pratley companies, drawing from 75 years of experience, have filed over 350 patents worldwide, and are ISO 9001 certified. Operating divisions are Pratley Adhesives, Pratley Electrical, and Pratley Minerals.

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