

# NOW / THEN

## Grow Your Own Naomi Verdaasdonk

[www.naomiverdaasdonk.com](http://www.naomiverdaasdonk.com)  
[nv.verdaasdonk@hotmail.com](mailto:nv.verdaasdonk@hotmail.com)

In the last 100 years, the popularization of supermarkets has made foods from all over the world available to us wherever and whenever we wish for them. This has dramatically increased the worldwide transportation of food goods, releasing vast carbon dioxide emissions that are warming our earth's atmosphere. Grow Your Own teaches you to grow your own vegetables at home and helps you to eat seasonally, thereby reducing your CO2 footprint and dependence on market-bought food. The kit comes with all the seeds, information and materials that you need to start your very own vegetable garden.



**LUND**  
UNIVERSITY

**nowthen.se**

Lund University  
School of Industrial Design