

Window Garden Releases Free Window Gardening Course to Celebrate 10 Years of Fighting Cancer with Plants

Microgreens can be highly concentrated sources of sulforaphane, a key nutrient to fight the growth of breast, bladder, and prostate cancers, among others. Maximum benefits can be reaped from your window in less than 48 hours!



Hartford, Dec 9, 2019 (Issuewire.com) - In 2009, 47-year-old Frank Catalano was diagnosed with prostate cancer. Unwilling to accept the potentially harmful effects of radiation treatment without first exploring every option, Frank and his wife Lisa spent hundreds of hours researching the “why” behind unhealthy cellular growth and division.

The pair concluded the root of the problem was the American lifestyle—in particular, a steady intake of processed foods and an overabundance of animal proteins. Both raised in Italian families, a diet of rich meats and cheeses as part of their heritage; yet the Catalanos could not refute the [host of medical studies](#) suggesting plant-based nutrients as cancer-fighting alternatives to radiation.

In particular, numerous studies have found the plant phytonutrient sulforaphane, found in broccoli sprouts, appears to positively target breast cancer stem cells and inhibit protein synthesis in human prostate cancer cells, which is what sparked the Catalanos’ interest in growing and promoting microgreens.

A decade after Frank’s diagnosis, the Catalanos credit their transition to a whole-food, plant-based diet with halting the growth of Frank’s cancer.

“We are huge believers in the power of plants,” says Window Garden founder Frank Catalano. “A plant-based lifestyle has improved our lives in so many ways—the most evident being our health. We’ve also come to realize that growing plants bring a sense of grounding and well being, not to mention all

the positive impacts on the environment.”

Along the way, their desire to make microgreen superfoods more accessible to the public led to a Kickstarter campaign that funded their hallmark invention—the [Veg Ledge Window Shelf](#). After four successful years of business, Window Garden products have helped hundreds of people realize the potential of growing microgreens and starting seeds at home to achieve healthy food independence.

To celebrate a decade of wellness, the Catalanos are offering free access to their 2020 “Food Independence Journey” at [WindowGarden.us](#). The window-to-table Food Independence Journey includes video instruction on window seed starting, succession planting timing, and plant-based meal prep for the 2020 season.

“I just love preparing plant-based meals; it has become such a passion for me,” adds co-founder Lisa Catalano. *“It’s amazing what you can do with fresh plants—the diversity, the colors, and the taste. It’s just incredible! This is our life. We feel so fortunate to have discovered plant-based living, we want to share all of it with as many people as possible.”*

As the Food Independence Journey course emphasizes, whether it starts in the window or the garden, the freshest source of food in the world is what’s grown right at home!



Media Contact

Window Garden

frank@windowgarden.us

860-468-5502

56 Leonard Bridge Rd. Lebanon, Ct 06249

Source : Window Garden

[See on IssueWire](#)