



**Red Russian Kale**

*Brassica oleracea*

It is rich in essential nutrients including beta carotene, vitamin C, vitamin K, lutein, calcium and zeaxanthin. Kale is linked to a reduced risk of several human cancers, is known for its antioxidant properties that are said to be anti-inflammatory.



**Red Chicory or Red Rib**

*Cichorium intybus*

Chicory leaves provide significant amounts of vitamin K, vitamin A, vitamin C, some B vitamins, and manganese. Vitamin E and calcium are present in moderate amounts. Chicory root contains essential oils and contains up to 20% insulin.



**Eggplant**

*Solanum melongena*

Eggplant helps you get strong bones and offsets osteoporosis. It helps you to deal with symptoms of anaemia, increases cognitive function, improves cardiovascular health, and even, protects the digestive system. Eggplant also helps you to lose weight, reduces stress levels, helps to protect infants from birth defects, and also fights some strains of cancer. It is rich in dietary fibre, vitamin B1 and copper. Other nutrients like manganese, vitamin B6, niacin, potassium, folate and vitamin K and is good for heart health.



**Dianthus or Sweet William**

*Dianthus caryophyllus*

Dianthus is an amazing herbal tool for overall urinary system health. Chinese herbalists consider dianthus is considered cold and bitter, and associate it with the meridians of the bladder, heart, and small intestine. Eastern herbalists use dianthus to: unblocks the bowels, break up stasis, clear damp heat, promote urination unblock Plantago syndrome.



**Kale**

*Brassica oleracea*

Highly nutritious kale is a superfood packed with vitamins A, C, and K. It is anti-inflammatory, antioxidant-rich, and supports heart health by lowering cholesterol. Its high calcium and vitamin K content strengthen bones, while lutein and zeaxanthin promote eye health. Kale also aids digestion and boosts circulation, making it a versatile addition to a healthy diet.



**Marigolds**

*Tagetes erecta*

Marigolds deter pests, especially nematodes which can ruin the roots of your vegetables and are great nectar sources for butterflies. Marigolds have a long history in folk medicine, found in many herbal remedies and even skin lotions and balms. They attract ladybugs, parasitic wasps, hoverflies, and other beneficial insects that protect your plants from aphids and other harmful pests.



**Snapdragon**

*Antirrhinum majus*

Flowers attract bees and butterflies.

