



Sunflower
Helianthus

Sunflower seeds are also a good source of vitamin E, magnesium and selenium and a number of other nutrients. These beautiful blooms attract pest-patrolling birds and bees to improve your harvest, and even help detox contaminated soil.



Bok choy
Brassica rapa

Bok Choy is a dark, leafy, cruciferous vegetable and highly nutritious. It's packed with fibre, vitamins, minerals, and antioxidants, but is very low in calories and carbohydrates, and is an excellent source of vitamins C, K, A, and beta-carotene. It is a very good source of folate, calcium, and vitamin B6. All of these help the body fight inflammation and cell damage.



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.



Calendulas
Calendula officinalis

Calendula blossoms can be used in cooking—eaten fresh in salads, added to rice, or dried and used as a poor man's saffron, calendula petals make an ordinary meal seem special. Herbalists use it to make a healing salve for sunburn, chapped lips, minor burns, cuts, and scrapes. Bees and native pollinators are drawn to these flowers, plus, calendula repels many pests!



Rocket
Eruca sativa

This leafy green contains high levels of beneficial calcium and vitamin K, nitrates and polyphenols. High intakes of nitrate may lower blood pressure, reduce the amount of oxygen needed during exercise, and enhance athletic performance. Diets high in cruciferous vegetables may reduce risk of breast cancer, colorectal cancer, lung cancer, prostate cancer, and are good for bone health.



Italian Parsley
Petroselinum crispum
var. neapolitanum

Parsley packed with essential oils and antioxidants, to the point that it's often called a superfood. This herb has long been considered an all-natural free radical scavenger, heart protector, brain protector, antidiabetic, antibacterial and digestive aid, its active ingredients, include phenolic compounds, antioxidant flavonoids, carotenoids, ascorbic acid, essential oils like myristicin and apiol, and various nutrients like vitamins K, C and A.





Fennel
Foeniculum vulgare

Fennel contributes to building and maintaining bone structure and strength, and helps lower blood pressure and protect the heart. Fennel contains: phosphorous, zinc, copper, manganese, selenium, niacin, pantothenic acid, folate, choline, beta-carotene, lutein, zeaxanthin, vitamins E & K, as well as these, fennel provides high levels of dietary nitrates and is a natural source of estrogen.



Sweet Alyssum
Lobularia maritima

Sweet Alyssum perform best in cool weather conditions and have a wonderfully sweet scent that attracts beneficial pollinators. Alyssum is edible and tastes slightly like kale. Its flowers look very attractive sprinkled in salads, desserts, and even frozen in ice cubes for cocktails.



Davidson's Plum
Davidsonia pruriens

Davidson Plum is a slender tree native to NorthEastern Queensland. The plum has a high amount of anthocyanins, an antioxidant higher in comparison to the blueberry. It promotes the overall health and prevents diseases. The plum is an excellent source of potassium vital for the heartbeat, movement of muscles, nerves and kidney functions, vitamin E and zinc for the youthful, glowing skin, lutein, folate, calcium and magnesium.

