



Tansy
Tanacetum vulgare

Tansy was historically used to treat painful joint conditions like arthritis and rheumatism. It is also occasionally used to treat other types of pain like migraines, headaches, sciatica and nerve pain. Tansy has carminative properties that help to improve general digestion and also deal with common digestive conditions like flatulence and dyspepsia. It has been used to treat stomach ulcers, cramping, pain and gallbladder issues, and an effective appetite stimulant. The main medicinal uses of tansy are to help treat intestinal worms and parasites and to encourage menstruation in women that have irregular cycles or the absence of menses.



Mallow
Malva neglecta

Mallow has anti-inflammatory properties, historically, the herb has been used to heal digestive and urinary tract irritations, and even control coughs caused by inflammation. Modern herbal medicine commonly prescribes mallow as a healing agent for insect bites and swollen muscles. It is high in calcium, magnesium, potassium, iron, selenium, and vitamins A & C, Common mallow was a good source of nutrition in many recipes. Leaves were eaten like spinach, cooked or served raw. In addition to its health, beauty, and culinary uses, common mallow is an important plant for pollinators.



Mint
Mentha

Mint is an awesome culinary herb! Cut it from the garden to make all kinds of delicious mint recipes or let it go to flower and it will attract bees, beneficial wasps, hoverflies (aphid eaters), and tachinid flies (parasitic on nasty bugs). The smell of the mint plant will also repel houseflies, cabbage moths, ants, aphids, squash bugs, fleas, mosquitoes, and even mice. It's also great for chickens and their coop, it keeps bugs, flies, and parasites at bay, as well as being an antioxidant and digestive aid for your flock.



Finger Lime
Citrus australasica

Finger limes are rich in folate, potassium and vitamin E. Each finger lime contains three times the vitamin C found in a mandarin. The level of vitamin E is exceptionally high in the pink finger lime. There are over six genetically diverse varieties found in varying sizes and colours.



Snapdragon
Antirrhinum majus

Flowers attract bees and butterflies.

