



**Red Rib Chicory or
Red Dandelions**
Cichorium intybus

Red Rib Chicory is rich in vitamins A, C and K, as well as iron, calcium, omega-3 and omega-6 fatty acids.



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.



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.



Warragal Green
Tetragonia tetragonioides

Warragal greens have a mild flavour, similar to spinach, and it can substitute for this vegetable in most recipes. Like all leafy greens, they are rich in vitamin C and anti-oxidants. They contain oxalic acid, so it is best to blanch the leaves first before using them. They have also been used in herbal medicine remedies to treat gastrointestinal diseases, as an anti-inflammatory, and more recently shown to have an anti-obesity effect.

