



Alyssum
Lobularia maritima

Also known as sweet alyssum flowers are white, but you may get an occasional blue, pink, or purple in the mix. These flowers have a honey sweet aroma that bees and other pollinators seem to love. Sweet alyssum perform best in cool weather conditions. 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.



Artichoke
Cynara scolymus

Artichokes are packed with phytonutrients such as quercetin, rutin, gallic acid, and cynarin, all working to protect against many health risks including cancer, heart disease, liver dysfunction, high cholesterol, and diabetes. The artichoke leaf extract has proven to be an extremely beneficial food with a host of illness-fighting, age-extending properties.



Tuscan Kale
Brassica oleracea
var. palmifolia

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



Rainbow Chard
Chenopodioideae sp.

Chard leaves and stalks provide an abundance of vitamins, minerals and powerful plant compounds. A small serving of cooked chard covers your daily need for vitamins A and K and nearly fulfil the RDI for vitamin C. What's more, chard is a good source of calcium, magnesium, copper, zinc, sodium, phosphorus and vitamin E.



Marigold
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.





Dianthus
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.



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.



Rhubarb
Rheum rhabarbarum

Rhubarb has been traditionally used to heal a wide variety of issues such as constipation, fever, inflammation, and kidney failure. More recently, it was uncovered that Rhubarb can also alleviate symptoms of menopause and sepsis, a life-threatening response to infection. Rhubarb is an excellent source of vitamin K, providing at least 40% of your daily needs if you consume a full cup. Rhubarb is also a good source of vitamin C, providing 11% of the daily value set by the Food and Drug Administration per cup. Other vitamins include vitamin A, vitamin E, thiamine, riboflavin, niacin, and folate. There are smaller amounts of vitamin B6 and pantothenic acid. Minerals in rhubarb include potassium and calcium and manganese. There are smaller amounts of magnesium, selenium, phosphorus, zinc, copper and iron.

