



Asparagus White
Asparagus officinalis

Young spears (shoots). Harvest time: collect asparagus spears in the early spring, while very young. It's high in fibre, vitamins A and C, and minerals, such as iron. Only collect spears from areas you know have NOT been treated with pesticides.



Asparagus Purple
Asparagus officinalis

Young spears (shoots). Harvest time: collect asparagus spears in the early spring, while very young. It's high in fibre, vitamins A and C, and minerals, such as iron. Only collect spears from areas you know have NOT been treated with pesticides.



Purple Vervain
Verbena bonariensis

Flowers attract bees and butterflies.



Italian Parsley
Petroselinum crispum var. neapolitanum

Vitamin-rich leaves of 'Italian Giant' are a favourite for use in Italian cuisine. The leaves of this hardy biennial herb are nice for flavouring soups, poultry dishes or salad dressings. Fresh-cut sprigs make an excellent garnish on the dinner plate.



Boobialla
Myoporum insulare
'Prostrate'

The berry's great for jams, jellies and preserves, but with an astringent sweetness, eating berries fresh off the branch might not be everyone's cup of tea. Aromatic, juniper-like qualities makes Boobialla an exciting local botanical for essential oils and gin.



Murnong/Yam Daisy
Microseris lanceolata

Has fleshy, tuberous roots that were a native food source and attracts bees and butterflies.

