



Red Russian Kale
Brassica oleracea

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



Red Chicory or Red Rib
Cichorium intybus

Chicory leaves provide significant amounts of vitamin K, vitamin A, vitamin C, some B vitamins, and manganese. Vitamin E and calcium are present in moderate amounts. Chicory root contains essential oils and contains up to 20% insulin.



Eggplant
Solanum melongena

Eggplant helps you get strong bones and offsets osteoporosis. It helps you to deal with symptoms of anaemia, increases cognitive function, improves cardiovascular health, and even, protects the digestive system. Eggplant also helps you to lose weight, reduces stress levels, helps to protect infants from birth defects, and also fights some strains of cancer. It is rich in dietary fibre, vitamin B1 and copper. Other nutrients like manganese, vitamin B6, niacin, potassium, folate and vitamin K and is good for heart health.



Genovese Basil or Sweet Basil
Ocimum basilicum

As a medicinal herb, sweet basil is used to treat digestion and liver problems, to detoxify the body, as a natural anti-inflammatory and anti-depressant, to treat headaches and migraines, and also for wound care and to treat skin conditions. Sweet basil is an ingredient in many natural beauty products. Fresh or dried, basil leaves are an essential ingredient in many Italian, Greek and Asian dishes.



Snapdragon
Antirrhinum majus

Flowers attract bees and butterflies.



Dianthus or Sweet William

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.



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.



Amaranth
Amaranthus

Amaranth is rich in antioxidants, proteins, vitamins and minerals which make it the healthy food by preventing the chronic diseases, enhancing immune system, stimulating repair and growth, lowering inflammation and blood pressure, lessening varicose veins, and promoting the strength of bones and others. Related to and resembles quinoa which has high protein, antioxidant properties, develop bones, facilitates digestion and heart health.

