



**Sunflower**  
*Helianthus*

Sunflower seeds are also a good source of vitamin E, magnesium and selenium and a number of other nutrients. These beautiful blooms attract pest-patrolling birds and bees to improve your harvest, and even help detox contaminated soil.



**Echinacea**  
*Echinacea purpurea*

The benefits of Echinacea reach far beyond upper respiratory infections as a popular herbal remedy, especially for warding off colds and the flu. They can be a powerful way to address infections, venomous bites and stings, acne, warts, boils and abscesses, mouth infections and promote lymphatic drainage.



**Mixed Capsicum**  
*Capsicum abyssinicum*

Capsicum helps relieve stomach aches, prevents skin-aging, muscle spasms, and aches, is beneficial for women undergoing menopause and people with arthritis. Capsicum also, prevents psoriasis, peptic ulcer, and lowers the risk of cardiovascular diseases due to its analgesic properties. Capsicum contains high levels of vitamin A and C, also contains bioactive components like tannins, flavonoids and Alkaloids - responsible for its analgesic properties.



**Bok choy**  
*Brassica rapa*

Bok Choy is a dark, leafy, cruciferous vegetable and highly nutritious. It's packed with fibre, vitamins, minerals, and antioxidants, but is very low in calories and carbohydrates, and is an excellent source of vitamins C, K, A, and beta-carotene. It is a very good source of folate, calcium, and vitamin B6. All of these help the body fight inflammation and cell damage.



**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.



**Italian Parsley**  
*Petroselinum crispum*  
*var. neapolitanum*

Parsley packed with essential oils and antioxidants, to the point that it's often called a superfood. This herb has long been considered an all-natural free radical scavenger, heart protector, brain protector, antidiabetic, antibacterial and digestive aid, its active ingredients, include phenolic compounds, antioxidant flavonoids, carotenoids, ascorbic acid, essential oils like myristicin and apiol, and various nutrients like vitamins K, C and A.



**Mountain Pepperberry**  
*Tasmannia lanceolata*

Mountain pepper was used for its antiseptic properties and added to food as a flavour enhancer. Indigenous Australians suffering from sore gums and toothaches often crushed the berries with water to make a paste, which was then applied to the mouth to treat the infection. It has a small black berry with a unique fruity flavour, fragrant eucalypt/ menthol/ fruity aroma, and a characteristically delayed but intense peppery heat.





**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.



**Sweet Alyssum**

*Lobularia maritima*

Sweet Alyssum perform best in cool weather conditions and have a wonderfully sweet scent that attracts beneficial pollinators. 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.



**Calendulas**

*Calendula officinalis*

Calendula blossoms can be used in cooking—eaten fresh in salads, added to rice, or dried and used as a poor man's saffron, calendula petals make an ordinary meal seem special. Herbalists use it to make a healing salve for sunburn, chapped lips, minor burns, cuts, and scrapes. Bees and native pollinators are drawn to these flowers, plus, calendula repels many pests!



**Davidson's Plum**

*Davidsonia pruriens*

Davidson Plum is a slender tree native to NorthEastern Queensland. The plum has a high amount of anthocyanins, an antioxidant higher in comparison to the blueberry. It promotes the overall health and prevents diseases. The plum is an excellent source of potassium vital for the heartbeat, movement of muscles, nerves and kidney functions, vitamin E and zinc for the youthful, glowing skin, lutein, folate, calcium and magnesium.



**Lemon Basil**

*Ocimum x citriodorum*

Lemon basil is an excellent source of beta-carotene, a pigment that is converted into vitamin A in the body to protect against vision loss. The greens are also a good source of vitamin K to assist in faster wound healing and provide some magnesium, iron, manganese, copper, calcium, and vitamin C. In addition to vitamins and minerals, Lemon basil contains the compounds limonene and citral, contributing to the herb's citrus-like flavour and supplying some anti-inflammatory properties.



**Lemon Myrtle**

*Backhousia citriodora*

Lemon Myrtle contains vitamins A & E, and the minerals: calcium, magnesium, and zinc. It is known for its anti-microbial, anti-inflammatory, anti-viral, and antioxidant properties, and contains the highest purity of all citral containing essential oils. The tree is native to Australia and is cultivated for its leaf, for tea and cooking, and for its valuable essential oil. A cup of lemon myrtle tea before bed is great for treating a sore throat and the use of lemon myrtle oil bath salts can help improve your sleep. The oil is great for helping to beat sinus and bronchitis infections, as a preventative and treatment for insect bites and stings, the smell also repels the bugs.