



Corn
Zea mays

Corn has high levels of antioxidants that actually increase when you cook it. The antioxidants from ferulic acid, has been linked to cancer prevention. It is high in niacin and potassium, lutein and beta carotene levels have been linked to cognitive brain function retention. Corn is a good source of magnesium and essential fatty acids. Lutein and zeaxanthin, corn's main carotenoids (or pigments), help protect your eyes, and have been shown to reduce the risk of macular degeneration and cataracts. Meanwhile the antioxidant quercetin has been shown to combat both acute and chronic inflammation, and protect against neurodegenerative diseases, such as Alzheimer's. Antioxidants in blue and purple corn, are particularly good at fending off inflammation. They also guard against oxidative stress, an imbalance between the production of cell-damaging free radicals and the body's ability to counter their harmful effects.



Zucchini
Cucubita pepo

Zucchini contains zero fat, and is high in water and fibre. It also contains significant amounts of vitamins B6, riboflavin, folate, C, and K, and minerals, like potassium and manganese, also contains antioxidant and anti-inflammatory phytonutrients. This makes zucchini, also known as courgette, a nutrient-dense food that you should include in your diet. Improve digestion including reducing the incidence of constipation and other digestive issues, rids the body of free radicals and excess inflammation, helps reduce your blood sugar levels and increase insulin sensitivity. Zucchini's are low in sodium and high potassium which help to maintain healthy blood pressure while fibre, such as the polysaccharide in zucchini, lowers cholesterol levels.



Mint
Mentha

Mint is an awesome culinary herb! Cut it from the garden to make all kinds of delicious mint recipes or let it go to flower and it will attract bees, beneficial wasps, hoverflies (aphid eaters), and tachinid flies (parasitic on nasty bugs). The smell of the mint plant will also repel houseflies, cabbage moths, ants, aphids, squash bugs, fleas, mosquitoes, and even mice. It's also great for chickens and their coop, it keeps bugs, flies, and parasites at bay, as well as being an antioxidant and digestive aid for your flock.



Purple Basil
Ocimum basilicum

Purple Basil is a cultivar of *Ocimum basilicum* (sweet basil). The dark purple leaves are used in pesto or as a garnish. This attractive basil variety has won multiple awards for its beauty, flavour and ease of cultivation. Contains many vitamins and minerals, including vitamins A, C, and E, fibre, and antioxidants. Purple basil is packed with vitamin K, which helps with blood clotting and aids in bone strength. Used medicinally for its antioxidants and antibacterial properties, basil oil provides an immune system boost and combats aging and skin ailments.



Tansy
Tanacetum vulgare

Tansy was historically used to treat painful joint conditions like arthritis and rheumatism. It is also occasionally used to treat other types of pain like migraines, headaches, sciatica and nerve pain. Tansy has carminative properties that help to improve general digestion and also deal with common digestive conditions like flatulence and dyspepsia. It has been used to treat stomach ulcers, cramping, pain and gallbladder issues, and an effective appetite stimulant. The main medicinal uses of tansy are to help treat intestinal worms and parasites and to encourage menstruation in women that have irregular cycles or the absence of menses.



Mallow
Malva neglecta

Mallow has anti-inflammatory properties, historically, the herb has been used to heal digestive and urinary tract irritations, and even control coughs caused by inflammation. Modern herbal medicine commonly prescribes mallow as a healing agent for insect bites and swollen muscles. It is high in calcium, magnesium, potassium, iron, selenium, and vitamins A & C, Common mallow was a good source of nutrition in many recipes. Leaves were eaten like spinach, cooked or served raw. In addition to its health, beauty, and culinary uses, common mallow is an important plant for pollinators.



Winter Savoury
Satureja montana

Winter Savoury is traditionally known medicinally, as a carminative and a powerful digestive aid. It is recommend for gas and digestive upsets, including colic, diarrhoea and indigestion. Its antiseptic and astringent properties make it a good treatment for sore throats. A poultice of the leaves gives quick relief to insect bites.



Ruby Saltbush
Enchylaena tomentosa

The Ruby Saltbush is an antiscorbutic, and an edible shrub with over 70 shrub species. Most provide delicious and nutritious fruit, but many also have edible leaves, seeds, flowers, stems or roots, or they yield edible or useful oil. People with a tendency to rheumatism, arthritis, gout, kidney stones or hyperacidity should take especial caution if including this plant in their diet since it can aggravate their condition.



Finger Lime
Citrus australasica

Finger limes are rich in folate, potassium and vitamin E. Each finger lime contains three times the vitamin C found in a mandarin. The level of vitamin E is exceptionally high in the pink finger lime. There are over six genetically diverse varieties found in varying sizes and colours.

