



Sunflowers

Helianthus

The sunflower plant offers additional benefits besides beauty. Sunflower oil is suggested to possess anti-inflammatory properties, contains high polyunsaturated fat, is a great alternative to butter and has numerous health benefits. It contains linoleic acid which can convert to arachidonic acid. Both are fatty acids and can help reduce water loss and repair the skin barrier. The seeds are high in vitamin E and selenium which help prevent chronic disease. The flower can attract up to five times more pollinators.



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 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.



Rainbow Chard

Chenopodioidae 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.



Pumpkin

Cucurbitaceae

There are a number of health benefits of pumpkins that make them great for weight loss. Pumpkins are very rich and are devoid of cholesterol, sodium and fats. This is what makes pumpkins ideal for including in your weight loss diets. Pumpkins are used for their pulp, seeds and seed oils. The bright yellow /orange colour of the vegetable is an indication that this is rich in an important antioxidant B - carotene or beta carotene. In our body, this pro-vitamin is converted to vitamin A, which performs several essential functions.



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.



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.



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.



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.



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.

