



**Maroon Bush**  
*Scaevola spinescens*

Maroon bush is a plant native to Australia where it is used in traditional medicine for colds, stomach ailments, and as a diuretic by the Aboriginal people. Most commonly consumed as tea, the leaves, flowers and berries of this plant can be simmered (covered) in water for up to 40 minutes, then left to cool overnight before straining and drinking. The roots were also infused in water and taken to help with digestive pain. The berries themselves are edible, tasting best when purple-black in colour (ripe). Aboriginal name is Murin.



**Yarrow**  
*Archillea Millefolium*

It's genus name, Achillea, refers to the warrior Achilles in Greek mythology, as he used yarrow to treat his soldiers' wounds. Some of the health benefits for Yarrow include enhancing wound healing. Yarrow tea may provide several digestive benefits, such as combatting ulcers and IBS symptoms. It also contains flavonoids and alkaloids that may relieve symptoms of depression and anxiety. All the same, human studies are necessary. Yarrow may reduce symptoms of certain brain disorders, such as epilepsy, multiple sclerosis, Alzheimer's, and Parkinson's. Yarrow tea may reduce both liver and skin inflammation, but research is currently limited.



**Elderflower**  
*Sambucus*

The berries and flowers of elderberry are packed with antioxidants and vitamins that may boost your immune system. They could help tame inflammation, lessen stress, and help protect your heart, too. It has also been used to treat; constipation, joint & muscle pain, infections that affect breath, headaches, fever, kidney problems, epilepsy, minor skin conditions, stress and HIV/AIDS.



**Comfrey**  
*Symphytum*

Comfrey cream is a natural substance made from *Symphytum officinale*, an herb in the borage family. Also known as comfrey ointment, salve, or gel, it's said to reduce inflammation and alleviate pain when applied to the skin. Proponents claim that comfrey cream can treat a variety of health conditions and injuries. It also is proven to help with bruises, fractures, gout, rheumatoid arthritis, sprains and strains and wounds.



**Variegated Society Garlic**  
*Tulbaghia violacea*

Traditionally speaking, society garlic has been used in a number of medicinal applications, in order to treat problems with hormone balance and blood pressure, as well as to help prevent certain types of cancer. As well as this it also balances hormones, lowers blood pressure and can be used in dishes to improve gut health.



**Marjoram**  
*Origanum majorana*

Marjoram is an aromatic herb long used medicinally to aid digestion and menstruation. It is linked to several benefits, such as reduced inflammation, improved digestive health, and menstrual regulation. You can also drink its tea or take supplements to experience its benefits.



**Lemon Eureka**

*Citrus × meyeri*

Some of the main health benefits of Meyer Lemons are improving digestive Health soluble fibre helps to improve gut health and slow the digestion of sugars and starches. These effects may result in reduced blood sugar levels. Cardiovascular Health, Intake of isolated fibres from citrus fruits has been displayed to decrease blood cholesterol levels, and the essential oils in lemons can protect LDL cholesterol particles from becoming oxidized. Hair the juice when applied to the scalp can treat several hair problems like dandruff, hair loss and other problems related to the hair and scalp. Also helps weight control, fever, skin care, prevents kidney stones, throat infections, high blood pressure, prevention of anaemia, dental care, reduce cancer risk, burns, internal bleeding, respiratory disorders, for relaxation and corns.



**Tansy**

*Tanacetum Vulgare*

Tansy is used for digestive tract problems including stomach and intestinal ulcers, certain gallbladder conditions, gas, bloating, stomach ache, stomach spasms, and poor appetite. It is also used for painful conditions including migraines, nerve pain (neuralgia), joint pain (rheumatism) and sciatica; and for heart conditions including rapid heartbeat (palpitations) and fluid retention caused by congestive heart failure. Tansy is also used to treat roundworm and threadworm infections in children. Other uses include treatment of epileptic seizures, colds, fever, hysteria, gout, kidney problems, and tuberculosis. It is also used to kill lice and bacteria; promote sweating; calm the nerves; and act as an antioxidant, tonic and stimulant.



**Orange**

*Citrus sinensis*

They are a good source of vitamin C, as well as several other vitamins, minerals, and antioxidants. For this reason, they may lower your risk of heart disease and kidney stones. Oranges may benefit heart health and help prevent kidney stones. While not rich in iron, they may also protect against anaemia by increasing your iron absorption. A rich source of several plant compounds that are responsible for many of their health benefits.



**Lemon Balm**

*Melissa officinalis*

Lemon balm can help; relieve stress, reduce anxiety, boost cognitive function, help ease insomnia and other sleep disorders, help treat cold sores, relieve indigestion, help treat nausea, help minimise menstrual cramps and help lessen toothache pain.

