



**Red Rib Chicory or
Red Dandelions**
Cichorium intybus

Red Rib Chicory is rich in vitamins A, C and K, as well as iron, calcium, omega-3 and omega-6 fatty acids.



Thai Basil
*Ocimum basilicum
var. thrysiflora*

Thai Basil is a great and excellent source of vitamins and essential nutrients, including vitamin C and omega-3 fatty acid. The seeds are said to have antioxidants, anti-cancer properties, anti-viral, anti-bacterial, and anti-fungal properties.



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.



Purslane
Portulaca oleracea

Purslane is high in vitamins A, B, and C. Its most remarkable attribute is the surprising amount of omega-3 fatty acids you can obtain by eating it. Many people take expensive fish oil supplements to cover this important part of our diet and this plant is very good as a boost to the endocrine system as a whole. Specifically, it would be very helpful for those suffering with adrenal exhaustion or thyroid imbalances. It has folkloric use in sore mouths and to ease a toothache.



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.





Rocket
Eruca sativa

Rocket is a good source of vitamin A, as like carrots, it contains good levels of beta carotene, beneficial for maintaining healthy eyes and vision in low lighting. Lutein and zeaxanthin are another two nutrients found in rocket, which benefit eye health in your later life as they slow down age related degeneration of the macular in the eye. Other vitamins and minerals that rocket is a good source of calcium, needed to keep bones, teeth and muscles strong and healthy. Potassium, needed for a healthy functioning heart as well as maintaining hydration in the body and aiding with normal muscular contractions. Vitamin C, helping to fight disease and infection, while also acting as an antioxidant protecting against oxidative damage to cells and helping maximise iron uptake by the body. Folate which is needed for nerve development and function and vitamin K, which helps blood to clot and wounds to heal are two more nutrients that rocket contains.



Warragal Green
Tetragonia tetragonioides

Warragal greens have a mild flavour, similar to spinach, and it can substitute for this vegetable in most recipes. Like all leafy greens, they are rich in vitamin C and anti-oxidants. They contain oxalic acid, so it is best to blanch the leaves first before using them. They have also been used in herbal medicine remedies to treat gastrointestinal diseases, as an anti-inflammatory, and more recently shown to have an anti-obesity effect.

