



Shipards Herb Farm Catalogue 2020

herbs-to-use.com

"Man has used herbs in folklore remedies for 1000's of years."

"May your garden bring much joy, satisfaction and be a beautiful and interesting place."
Isabell Shipard

THE HERB FARM SPECIALISES in an extensive range of culinary, medicinal herbs, spices, high protein foods, rare edibles, survival foods, herbs for bio-dynamic gardens, legume soil improvers, fruits, vegetables, animal and bee forage plants, non-hybrid seeds, companion plants, dried herbs, seeds for sprouting, gift giving ideas, etc.

HERBS ARE VALUABLE for flavouring, vitamins, minerals, ability to aid digestion, for antiseptic, antibiotic and antioxidant properties, for healing, as preventative medicine, cleansing and rejuvenating action. We encourage fellow Australians to grow as much as possible of their own food and medicine, as some 'information' indicates that times could get tough. It is vital too, that you save your non-hybrid seeds each year.

*As the Therapeutic Goods Act in Australia restricts what may be said about uses of herbs, this list below, does not give the many uses of each plant. Although man has used herbs in folklore remedies for 1000's of years, the TGA says such remedies need to be proved. Note: with some ailments it is permissible to say for temporary relief. As it is difficult to get a clear indication on what is permissible to be said about medicinal uses for a printed catalogue, therefore here, some plants will list herb Actions, and if any other uses are listed, they will be given as... for **temp. relief** of an ailment. However, if people wish to know more about herbal uses medicinal and culinary, refer to Isabell Shipard's book "How can I use Herbs in my daily life", or other herb books. The State of Queensland restricts what may be said about the medical actions of herbs, that are also used for food or flavouring.*

Shipards Herb Farm
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Queensland, 4560, Australia.
ph. (07) 54411101

email. info@herbs-to-use.com
web. herbs-to-use.com

OPEN HOURS: Mon. Tues. Thurs. Sat.
10am-2pm,

or other times by **appointment only** (please ring **During Open Hours** 2-3 days before you wish to visit, to confirm a suitable time).

Please Note: some plants and seeds are only available seasonally.

LOCATION: 139 Windsor Rd., Nambour, Qld; If coming from Brisbane, once in Nambour, turn left at 1st traffic lights (Kentucky Fried Chicken) into Arundel Ave; go under railway bridge, over bridge, veer to left at roundabout, turn right at next roundabout into Windsor Rd, go about 1 mile down Windsor Rd, watch on right, and drive past Sunshine Coast TAFE Nambour Campus, and past Patrick King Drive, and now watch for Shipards Herb Farm sign, at bottom of next drive way.

MAIL ORDERS: Plants, seeds, etc, are usually despatched by post. We do not send plants to Tasmania, Western Australia, or internationally (seeds however may be sent; but **note**, some seeds may be restricted, **so please check with your State, or Country, Quarantine Department**).

Our DVDs are - Pal standard, All Regions.
Pal is the Australian standard.

BOOKS & DVDS AVAILABLE

For preview of Isabell's books visit herbs-to-use.com

How can I use HERBS in my daily life? (8th Edition) is a comprehensive Australian herb book, as well as a practical guide to growing and using over 500 herbs, culinary herbs and medicinal herbs, natural herbal remedies, alternative herbal medicines, natural herbal pain relief and herbal nutrition.

\$45 + P&P

How can I grow and use Sprouts as living food? (3rd Edition) will inspire you to grow and use sprouts to maximise your health. Covering over 100 kinds of sprouting seeds, the best methods of sprouting, nutritional and medicinal benefits, and how to use sprouts in your daily life, with practical and simple recipes. **\$37 + P&P**

How can I be prepared with Self-Sufficiency and Survival Foods? (2nd Edition) will inspire you to be as self-sufficient as you are able. Isabell encourages EVERYONE to consider how we can all tread more softly on Planet Earth. With numerous economical recipes, information on edible weed, Bush Tucker and Herbs for health and healing, this book will be a valuable reference manual for every family. **\$37 + P&P**

DVD - Wonderful World of Herbs! Isabell Shipard's passion is herbs, and she loves to inspire and share the joys and wonders of natural herbs. In September 2006 Isabell Shipard held a herb course and a sprout course, on the Sunshine Coast. The courses were so popular that two more courses had to be run to accommodate the number of people wishing to attend the courses. **\$35 + P&P**

DVD - Living Food at it's Best! Isabell Shipard loves to inspire people to grow and use sprouts. Isabell will show you how you can grow sprouts in your kitchen, which will be the freshest food you can eat. Sprouts provide quality nutrients, and by weight, are an extremely rich source of vitamins, minerals and antioxidants; in fact, they have a much greater nutrient content than the original seed. **\$30 + P&P**

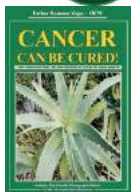
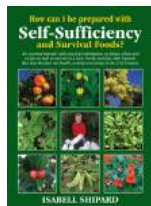
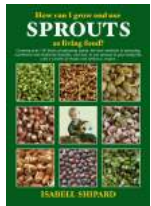
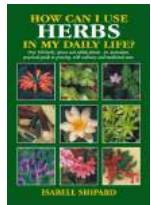
DVD - Self Sufficiency and Survival Foods! Be inspired by Isabell to fill your garden with Self Sufficiency plants and Survival Foods. In this course Isabell covers valuable information, which every person will find practical for daily living. Planting a garden with food potential is one of the most valuable things we can do. "It is far better to be a visionary and be prepared, now, than to be totally unprepared, when faced with difficult or devastating challenges." **\$35 + P&P**

postage cost of above books and DVDs \$15

• **Seed Savers' Handbook** by Jude & Michel Fanton, an essential resource guide for the home garden with a large variety of vegetables, etc. **\$35 + P&P**

• **Cancer can be Cured!** by Romano Zago, a simple method of using Candelabra Aloe for many ailments. **\$35 + P&P**

• **Aloe isn't medicine...and yet it cures!** by Romano Zago, his companion book to his first on Aloes. **\$35 + P&P**



ABBREVIATION CODE

A = Annual
Bi.A = Biennial
Cul = Culinary
Med = Medicinal

Everything else in catalogue not listed as annual or biennial, is Perennial, but is not marked as such, to save space.

BPA = Bulk Prices Available on request
BR = bare-rooted
Ch = Chinese
cm = centimeter
Comp = Companion Plant
Dec = Deciduous (also implies frost tolerant)
dia = diameter
Dr Fl Ar = Dried Flower Arrangements
Dr.H = drought hardy
fl = flowers
FR.T = frost tolerant
fr = fruit
Gr.c = ground cover
H = hardy
lge = large
l = leaves
med = medicine
md = medium
m = metre
Min = mineral
Nit = nitrogen fixing legume
P&P = pack & post
P.P = potpourri
r = root
r&c = raw and cooked
s = seeds
s.sh = semi shade
sh = shade
sm = small
sp = species
s.trop. = sub-tropical/tropical
temp.rel = temporary relief
syn = synonym
temp.rel = temporary relief
T.L.Fr = tolerates light frost
veg = vegetable
Vit = vitamin
W.C = warm climate
Windb = windbreak

* before name = Hardy plants with culinary & many medicinal uses

** before name = Exceptionally useful culinary & medicinal plants for garden

! = Hardy food source plants with high nutritional value, survival food or potential to store.

PLANTS AVAILABLE

Some plants may be in short supply or out of season, and rare ones may need to be propagated to order. We carry some quite rare plants, and some can be difficult and long-winded to propagate.

Some plants have potential as an income crop, and there are a number of herbs, spices and trees that we can supply to growers in bulk quantities (**BPA**). Please ring for bulk prices; or if you are seeking any particular plant in quantity, we may be able to propagate.

If you are after plants and cannot see them in the catalogue, we may in fact have, but in too small a quantity to list, so do ask.

Most herbs prefer full sun (unless otherwise stated), well-drained soil with a fairly neutral pH, and mulch to retain moisture and stop weeds. Common names of plants are followed by botanical names in brackets.

The list below is of plants; the seeds list begins on page 9.

Although most plants are sent in pots, **BR** at the end of plant listing signifies that plants may be sent bare rooted, and would be wrapped in paper and plastic. Bare rooting of some plants helps to lower the weight of your order, to save on post costs, and some plants will travel well **BR**. **We encourage you to please list 2 to 3 second choices of plants and seeds, as we may be out of some.**

AGAVE (*Agave americana marginata*) 1m. green/white striped **l**; **Dr.H**; sap as natural insecticide & for plant health **Med** diuretic, constipation, burns. **\$10 BR**

***AGRIMONY** (*Agrimony eupatoria*) 30cm; **H**; **Med** kidney, blood & liver tonic, eye wash, etc; leaves infused in oil used as back rub. **\$10**

***ALEHOOF** (*Glechoma hederacea*) **H**; **Gr.c**; dainty scalloped leaves; can be used as a lawn.

Med for **temp.rel**. colds, persistent coughs, liver tonic, ringing in ears, etc. **\$5**

VARIEGATED ALEHOOF plant form, with attractive green & white leaves. **\$12**

****ALFALFA** (*Medicago sativa*) **H**; Legume **Nit**; 1 meter, quick re growth when cut for tea, salads, cooked; mulch, animal & poultry fodder, liquid fertiliser. **\$5**

2

ANGELICA (*A. archangelica*) **Bi.A**; **sh**; source of germanium; many **Med uses**; **Cul l. & s.** as flavouring, garnish, & crystalized. **\$10**

***ALLSPICE** (*Pimenta dioica* syn. *Pimento officinalis*) rare, 3m+ tree or trim to bush size; **Cul**. deliciously aromatic **l. & s.** used in meats, pickles & cookery. Flavour is a combination of nutmeg, cinnamon & cloves; a very special spice. Use **l.** to make tea. Valued medicinal. **\$25 BPA**

ANISE HYSSOP (*Agastache foeniculum*) 60cm abundant nectar for bees. **Cul** refreshing tea and for flavouring food; use leaves in apple pie for sweetening, and in other foods. **\$9**

****ALOE VERA** (*Aloe vera barbadensis*) 60cm+ **T.L.Fr**; called living 1st Aid Plant, as **l.** gel used for many internal & external uses; tonic, cuts, bruises, cold sores, scalds, nappy rash, dandruff, after-shave, sun burn. **sm\$6, md \$9, lge \$25, xlge \$30 BPA**

ALOE CANDELABRA (*A. arborescens*) 60cm+ **Med uses**. **FR.T sm. \$8, md. \$15, lge. \$30** candelabra sent as stem cuttings as they root easily from stems.

ALOE SOCRATINE (*A. perryi*) orange **fl**; similar uses to *A. barbadensis*. **\$9**; all aloe species are heavy and can be sent **BR**.

ANNATO also called Lipstick Tree (*Bixa orellana*) tree/bush, **Med. Cul** seeds flavour & colour foods (red), also fabrics. **\$20**

***ARLA** (*Tithonia sp.*) 1- 3m **H**; **T.L.Fr.** bees love white flowers; seed heads for **Dr.Fl.Ar.** and painted gold for Christmas decorations; Leaves excellent in compost, also for animal feed; and planted near outside toilets for large soft leaves to use as "loo" paper! **\$9**

****ARROWROOT** (*Canna edulis*) 2m **H**; use for quick growing windbreaks; leaves for animal feed and mulch material; tuber as **veg.** raw, cooked, stir-fry, chips, flour, stews; **Med.** used as poultices, digestive, etc. **\$5 BR BPA**

****ARROWROOT, South American** (*Maranta arundinacea*) 1m+; may go deciduous in winter; source of commercial arrowroot flour; **Med** digestive aid, etc; **Cul** root **r&c**, made into flour for thickening and baking. **\$9 BR**

****ARTICHOKES, CHINESE** (*Stachys affinis*) 50cm **H. Dec**; attractive tubers look like pearly sea shells, delicate nutty flavour, eaten raw or cooked; very tasty. **\$8 BR**

****ARTICHOKE, JERUSALEM** (*Helianthus tuberosa*) 1-2m **H; Dec**; yellow **fl**; propagated by

tuber; **Cul** low starch, tuber rich source **Vit.** **A.B.** **C** & polysaccharide inulin. Eaten raw is crisp & crunchy, or cooked. **Med**; many uses. **\$7 BR**

****ASPARGUS** (*Asparagus officinalis*) 1m; **H**; **Dec**; deep loose soil; **Comp**; **Med** many uses; **Cul** delicious and nutritious; eaten raw tastes like fresh green peas; and used cooked. **\$7**

***AZTEC SWEET HERB** (*Lippia dulcis*) 30cm. **H. Med.** uses; **Cul** sweet tasting leaves used in salads, drinks, etc. **\$6**

****BALM, LEMON** (*Melissa officinalis*) 40cm **Comp**; **P.P**; **l** in salads, soups, etc. **Med** tea beneficial for students before exams, etc. **\$5**

***BALM, LIME** (*Melissa officinalis* 'Lime') similar growth and uses to lemon balm; with a lime aroma. **\$7**

BALM OF GILEAD (*Cedronella canariensis*) 1m; aromatic **l.** a pleasant tea; **Med** analgesic, anti-inflammatory, antipyretic; **P.P.** **\$20**

BARBERRY (*Berberis vulgaris*) 2-3m **H. Med** anti-fungal, anti-bacterial, antibiotic. **\$30**

***BASIL** (*Ocimum sp*) beautifully aromatic; **Comp**; bees love; **Med. Cul** salads, meats, spaghetti, pizza, pesto, etc.

SWEET BASIL (*O. basilicum*) **A.** 60cm **\$5**

GREEK BASIL 1m **H**; **Dr.h.** 1m **\$6**

CAMPHOR BASIL 1m+ **\$6**

THAI BASIL 50cm **\$6**

LEMON BASIL 50cm **\$6**

SACRED or TULSI BASIL (*O. sanctum*) delightful aroma, valued **Med.** **\$6**

CLOVE BASIL 1m **\$9**

WEST AFRICAN BASIL or **FEVER PLANT** (*O. viride gratissimum*) 1m, aroma like thyme, antiseptic **l.** fevers, eye wash, gargle, poultices & to repel insects. **\$6**

***BAY TREE** (*Laurus nobilis*) 4-6m but can grow as tub specimen. **FR.T**; leaves deter cockroaches & weevils. **Med. Cul** in meat & **veg.** dishes, marinades, sauces, bouquet garni, custards. **\$15**

****BERGAMOT** (*Monarda didyma*) 50cm Bees love **fl. Comp**; **P.P.**, **Cul** leaves & flowers in salads, garnish, wine, etc. **Med. \$7**

BETONY (*Stachys officinalis*) **Gr.c**; **Med. \$15**

BLADDERWORT (*Utricularia sp.*) **Gr.c.** lichen like, thrives in damp area and shade, carnivorous plant with tiny pods that trap insects. **\$10**

BLOSSOM BOUQUET (*Dombeya burgassiae*) 1-2m+ **T.L.Fr**; large downy leaves; bees love pink **fl.** Flowers dry well and are very attractive for crafts, and spray painted gold. **\$9**

***BLUE FLAG** (*Iris versicolor*) 1m lavender/blue fl; **H**; **FR.T**; **Med** many uses. **\$15 BR**

***BRAHMI** (*Barcopa monnieri*) **Gr.c**; **Med** often called "the memory enhancer" to support brain function, mental alertness, learning, concentration, short and long term memory, circulation. temp. relief pain etc. **\$9 BPA**

***BROOKLIME** (*Veronica beccabunga*) **Gr.c**; **H**; **I. r&c**; rich in chlorophyll, **Vit A & C** & **Min**; use **I.** in salads & as a garnish; **Med** diuretic, etc. **\$20**

BUGLE (*Ajuga reptans purpurea*) **Gr.c**; **H**; blue fl; **Med** wash for sores; tea as been used as a folk remedy for hangovers. **\$6**

VARIEGATED BUGLE Attractive cream/pink/green leaf markings. **\$12**

BULBINELLA (*Bulbine frutescens*) **FR.T**; **Dr.H**; 50cm, l. rich in anthraquinones, many **Med** uses internal & external, anti-fungal, anti-inflammatory, etc. **\$25**

***BURDOCK** (*Arctium lappa*) **Bi.A**; **H**; many **Med.** uses. **Cul** leaves & roots eaten. **\$10**

BUTCHERS BROOM (*Ruscus aculeatus*) **H.** 1m **Fr.T**; **Med** folk remedy, internal & external. **\$30**

BUTTERFLY PEA (*Clitoria ternatea*) legume creeper or **Gr.c**, beautiful blue pea fl, used to colour rice & other foods blue; young pods cooked and eaten. **\$12**

CALAMINT (*Calamintha acinos*) 30cm **H**; minty aroma & flavour use as tea **Med**; pot-pouri. **\$10**

****CALAMUS** or **SWEET FLAG** (*Acorus calamus*) 60cm **Dec**; loves wet or in pot with saucer under to retain moisture. Valued **Med** uses. **\$25**

VARIEGATED SWEET FLAG (*A. gramineus variegatus*) 20cm; striped **I.** hardy border plant. **\$10**

****CALENDULA** (*Calendula officinalis*) 50cm **A**; **T.L.Fr**; **Comp**; **P.P**; **Cul.** yellow/orange petals salads, omelettes sandwiches; **Med** cuts, bruises, rashes; made into ointment. **\$6**

CARDAMOM (*Alpinia mutica*) also called Small Shell Ginger; 1-1.5m sweet aromatic **I.** in **P.P**; **Cul** leaves to flavour meat, curries etc. **Med.** **\$5 BR**

CAT GRASS (*Dactylis glomerata*) **H.** 20cm natures natural medicine for healthy cats, also for dogs, guinea pigs, rabbits; can also be chopped and added to animal's food. **\$6 BR**

CATNIP (*Nepeta cataria*) 50cm **H**; white fl. **Med** bedtime tea, headaches, fevers, aids digestion. Some cats delight in this plant, dry leaves for cat toys, etc. **\$6**

CAT SCAT PLANT (*Coleus sp*) **H.** 40cm, aromatic leaves, said to deter cats. **\$8 BR**

CAT THYME (*Teucrium narum*) 30cm aromatic grey leaves & pink fl; folklore **Med** uses. **\$20**

CATS WHISKERS (*Orthosiphon stamineus*) **H.** 1m beautiful white fl. **Med** tea helps maintain normal kidney function, etc. **\$8**

CATS WHISKERS lavender fl. same uses. **\$8**

***CHAMOMILE, GERMAN** (*Matricaria recutita*) **A.** 40cm, daisy fl. **Med** calming tea & **temp.rel.** headaches, pain, skin conditions, sores, & for teething babies. **\$6**

ENGLISH CHAMOMILE (*Anthemis nobilis*) **Gr.** cover; shade, aromatic **I.** as a wash. **\$7**

****CHASTE TREE** (*Vitex agnus-castus*) 1-3m **Dec**; attractive fragrant lavender fl; **I** & fl. used in **P.P**; aromatic **s.** used as alternative to peppercorns; **Med** tincture **temp.rel.** muscular cramps etc. **\$15**

****ICHIA** (*Salvia rhyacophila* syn. *hispanica*) 1m+ **A.** to **Bi.A**; blue fl. **Med** uses; **Cul I.** tea like sage; seed high protein, nutty seeds a source of essential fatty acids, energy food & enzyme action (catalyst aiding food digestion); thirst quencher, add to drinks, baking, etc, survival food as seed stores well. **\$5**

CHICKWEED (*Stellaria media*) **H**; **A**; **Gr.c**; **Med** many uses; **Cul** use in salads, soups, etc. **\$4**

***CHILLI** (*Capsicum frutescens*) numerous varieties, 30cm-1m+ **Cul.** meat, curries etc; **Med.** many uses; & fed to hens to keep them healthy & laying well.

BIRDS EYE CHILLI **\$5** **CAYENE** **\$6**
FIESTA **\$6** **HABENERO** **\$6**
RED BELL **\$6**
and sometimes, other varieties may be available.

CHINESE KEYS (*Boesenbergia pandurata*) 40cm **Dec**; rare root spice, flavouring, etc. **\$20**

****CHINESE WATERCRESS** or Kang Kong (*Ipomea aquatica*) **H. Dec**; does not need to be grown in water. **Med** tonic, laxative, etc; **Cul** high protein **I. r&c**, in meat & savory dishes. **\$10 BR**

****CHIVES, ONION** (*Allium schoenoprasum*) 30cm **Comp**; cut leaves often; **Cul** rich in **Vit.** & **Min.** use in salads, meats, sandwiches. **\$5 BR**

GARLIC CHIVES (*Allium tuberosa*) **H.** 30cm **Med** uses; **Cul** flavouring. **\$5 BR**

CINQUEFOIL (*Potentilla reptans*) 40cm, dainty

yellow flowers ingredient in love-potions and in special baits to catch fish; **Med** temp. relief fevers, healing sores, etc. **\$25**

***CITRONELLA GRASS** (*Cymbopogon nardus*) 1m+ **H**; **T.L.Fr**; **Comp**; mulch; oil as repellent, soaps, food flavouring; **I.** & thick base rich in **Vit. C**; in cooking, refreshing tea; rub **I.** on body when working outside to deter insects. **\$15 BR BPA**

COFFEE (*Coffea arabica*) 2m; **sh**; sweet pulp around ripe berries eaten; seed is roasted for coffee; raw bean seed chewed to neutralise toxins in body. **\$10**

***COLTSFOOT** (*Tussilago farfara*) 30cm **H**; bees love the yellow flowers; **Med** uses. **\$12**

****COMFREY** (*Symphytum peregrinum* x *S. uplandicum*) 1m **H**; **Vit. B 12**; rich in potash & nitrogen, valuable for mulch, in compost & liquid fertiliser; **I.** over 30% protein, animal, poultry food. **I & r**; many **Med** uses, made as ointment, poultices, etc. **Cul. r&c.** **\$5 BPA BR**

****COMFREY Bocking 14** (*S. uplandicum*) developed by Henry Doubleday Research Association, UK; valued for high potash content and very high yields. Add leaves to the compost, rots down quickly & adds nutrients & speeds up the decomposition of other materials. **\$8**

***CORIANDER, THAI** (*Eryngium foetidum*) 40cm **H**; **Bi. A**, to perennial if flower stem kept nipped out. **Med** uses; a popular **Cul** herb, aromatic leaves in salads, curries, Asian recipes, etc. **\$5**

COSTMARY (*Chrysanthemum balsamita*) **H**; 40cm; sweet aromatic **I.** pressed for perfumed bookmarks; dried for **P.P**; fresh **I.** in salads, sauces, soups and beverages (only a little is required for flavouring). **\$25**

CUP OF GOLD, VARIEGATED (*Solandra maxima* v.) 2m; **H**; stunning variegated new leaves purple & cream, valued for floral art work; large cup-like golden fl. have delicious aroma of coconut. **\$20**

***CURRY LEAF TREE** (*Murraya koenigii*) 3-4m+ attractive leafed tree; or prune as tub specimen; **Med** traditional folk remedy for indigestion, nausea; **Cul** aromatic leaves used in meats, curries, stir-fries. **\$8 BPA**

CURRY PLANT (*Helichrysm augustifolium*) 40cm; **I.** & fl. flavour curries & savory meals. **\$10**

****DANDELION** (*Taraxacum officinale*) 30cm **Med** blood & liver tonic, rashes; **Cul** rich in vitamins A,B,C, & minerals, use in salads,

steamed; root roasted as coffee substitute. **\$5**
DAYLILY (*Hemerocallis sp.*) **Med** antibacterial; **Cul** flower buds and young shoots eaten raw and cooked. **\$15 BR**

***DILL** (*Anethum graveolens*) 1m, **A**; **Comp.** for brassicas. **Med** digestive, etc; **Cul** use **I.** & **s.** with cucumber, cabbage, potato, cheese, salads, pickles, dips, and root as **veg.** **\$6**

DOGBANE (*Coleus spreata*) 50cm, aromatic **I**; **Comp**; good under fruit trees particularly citrus; plant is said to help deter dogs and cats. **\$5 BR**

DRAGON'S BLOOD CLOVER (*Trifolium repens*) **H.** **Gr.c**; very attractive leaf markings of red, white & green. **Med.** traditional herb as tea for coughs & colds. **Cul. I.** in salads, etc. **\$15**

***ECHINACEA** (*E. purpurea*) 1m **Dec**; **Fr. T**; valued **Med** many uses, antibiotic properties. **\$8**

ECLIPTA (*E. 4 alba*) 60cm Chinese & Ayurvedic medicinal with many uses; hair tonic etc. **\$8**

***ELDERBERRY** (*Sambucus canadensis*) 2-3m; leaves activate compost; insect repell: spray on aphids, caterpillars; **Med** many uses; **Cul** berries **r. & c**; fl. as tea, wine, cooking. **\$6**

ELECAMPANE (*Inula helenium*) **H**; 60cm; yellow fl; antibiotic leaves, many **Med** uses. **\$15**

***EPAZOTE** (*Chenopodium ambrosioides*) 1m; **Med.** **Cul** with chicken, mushrooms, Mexican dishes, cheese, and a small leaf sprig added to beans when cooking said to render beans gas free. Strong **I.** infusion spray/cockroaches. **\$7**

EUCALYPTUS FRESH PLANT also called **Water Hyssop** and **Lemon Barcopa** (*Bacopa amplexicaulis* syn. *B. caroliniana*) **H.** ground cover, likes wet spot; **Med.** **Cul** leaves used as flavouring. **\$12 BR**

****EVENING PRIMROSE** (*Oenothera biennis*) 50cm; **I.** & fl. eaten in salads; seeds contain gamma-linolenic acid which helps body produce prosta-glandins, that have a role in regulating balance in the body. **Med.** **\$7**

***FAT HEN**, also called Lamb's Quarters (*Chenopodium album*) **H.** 1.5m; forage for poultry; **Cul** rich in **Vit. A & C**; nutty flavoured young **I.** & fl. in salads or cooked. **\$6**

****FENNEL, SWEET** (*Foeniculum officinale*) 1m **H**; yellow fl. bees love. **Cul** salads, fish, cheese, garnish; seeds green and dried are a tasty snack (taste like licorice). **Med** digestive, etc. **\$6**

***FEVERFEW** (*Chrysanthemum parthenium*) 60cm daisy flowers; **Comp**; **Med** tonic, **temp.rel** migraines, headaches, period pain, arthritis, fevers. **\$6**

FIGWORT (*Scrophularia nodosa*) 60cm; **Med** skin conditions, bruises, etc. **\$20 BR**

FORSYTHIA (*Forsythia suspensa*) **Dec.** bush. **Med** anti-bacterial, anti-fungal, anti-inflammatory, benefits to immune system, etc. **\$30**

FRAGRANCE ACACIA (*Acacia farnesiana*) 2-4m. hardy upright branches, fine leaves, small thorns, delightful pompom flowers have aroma like violets, use in pot pourri, perfumes, etc. **\$15**

FROG FRUIT (*Phyla nodiflora*) **Gr.c**; **Med** antibacterial; leaf tea as expectorant, etc.. **\$10**

****GIANT GARLIC** (*Allium ampeloprasum*) 1m **H**; **Fr.T**; large cloves, **Comp.** spray for pests. **Cul** salads, meats, savory dishes, marinades. butter, etc; **Med** antiseptic & antibiotic, **temp.rel.** coughs, colds, arthritis, etc. **\$5 BR**

****SOCIETY GARLIC** (*Tulbaghia violacea*) 40cm, **H**; edible lavender **fl.** **Cul** chopped **I.** in meats, salads, savory dishes, garnish, delicious on bread & butter & Promite. This garlic flavoured herb is preferred by many people, it does not leave a strong odour on the breath. **\$5**
****VARIEGATED SOCIETY GARLIC** green & white striped leaves; for garnishing, etc. **\$8 BR**

GERANIUM SCENTED *Pelargonium* species 30cm-1m **H**; **Comp**; **P.P**; **Cul** decorate & flavour cakes, biscuits, garnish, etc. **Med** antiseptic **I.** gargle sore throats, etc. **CITROSA**; **COCONUT**; **LEMON VERBENA**; **ROSE**; **CANDY DANCER**; **PEPPERMINT**; **AUSSIE GEM** (not aromatic but dainty **fl.**) all species **\$6** each; other varieties may be available when propagated seasonally, & occasionally we have **CITRUS DELIGHT GERANIUM**, with an absolutely magnificent lemon fragrance, which is so special. **\$15**

****GINGER** (*Zingiber officinale*) 1m, **Dec**; **Med.** digestive, etc. **Cul** savory & sweet. **\$6 BR BPA**
SHELL GINGER (*Alpinia zerumbet*) 1-2m striking yellow/green striped **I.** Many medicinal uses; also for skin conditions; and as an insect repellent. **\$15 BR**

PINK TORCH GINGER (*Etingera elatior*) beautiful edible flowers. **\$25**

JAVANESE GINGER or **TEMALAWAK GINGER** & sometimes referred to as Greater Galangal (*Curcum zanthorrhiza* syn. *Curcume*

xanthorrhiza) 1m+; pink **fl**; **Med, Cul** **\$10**

****GINKGO TREE** (*G. biloba*) **Dec.** attractive foliage **Med I.** & **s.** antioxidant, anti-inflammatory, expectorant, anti-bacterial, food for brain & benefits to circulation. **\$15**

GINSENG: various species available; 50-80 cm approximate height; valued folklore **Med** as adaptogen, immune support & tonic.....

INDIAN GINSENG (*Withania somnifera*) 60cm **T.L.Fr.** esteemed Indian folklore medicinal, primary strengthening tonic & valued for many ailments, sleeplessness, fatigue, & for immune system. **\$15**

****LEAF GINSENG** (*Talinum triangulare*) **H**, 30cm+, pink **fl**; will **T.L.Fr.** Valued **Med** in Indonesia, where the tonic properties are as highly esteemed as *Panax ginseng*. **Cul I.** in salads and cooked dishes. **\$10**

SIBERIAN GINSENG (*Eleutherococcus senticosus*) **Dec.** **Fr.T**; 2m+; Many **Med** uses. **\$35**

GIPSYWORT (*Lycopus europeus*) **H.** 80cm; attractive serrated **I.** **Med** antibacterial, antiviral, astringent, **I.** tea for fevers & wash on sores. **\$25**

GOATS RUE (*Galega officinalis*) **H.** 1m; white pea **fl**; saponins, flavonoids, chromium salts; **Med** many uses; **I.** used in diet for balancing metabolism, etc. **\$15**

GOLDEN DRAGON (*Impatiens repens*) bright yellow **fl**; **Med** skin conditions, etc. **\$12**

GOLDEN ROD (*Solidago canadensis*) **Dec.** 1m, bright yellow **fl.** many **Med** uses. **\$9**

****IGOTU KOLA** (*Centella asiatica*) **Gr.c**; **H**; **T.L.Fr**; traditional Asian food/herb, 2-5 leaves a day regarded as brain & body food. **Med** tonic, improve mental sharpness, **temp.rel.** arthritis, pain, minor skin disorders, fluid retention, allergies, nervous tension. **\$5**

GRACEFUL POUZOLZS BUSH (*Pouzolzia zeylanica*) **H** 30cm. **Med** juice of plant is a folk remedy for boils, cuts, wounds, skin itches, **temp. rel.** fevers, diarrhea, urinary conditions. **Cul I.** as cooked **veg.** **\$10**

***GREATER CELANDINE** (*Chelidonium majus*) 40cm **Fr.T.** **Med** traditional herb for eyes, blood & liver tonic; orange sap from stem put on warts, corns, planters warts, etc. **\$20**

GREATER GALANGAL (*Alpinia officinarum*) 1m+; white **fl**; root shaped like ginger; **Med**; **Cul** **\$8 BR BPA**

LESSER GALANGAL or **LAOS** (*Alpinia officinarum*) similar growth and uses to greater galangal, but narrower leaves and root shaped much like ginger. **\$8 BR BPA**
ROUND ROOTED GALANGAL (*Kaempferia rotunda*) 60cm **Med**; **Cul I** & **r.** eaten **r&c.** **\$15**

***GUMBI GUMBI** (*Pittosporum phylliraeoides*) **sm.** tree; Valued **Med, I.** tea, many uses. **\$15**

HAWAIIAN BABY WOODROSE (*Argyrea nervosa*) Magnificent climber, beautiful heart shaped velvety **I.** ideal pressed for crafts & for gift cards, etc; **Med** and euphoric uses. **\$25**

***HAWTHORN** (*Crataegus monogyna*) **H** 2-4m, red berries & **I.** valued medicinal. **\$25**

***HEARTSEASE** (*Viola tricolor*) **A, 10cm**; many **Med** uses; **Cul** flowers as garnish on meals. **\$9**

HELIOTROPE or **Cherry Pie** (*Heliotrope peruviana*) 1m; sweet vanilla scented **fl** in **P.P** etc. **\$15**

HENNA (*Lawsonia inermis*) 2-3m; **I.** as dye for hair & skin; anti-microbial; many **Med** uses. **\$30**

****HERB ROBERT** (*Geranium robertianum*) **A**; 30cm; valued **Med** as a source of germanium, helps take oxygen to cells; tonic & therapeutic healing properties, helps immunity; most requested herb at the Herb Farm; leaves eaten, or used as a tea, or wash. **\$6**

HERB OF HEALING (*Ornithogalum caudatum*) bulb 40cm, externally for burns, cuts, etc. **\$8 BR**

HOLLY (*Ilex* species) **H**, upright small tree, leaves and berries in floral art, crafts, etc. **Med.** **\$9**

HONEYSUCKLE (*Lonicera japonica*) Rambler; **H**; aromatic flowers in per- fumery and pot pourri; **Med** uses. **\$8**

HORSE HOOF GRASS (*Dicandra repens*) **H, Gr.c**; in **Ch.** medicine **I.** tea for fevers, tonic, etc. **\$9 BR**

****HORSERADISH** (*Armoracia rusticana*) 50cm **H**; **Fr.T**; rich **Vit. C, Min**; anti-oxidant; **Med** digestive, tonic, **temp.rel** bronchial coughs, sinus, hay fever, pain, soothes mucous membranes. **Cul.** **\$8**

HOTTENTOT or **Lions Tail** (*Leonotis leonurus*) 60cm; **H**; **Fr.T**; orange flowers; **Med** **temp.rel.** pain, mild euphoric etc. **\$12**

HYSSOP (*Hyssopus officinalis*) **H.** 50cm **Med**; antioxidant, antibiotic, anti-viral, expectorant, tea for colds. **Cul** flavouring. **\$15**

INCENSE GRASS (*Hierochloe odorata*) 50cm;

traditional ceremonial grass used in peace and healing rituals; leaves dried & braided; also made into smudge sticks. **\$20**

JADE (*Portulacaria afra*) **H**; in feng shui principles, potted jade placed either side of house front door is said to invite prosperity into house; **Cul** succulent, pleasantly sour flavoured leaves added to salads; survival food. **\$7**

****JAPANESE MENTHOL** (*Mentha arvensis* v. *piper*) 40cm may go **Dec**; rub **I.** & sniff aroma, beautiful strong menthol volatile oil helps to clear head & chest; or infuse leaves in boiling water, put a towel over head & inhale vapour for **temp.rel** colds, bronchial coughs, sinus, nervous stress, headaches; chew **I.** for sore throat. **\$6**

JASMINE TEA also called **ARABIAN JASMINE** (*Jasminum sambac*) 70cm; the jasmine of perfumes & Chinese teas; aromatic white flowers make a refreshing tea to aid digestion. **\$8**

JASMINE, NIGHT SCENTED (*Cestrum nocturnum*) 1-2m+, **T.L.Fr**; delightful honey/musk/almond scented flowers give off their aroma in evenings. **\$15**

JASMINE, SPANISH (*Jasminum grandiflorum*) **H**; 60cm; white aromatic flower; **Med** uses. **\$25**

***JOBS TEARS** (*Coix lachryma jobi*) 1m; **H**; **T.L.Fr**; animal fodder; multi-coloured seeds ideal in **Dr.Fl.Ar.** & crafts. **Med** traditional Chinese uses; **Cul** used in Chinese recipes. **\$9**

JOE PYE (*Eupatorium purpureum*) 1m; **Dec**; Aromatic **I**; **Med** uses. **\$30**

JUNIPER (*Juniperus communis*) 4m+, plant male & female trees if berries are required. **Med** stimulates elimination of uric acid and other toxins; temp. relief from pain and stiffness. **\$25**

****KAFFIR LIME** (*Citrus hystrix*) 3-5m; **T.L.Fr**; very aromatic leaves valued in Thai & Indonesian cooking to flavour rice, meat dishes, curries, soups, as finely chopped garnish; small fruit eaten; leaves infused as rinse for hair. **\$8 BPA**

KENKUR (*Kaempferia galanga*) 12cm; **Dec**; rare spice aromatic pungent root in Asian cooking and curries. **Med** uses. Orchid-like flowers. **\$12**

***KING OF BITTERS** (*Andrographis paniculata*) **H. A.** 1m; revered in Ayurvedic & Chinese **Med**; anti-inflammatory, antibacterial, antioxidant, digestive; research has found benefits for the immune system, etc. **\$13**

***LADY'S BEDSTRAW** (*Galium verum*) **Gr.c** dainty **I**; used for dye; **P.P. Med** many uses, anti-inflammatory, etc. **\$20**

LADY'S MANTLE (*Alchemilla vulgaris*) 40cm attractive plant with beautiful leaves. **Med** many uses, astringent, flavonoids, etc. **\$25**

LAVENDER (*Lavendula* species) aromatic **I**; **Med** & **Cul. English allardi** very hardy 80cm. **\$6**
French Lavender 70cm. **\$6**

LEBANESE CRESS (*Apium nodiflorum*) 30cm; **H**; **Gr.c**; sprawling, lush attractive fern-like leaves with pleasant, mild carrot-like flavour, wonderful in salads or as garnish, made into pesto, etc; rich in **Vit. & Min.** **\$5 BPA**

***LEMON GRASS** (*Cymbopogon citratus*) 1m, **H**; **T.L.Fr**; **Comp**; **P.P**; mulch, erosion control. **Cul** rich **Vit. A & C**, thick stem in curries, stir-fries, fish; as tea refreshing hot, or cold, and added to fruit cups. **Med. temp.rel.** headaches, colds; rinse as hair conditioner. **\$5 BR**

EAST INDIES LEMON GRASS (*C. flexuosus*) red base, grows taller & tolerates cold well, same uses as *C. citratus*. **\$8 BR**

LEMON VERBENA (*Aloysia triphylla*) 1m; **H**; **Med** digestive, etc. **Cul** lemon flavoured leaves as tea & food flavouring; & when dried and added to **P.P** long lasting aroma. **\$15**

****LICORICE** (*Glycyrrhiza glabra*) 1m. **Dec**; **Cul** root 50 times sweeter than sugar (but can be taken by diabetics); to sweeten foods, drinks, thirst quencher. **Med** stomach upsets, blood tonic, **temp.rel** bronchial coughs, mucous congestion, pain, indigestion, constipation; **root** chewed by people who wish to quit smoking. **\$15 BPA** (bulk prices avail. for commercial crop; contact us for details)

LION'S EAR (*Leonotis nepetifolia*) **A**; **H**; bright orange flowers keep their colour in **P.P**; attractive seed capsules for **Dr Fl Ar**; **Med** prominent African folk remedy; used by African Hottentots for its mild psycho-active properties. **\$10**

LIPPIA LAWN (*Lippia nodiflora*) **H**; **Gr.c**; lawns, and for holding banks; dainty pink/white **fl.** **\$7**

***LOBELIA INFLATA** also called Indian Tobacco; **H** 40cm **A**; blue **fl**; **Med.** **\$8**

LOVAGE (*Levisticum officinalis*) 50-60cm **Med** antibiotic, antiseptic, digestive, expectorant; **Cul** in savory dishes. **\$8**

****MALLOW** (*Malva sylvestris*) **H** 1m; leaves and

beautiful lavender eaten **fl**; **Med** digestive, anti-inflammatory, laxative. **\$12**

***MARJORAM** **Cul** uses, all species in salads, meat, savory dishes, cheese, grills, **Med** uses; **SWEET** (*Origanum marjorana*) 30cm. **\$6**
GOLDEN MARJORAM (*O. vulgare aureum*) **\$6**
POT MARJORAM (*O. onites*) **Gr.c**; **\$5**

***MARSHMALLOW** (*Althea officinalis*) **H**; 60cm; **Med** mucilaginous **I.** for soothing irritations, inflammations, etc. **\$10**

****MEADOWSWEET** (*Filipendula ulmaria*) 40cm; **Fr.T**; **P.P**; tea drunk traditionally to "make the heart merry and joyful" **Med** valued for **temp.rel** pain, headaches, fevers. **\$8**

****MINTS** 20-40cm well-limed soil; *Mentha* **species** best not planted in garden with other plants, as most mints spread underground; plant in large pot or bed just for mints. **Med. Cul** with meats, gravies, veg, vinegar, drinks, serve with **fr**; mints make refreshing teas.

APPLEMINT (*Mentha suaveolens*) **\$5**

VARIEGATED APPLEMINT **\$6**

BASIL MINT (*M. gentilis*) **\$6**

CHEF'S MINT (*Mentha cardinalis*) refreshing menthol aroma. **\$5**

CHOCOLATE MINT (*M. piperita piperita*) a wonderful aroma & flavour. **\$6**

CORSICAN MINT (*M. requienii*) carpet form strong scented **I.** **\$8**

DRUIDS MINT (*M. aquatica*) beaut peppermint aroma. **\$5**

EAU DE COLOGNE (*M. citrata*) **\$6**

GARDEN MINT (*M. viridis / spicata*) traditional **Cul** mint jelly, sauce, etc. **\$5**

GINGER MINT (*M. gentilis*) **\$6**

MOUNTAIN MINT (*Pycnanthemum pilosum*) delightful tingling peppermint flavour **\$10**

ORANGE MINT (*M. piperita citrata*) **\$6**

PEPPERMINT (*M. piperita*) **\$6**

White PEPPERMINT grey/green **I.** **\$7**

PINEAPPLE MINT **\$7**

SPEARMINT (*M. spicata*) **\$6**

RUST FREE SPEARMINT (*M. rubra raripila*) spicy cooling spearmint flavour. **\$7**

STONE MINT (*Cunila origanoides*) 30cm; refreshing cool-mint aroma. **\$9.**

***MIRACLE PLANT** also called **ST Paul's wort** (*Siegesbeckia orientalis*) **H**; 1m; **Med** alterative, stomachic, tonic, anti-rheumatic; skin diseases, cuts, burns; made as a tincture gives a protective covering like a second skin on cuts. **\$13**

MONEYWORT (*Lysimachia nummularia*) **H**; **Gr.c**; **T.L.Fr**; **Med** wash, compress, ointment rashes, wounds. **\$5 BR**

GOLDEN MONEYWORT yellow leaves. **\$6 BR**

****MOTHER OF HERBS, VARIEGATED** (*Coleus amboinicus variegata*) 50cm; **H**; **T.L.Fr**; very attractive white/green **I**, lavender **fl**; **Med** antiseptic leaves chewed for sore throat, bedtime tea. **Cul** aromatic **I.** with meat, **veg**, chopped & toasted on bread/butter. **\$5**
And, MOTHER OF HERBS GREEN leafed species, also available. **\$5**

***MOTHERWORT** (*Leonurus cardiaca*) 1m. **H**; **A**; **Med**, anti-inflammatory, laxative, diuretic, aids digestion, **temp.rel.** period pain, etc. **\$7**

***MOUSE EARS** (*Hieracium pilosella*) **H**; **Gr.c**; rosettes of **I.** uniquely covered with stellately branched hairs. **I.** in salads; Valued **Med**; astringent, etc. **\$15**

MUGWORT (*Artemisia vulgaris*) 60cm; **H**; **Med** antiseptic leaves for nausea, **temp.rel.** pain, cramps; **Cul** uses. **\$7**

CHINESE MUGWORT (*A. verlotiorum*) 2m+ **Dr.H**; **Fr.T**; similar uses as above + this **sp.** is useful as windbreaks, for worming animals, and bee forage, mulch. **Med.** uses also. **\$7**

***MUKUNU-WENNA** (*Alternanthera sessilis*) **Gr.c**; Indian, Asian & Indonesian herb regarded as food for eyes and nervous system; **Cul.** **\$5**

****PURPLE MUKUNU-WENNA** (*A. versicolor*) purple **I.** dainty pink **fl.** Same uses as above & as a garnish. **\$5**

MULLEIN Black (*Verbascum nigrum*) 1m+; **A**; yellow **fl**; seed stalks attractive **Dr Fl Ar**; **Cul fl** in salads; **Med temp.rel.** bronchial coughs, catarrh, mucous congestion. **\$12**

MULLEIN white (*Verbascum thapsus*) 1m+; **Bi.A**; grey fury **I**; yellow **fl**; seed stalks attractive **Dr Fl Ar**; **Cul fl** in salads; **Med. temp.rel.** bronchial coughs, catarrh, mucous congestion. **\$12**

MYRTLES can be trimmed to bush size:

****CULINARY MYRTLE** (*Myrtus communis*) 2m+, **Med** uses; **I. fl. & s.** rich in **Vit C**, malic & citric acid; **Cul** salads & cooked dishes. **\$15**

****LEMON MYRTLE** (*Backhousia citriodora*) **Med** uses; **Cul** leaves and flowers rich in **Vit C**, for tea and flavouring. **\$12 BPA**

****NASTURTIUM** (*Tropaeolum majus*) 40cm, **H**; **A**; **Med** antifungal, tonic; natural antibiotic **I.** & **fl.** high in **Vit. C**; **Cul** salads, pesto & garnish. **\$5**

***NEEM TREE** (*Azadirachta indica*) **T.L.Fr**; **Med** many uses; seeds & leaves as an insecticide. **\$10**

****NETTLE** (*Urtica dioica*) **H.** 1m. **T.L.Fr**; liquid tea for healthy plants & spray for aphids etc; **I.** in compost; tea as hair conditioner, and dandruff. **Med temp.rel** arthritis, hayfever; blood, liver and diuretic kidney tonic. **Cul I.** cooked like spinach; stews, etc; blended with fruit juices makes a refreshing smoothie. **\$5 BPA**

NEW ZEALAND CHRISTMAS BELLS variegated (*Alstroemeria pulchella variegata*) 1m, attractive white & green leaves, which keep well when cut for floral art; striking red/green flowers & seed pods at Christmas time. **\$7 BR**

NUTMEG BUSH (*Tetradenia riparia*) 1-2m; bee forage; musk scented **I.** used as moth repellent & in pot pourri; **Med** anti-bacterial, anti-fungal; inhalant for headaches; tea: constipation, stomach ache, diarrhea, coughs, candida, fevers; & externally as a wash on skin conditions. **\$10**

***OREGANO** (*Origanum vulgare*) 30cm **Comp**; **P.P**: **Cul** meat & savory; **Med** aids the digestion, leaves rubbed on toothache area for relief. **\$5**

GOLDEN OREGANO (*O.v. viride*) **Gr.c**; dainty round yellow leaves. **\$9**

CUBAN OREGANO (*Plectranthus* sp.) 30cm ground sprawler, fleshy, round, aromatic **I**; **Comp.** in garden. **\$9**

***ORRIS ROOT** (*Iris florentina*) 50cm, scented root used as a fixative in **P.P**; **Med** uses. **\$10 BR**

PALMAROSA (*Cymbopogon marrinii motia*) **H**; grass 1m; for palmarosa oil & geranoi oil; **Med** lumbago, skin conditions; added to perfumes, cosmetics, insect repellents. **\$20**

***PANDAN** or **RUMPA** (*Pandanus amaryllifolius* syn *P. odoratus*) 1m+; **Med. Cul.** flavour rice, savory, sweets dishes; leaves used as wraps, etc. **\$25**

PAPALO (*Porophyllum ruderales*) **A**; **H**; 60cm; **Cul** Mexican herb used like coriander. **\$7**

****PARSLEY** **Med**; **Cul.** **ITALIAN** **\$4**
JAPANESE MITSUBA very hardy **\$4**
TRIPLE CURLED **\$4**

PASSIONFLOWER (*Passiflora incarnata*) **H** vine; **Med** sedative, nervine etc. **\$30**

***PATCHOULI** (*Pogostemon patchouli*) 1m; **T.L.Fr**; delightful aroma; **P.P**; bath bags, perfumery, moth repellent; **Comp**; **Cul** try a leaf to flavour a green salad. **\$7**

PELITORY OF THE WALL (*Parietaria judaica*) 40-80cm. **T.L.Fr.** **Med** acne, freckles, **temp.rel.** discomfort of hemorrhoids. **\$8**

***PENNYROYAL** (*Mentha pulegium*) **H. Gr.c;** deters ants, flies, fleas; ideal for rockeries & paths when walked on releases refreshing pepperminty fragrance; **Med temp.rel** headaches, cramps (not during pregnancy); **Cul** to flavour root **veg;** infusions as pet rinse to deter fleas. **\$5**

PEPPER (*Piper nigrum*) **Med. Cul** peppercorns flavour savory dishes. **\$25**

BETEL PEPPER (*P. betle*) **W.C;** **I.** & berries used as masticatory; **Med** uses. **\$20**

***BETEL LEAF** or Vegetable pepper (*Piper sarmentosum*) **T.L.Fr;** 60cm; large glossy **I;** **Med** uses. **Cul** leaf mild pungent flavour; used raw, cooked, as wraps; **s.** picked green as condiment, & when ripe, the seeds embedded in a soft pulp are a tasty morsel. **\$8 BPA**

***PURPLE PERILLA** or **SHIZO** (*P. frutescens*) 1m. **H; A;** **Med** antioxidant; **Cul** aromatic purple leaves. to flavour salads, meats (& as tenderiser) sushi, sweets, sauces; oil from leaves rich in linolenic acid. **\$6**

PERIWINKLE (*Vinca major*) **Gr.c.** traditional **Med** uses; source of vincamine. **\$10**

MADAGASCAR PERIWINKLE (*Vinca rosea*) **H,** 60cm. pink **fl.** **Med** uses. **\$10**

PETTY SPURGE also called Radium Plant (*Euphorbia peplus*) **A;** 30cm; white stem sap on warts, corns, etc (for details of applying, see Isabell's Herb Book). **\$5**

****PLANTAIN:**

BROAD LEAF (*Plantago major*) **Cul** salads, etc; **Med** many uses; seeds used like psyllium. **\$5**

NARROW LEAF (*P. lanceolata*) similar uses to broad leaf plantain. **\$7**

POKEROOT (*Phytolacca americana*) **H.** 1m; dye plant; **Med** uses; **Cul** very young **I.** as boiled vegetable. **\$15**

POTENTILLA (*P. erecta* syn. *Tormetilla erecta*) Hardy 8cm+ **Med** tonic, astringent, inflammation, etc. **\$20**

PURPLE LOOSESTRIFE (*Lythrum salicaria*) 1m, **H;** purple flower spikes; **Med** astringent; skin conditions, etc. **\$25**

****!PURSLANE** (*Portulacca oleracea*) **H; Gr.c; A;** **Cul** rich source **Vit & Min** & a rich source of

omega-3 fatty acids; salads, cooked; **Med.** **\$5**

RAMIE (*Boehmeria nivea*) **H.** 1-2m+; for fibre, paper making; **Med** uses. **\$15**

***RASPBERRY** (*Rubus idaeus*) **H;** 1m; **I.** as tonic tea; delicious fruit rich in **Vit.C.** **\$10**

NATIVE RASPBERRY (*Rubus moluccanus*) **H;** tri-lobed **I;** **Med I.** tea; **Cul.** sweet fruit. **\$10**

NATIVE RASPBERRY (*R. rosiflorius*) bright red sweet fruit. **Med I.** tea. **\$10**

****RAU OM** (*Limnophila aromatica*) 10cm; **T.L.Fr;** traditional Asian herb in Vietnamese & Thai cuisine, used **r&c** in curries, sweet/sour dishes, meat; has affinity with roasted chicken, vegetables, salads; tip sprigs as garnish; **I.** pleasantly aromatic & wonderful refreshing flavour; this herb is a real favourite with all who taste it. **\$15**

***RED CLOVER** (*Trifolium pratense*) 30cm. **Med. Cul** leaves and flowers eaten in salads. **\$8**

REED CANARY GRASS (*Phalaris arundinacea*) **H;** 50cm+; **Med.** & euphoric. **\$20**

***RHUBARB** (*Rheum rhabarbarum*) **H;** 1m; **I.** made as a pest spray; **Med. Cul** leaf stalks in salads, stewed, wine, jams. **\$9**

ROCK SAMPHIRE (*Crithmum maritimum*) 50cm; **H;** attractive **I.** **Med** digestive aid, rich in **Vit C;** **Cul** rare flavouring used as garnish, condiments, pickles. **\$15**

****ROSEMARY** (*Rosmarinus officinalis* 'tuscan blue') **H;** 1m; **Fr.T;** **Comp; P.P;** **Med** digestive, etc; hair conditioner; **Cul** with lamb, chicken, spaghetti, cream cheese, in biscuits. **\$6**

***RUE** (*Ruta graveolens*) 1m; **H. Comp; Med** wash for eyes; and in oil for rub, etc. **\$10**

SACRED BAMBOO (*Nandina domestica*) 1-2 m. green/bronze/red ferny **I.** traditional **Med.** **\$20**

SAFFRON (*Crocus sativus*) 30cm **Dec.** pistils rare flavouring spice; also for yellow dye. **\$15**

***SAGES:** 40cm+; **H.** sun & well-limed soil:

GARDEN SAGE (*Salvia officinalis*) 40cm+ valued **Med;** traditional flavouring herb. **\$6**

LYRE-LEAF SAGE (*S. lyrata*) 40cm **Med.** **\$9**

PINEAPPLE SAGE (*S. elegans*) base for fruit cups, flowers as garnish, etc. **\$7**

WHITE SAGE (*Salvia apiana*) **Med. Cul. Comp;** smudge sticks etc; usually available November to May. **\$39**

And the following sages are used more as **Comp; P.P.** sachets, made into rubs, etc.

FRUITI SAGE (*S. dorisiana*) 1m, delicious smelling **I.** and bright pink flowers. **\$8**

MEXICAN SAGE (*S. leucantha*) purple **fl.** **\$8**

***SALAD BURNET** (*Sanguisorba officinalis*) 30cm **H;** **T.L.Fr;** **Med** digestive; **Cul** attractive **I.** rich in calcium, refreshing cucumber-like flavour, salads, sandwiches, garnish. **\$8**

***SAINT JOHNS WORT** (*Hypericum perforatum* 'elixir') **Gr. C;** **H;** **T.L.Fr;** **fl. & I;** **Med** uses. **\$8**

****SAMBUNG** (*Gynura procumbens*) 50-80cm Valued **Med.** S.E. Asia & often referred to as "life extender"; antioxidant, anti-inflammatory, febrifuge, etc. **Cul.** leaves **r&c** and made as tea. **\$15**

SARSAPARILLA (*Smilax ornata*) **Med** uses; **Cul** flavouring. **\$30**

***SAVORY** (*Satureja repandra*) **H; Gr.c; T.L.Fr;** white **fl;** **Cul** soups, meat, **veg,** beans, etc. **\$6**

LEMON SAVORY (*S. biflora*) 30cm. bright green leaves have exquisitely strong lemon aroma and flavour. **\$7**

***SCULLCAP** (*Scutellaria lateriflora*) 40cm; **Dec;** **Med** diuretic kidney tonic, temp. relief nervous headaches, stress, insomnia. **\$7**

CHINESE SCULLCAP (*S. formosa*) bush 50cm purple **fl;** **Med** uses. **\$9**

***SELFHEAL** (*Prunella vulgaris*) **Gr.c; T.L.Fr;** **Med** sore throats, wash, sprains. **\$7 BR**

****SENSITIVE PLANT** (*Mimosa pudica*) 50cm; **Med** many uses; food for nervous system. Ferny **I.** close up quickly at slightest touch; fascinating to grow, children and adults love to touch and watch leaves fold up. **\$8 BPA**

****SHEEP SORREL** (*Rumex acetosella*) **H; Gr.c;** **Cul I.** beneficial to eat at start of meal as can stimulate digestive juices in mouth; add to salads, cooked & garnish. **Med** strong antioxidant; ingredient in Essiac Tea. **\$5 BPA**

SLIPPERY ELM (*Ulmus rubra*) **H.** deciduous, **Med.** mucilaginous properties, valued for treating the throat and digestive tract. **\$30**

***SMALL FLOWERED WILLOW HERB** (*Epilobium parviflorum*) **H; Gr.c;** 30cm; **Med I** in salads, tea, helps maintain normal kidney function & to aid male urological conditions; bed wetting, etc. **\$8**

SNEEZEWORD (*Achillea ptarmica*) 40cm;

infused leaves as insect repellent. **Med** leaves chewed relieve toothache; dried **I.** powdered for a sneezing powder; **Cul. I.** in salads. **\$15**

***SOAPWORT** (*Saponaria officinalis*) 30cm; **Fr.T;** detergent properties, use to wash fabrics, in bath, shampoo hair & the dog. Just chop leaves or root and simmer in water 5 minutes strain & use; also for dandruff & rashes. **\$6**

SORREL, FRENCH (*Rumex acetosa*) 50cm **FR.T;** **Med;** **Cul** soups, sauces, salads, stuffings, omelettes. **\$8**

SOUTHERNWOOD (*Artemisia abrotanum*) 1m; **Comp; P.P;** garden spray; **Cul.** **\$12**

SPANISH MOSS (*Tillandsia usneoides*) hang over fence or tree, no need to water, plant will thicken & lengthen; use as garden mulch, stuffing cushions, etc. **Med** in ointments. **\$6 BR**

SPEEDWELL (*Veronica officinalis*) **Gr.c. Med** wash on wounds, skin conditions; tea for symptoms stress, blood tonic, indigestion, etc. **\$12**

STAR OF BETHLEHEM (*Ornithogalum umbellatum*) 20cm; **Dec** summer; the Bach Flower essence for mental and physical shock; and is an ingredient in Rescue Remedy. **\$20**

****!STEVIA** (*S. rebaudiana*) 60cm. **Med. Cul. I.** fresh or dried, natural sweetening properties many times sweeter than sugar, but without calories; use in drinks, baking, etc. **\$20 BPA**

SWEET WOODRUFF (*Asparule odorata*) **H;** 20cm; **T.L.Fr;** Attractive vanilla scented **I;** **P.P;** **Cul. Med** benefits lymphatics, etc. **\$9**

TADE (*Polygonum hydropiper* 'Fastigiatum') **A;** **H;** 40cm; **Med** uses; **Cul** in sushi, tempura. **\$7**

TANSY (*Tanacetum vulgare*) 50cm; **T.L.Fr;** **Comp** dried **I.** in sachets in cupboards, garden spray & use as mulch. **Cul** to flavour biscuits, etc. **\$9**

TARRAGON, SWEET (*Tagetes lucida*) 60cm, **Cul I.** & yellow **fl.** anise flavour; use in savory dishes, fruit salad and as tea. **\$7**

THUJA (*T. occidentalis*) **sm.** tree; many **Med** uses, anti-microbial, expectorant, astringent; internal/external uses as tea, wash, ointment; warts, brown spots on hands & arms, etc. **\$30**

THYME: all species of thymes **Comp;** bee forage; **Med** antiseptic; **Cul** add to meat, savory dishes.

GARDEN THYME (*Thymus vulgaris*) 40cm; **\$6**
CARAWAY THYME (*T. herba-borona*) **Gr.c;** with delicious caraway flavour. **\$6**

ITALIAN THYME (*T. nummularius*) 30cm; use on pizza & spaghetti. **\$6**

LEMON THYME (*T. citriodorus*) 20cm; **\$6**

MOTHER OF THYME (*T. serpyllum*) 5cm; **\$6**

SPANISH WOOD THYME (*T. mastichina*) 40cm delightful refreshing menthol-eucalyptus fragrance, a real favourite. **\$8**

***!TOOTHACHE PLANT** (*Spilanthes acmella*) 30cm; **A**; yellow **fl.** antiseptic **I.** rubbed on spot of toothache, teething baby, mouth sores, relief with quick anesthetic effect. Trying is believing. The natural antibiotic leaves eaten fresh like cress and added to salads have been found to give relief for thrush, and candida. **\$8**

TUBEROSE (*Polianthes tuberosa*) 1m. white waxy, sweet fragrant **fl**; aphrodisiac, etc. **\$15**

***TURMERIC** (*Curcuma longa*) 1m; **Dec**; yellow dye. **Cul** essential ingredient curries, Asian dishes, pickles; **Med** antioxidant, anti-inflammatory, aids digestion, etc. **\$6 BPA BR**

UDDER PLANT (*Solanum mammosum*) 1m yellow **fruit** shaped like cows udder, **Med.** **\$20**

***VALERIAN** (*Valeriana officinalis*) 50cm **H**; shade lover; rich phosphorus, magnesium, zinc, potassium, add to compost. **Comp**; in garden said to stimulate earth worms; **I.** tea spray to promote disease resistant plants from dampening-off disease; **Med** tea for **temp. rel.** pain, headache, sedative. **\$8**

***VANILLA** (*V. planifolia*) climbing orchid; **W.C.** pods in **P.P**; aromatic pods to flavour icecream, cakes, icings, drinks, fruit salad. **\$15 BPA**

VANILLA GRASS (*Anthoxanthum odoratum*) 30cm; **H**; tufting grass; **P.P**; sachets, bath bags; **I.** pleasant tea; **Med** temp rel. pain, tincture sniffed for hayfever, etc. **\$8 BR**

***VAP CA** (*Houttuynia cordata*) **H**; 40cm; **Dec.** Asian herb with fish aroma; leaves **r&c.** used to flavour meat dishes, soups, etc; valued in Japan as tonic tea. **\$8 BR BPA**

VARIEGATED VAP CA 'Chameleon'; **attractive** markings on leaves can be of green, pink, cream; same uses as green leaf form. **\$10 BR**

VERVAIN (*Verbena officinalis*) 50cm **Fr.T**; **Med** bedtime tea, stress, relief, fevers, etc. **\$9**

****VETIVER GRASS 'Monto'** (*Vetiveria zizanioides*) 1.5m high; clumping grass; species Qld. DPI researched over 10 years for infertile

seed; moisture conservation & erosion control, mulch; aromatic root yields valuable oil used in perfumery, drinks, foods, cosmetics, soaps; root fixative in **P.P**; crafts; insect repellent; **Med** tonic, digestive, temp. relief arthritis, fevers, stress; aromatherapy. **\$10 BR BPA**

VIETNAMESE HOT MINT (*Periscaria odorata*) 50cm; **H**; pink **fl.** beaut as garnish; **Cul** spicy pungent flavoured **I.** with curries, salads, Asian cooking, marinades, stir-fries. **\$6**

***VIOLET** (*Viola odorata*) **Gr.c**; **H**; **sh**; fragrant flowers; **P.P.** perfumery; **Med** uses; **Cul** in salads, desserts, drinks, garnish. **\$9**

NATIVE VIOLET (*Viola hederacea*) **Gr.c**; kidney shaped **I.** lavender/white **fl. Med**; **Cul** **\$9**

WALLPEPPER (*Sedum acre*) **Gr.c**; succulent **I.** soothing properties; **Cul** food, & pepper substitute; used as a survival food. **\$15**

****WATER CELERY** or Chinese Parsley (*Oenanthe javanica*) **H.** clumper, for wet area or in pots, stems & **I.** celery flavour salads & cooked. **\$15**

****Pink Flamingo WATER CELERY** (*Oenanthe javanica* 'flamingo') beautiful leaves of pink, cream, green & white; tasty in salads, etc. **\$20**

****WATERCRESS** (*Nasturtium officinale*) 30cm well limed soil, grow in pot at back door, so close, for daily use. **Med** many uses; **Cul** use raw & cooked; rich source **Vit.** A, B1, B2, B17, C, E, iron, potassium, iodine, calcium, germanium. **\$5**

WITCH HAZEL (*Hamamelis virginiana*) **Dec.** perennial shrub, **FR.T**; **Med.** uses. **\$30**

***WORMWOOD** (*Artemisia absinthium*) **H** 50cm; grey **I**; garden spray, **Comp**; sachets in cupboards to deter moths; **Med** with care, for stomach upsets, expelling parasitic worms, indigestion, etc. **\$9**

AFRICAN WORMWOOD (*A. afra*) 1m, fragrant ferny foliage. Uses as above. **\$9**

WOUNDWORT (*Stachys lantana*) **H**; 20cm; grey **I**; attractive border plant. **Med** uses. **\$15**

***WILD YAM** (*Dioscorea villosa*) **Dec.** climber, **Med** for various ailments, and by pre & post menopausal women; also used as a cream. **\$49**

****! GREATER ASIATIC YAM**, or white yam (*Dioscorea alata*) **Dec. H.** climber. **Med** uses; **Cul.** large tuber in the ground & bulblets that form on vine, are eaten cooked. **\$7 BR**

***! ROUND YAM** or **AERIAL POTATO** (*Dioscorea bulbifera*) **Dec**; potato & root peeled & diced, soaked well, then cooked or roasted. **\$15 BR**

****YARROW** (*Achillea millefolium*) **H. Gr.c**; ferny **I**; Several **I.** in compost heap acts as catalyst for quick break down. **Med** temp. relief colds, pain, diarrhea, fevers, headaches, period pain, bleeding, wounds. **\$5 BR BPA**

YELLOW DOCK (*Rumex crispus*) **H**; 1m; **Med** seed and **leaf** infusion as laxative, etc. **\$8**

****YELLOW MELILOT** (*Melilotus officinalis*) **H.** **A.** 60cm; **I.** contain coumarin, vanilla-like fragrance when crushed & can be used as a flavouring agent. **Med** diuretic, anti-inflammatory; tea for congestion of the lymph system, etc. **\$10**

***YERBA MATE TEA** (*Ilex paraguariensis*) **H**; **Fr.T**; 3m+; attractive **I.** & red berries; the most drunk beverage in Sth. America; valued as tonic tea, said to have no undesirable stimulant effects. Can be sweetened with honey, sugar, + lemon. Rich **Vit** & **Min.** **Med** digestive, etc. **\$30 BPA**

YLANG YLANG (*Cananga odorata*) evergreen tree for very warm sheltered position, exquisitely scented flowers, oil used in aroma therapy, perfume and food flavouring; traditional Asian aphrodisiac; **Med** uses. **\$30**

YUCCA (*Yucca filamentosa variegata*) **H**; 1-2m, beautiful white bell **fl**; **Med** uses, etc. **\$15 BR**

ZEBRA GRASS (*Miscanthus zebrinus*) **H**; **Fr.T**; striking green, cream stripes cross-ways on the leaves; attractive in landscaping; erosion control & for mulch. **\$8 BR**

NOTE: Seasonally, other rare herbs may be available, like *arnica, wasabi, damiana, santolina, horny goat weed, bloodflower, sweet wormwood, indigo, astragalus, tea bush, hops, cinnamon, codonopsis, cleavers, French tarragon, gloriosa lily, linden, native sarsparilla, mandrake, elderberry (sambucus nigra), black cohosh, pau d' arco, golden seal, welsh bunching onions, pyrethum, red sage, etc.* You are welcome to email or ring for availability & prices. There are more herbs listed under seeds. Of the seeds list, we may have these available as, plants seasonally; & some annuals like *rocket and shepherds purse, we generally do not pot up, but just stock, as seed.*

TREES, LEGUMES, VEGETABLES and RARE EDIBLES

Useful plants to improve and beautify our environment, purify the air, provide food and income, windbreaks, animal and bee forage, nitrogen soil improving legumes, for mulch & compost, survival foods, etc...

***!ACEROLA CHERRY** (*Malpighia glabra*) 'Californian Honey' variety, 2m+; **T.L.Fr**; red fruit 3000mg **Vit. C** per 100g; use fresh, juiced, jam. **\$12 BPA**

***AMERICAN GROUND NUT** (*Apios americana syn. tuberosa*) **Dec**; legume climber, high protein tuber nutty flavour, cooked, make flour, add to pickles. Valued survival food. **\$15**

APPLE CACTUS (*Cereus peruviana*) **H**; 2-3m; **Fr.T**; fruit raw, drinks & jams. **\$20 BR**

****ARRACACHA** (*Arracacia xanthorrhiza*) 1m, **sh**; delicious tasty stems used **r&c**; root also eaten; rare, from Sth. Am. **\$35** (often we are out of stock, due to high demand, but if you wish to order give your details & we will let you know when available.)

BAMBOO 'ARROWHEAD' (*Pseudosasa japonica*) **H**; runner; very attractive **I**; showy in pots & only grows to approx. 1-2m; good screen plant; culms for basket making, arrows, & reinforcement in mud walls. **\$20**

'BABY PANDA BEAR' BAMBOO (*Pogonatherum paniceum 'monica'*) clumping sp. 15-30cm tall, loves water; miniature **I**; looks great in pots. **\$20**

'FORTUNE INVITING' BAMBOO (*Shibataea kumasaca*) culms 2mm x 1-2m (smaller if kept in pots), **I.** have attractive markings for floral art work & crafts. **\$15**

'KUMURO-ZASA' BAMBOO (*Pleiblastus viridistriatus*) runner 10-50cm, makes an attractive potted bamboo; showy green & gold variegated leaf. **\$15**

BIGNAY (*Antidesma binus*) 3-8m evergreen for tropical, sub-tropical & warm temp. climates, clusters of small fruit with red pulp; leaves eaten raw & cooked & for flavouring rice, etc. **\$25**

BLACKBERRY JAM BUSH (*Randia formosa*) **H.** 1-2m, white **fl**; yellow skinned oval fruit 3cm long, squeeze black flesh into mouth, tastes like blackberry jam. **\$20**

BOMBAX also called **Dwarf Guinea Chestnut**

(Pseudobombax ellipticum alba syn. Pachira insignis) **H**; attractive tree, white **fl**; oval pods, **Med. Cul** edible seeds. **\$12**

*! **BRAZILIAN CHERRY** (Eugenia uniflora) 2-3m; good source **Vit C**, fresh, juiced, jam, & wine. **\$7**

* **BUCKWHEAT, PERENNIAL** (Fagopyrum cymosum) 1m; **H**; **Fr.T**; soil improver, yields lots of **I** for mulch & compost, with quick re-growth; **Med** stimulates blood circulation, anti-inflammatory etc; rich in rutin, which research has found can inhibit carcinogens; **Cul. I** eaten **r&c**; dainty white **fl** as garnish; nutritious seed. **\$12**

BUSH LUCERNE (Desmodium gyroides) **H**; 1-4m; **Nit**; fast growing; ideal for poor soils and also waterlogged land; leaves 22% protein, animal fodder; mulch (quick re-growth). Usually available November to May. **\$15**

* **CALABASH TREE** (Crescenta cujete) 4m+; **fr.** eaten and shell of fruit made into bowls. **\$15**

*! **CAROB** or **Chocolate tree** (Ceratonia siliqua) **H**; **Fr.T**; **Ige.** legume tree (can be pruned); a few trees should be planted to ensure possible male & female; excellent windbreaks, animal & bee fodder; **Med. Cul** high protein, calcium-rich pods, fresh (similar flavour to dates) or roasted, & ground for flavouring drinks, cakes, chocolates; survival food, pods store well. **\$6 BPA**

* **CAPE GOOSEBERRY** (Physalis edulis syn. P. peruviana) 60cm **H**; **T.L.Fr**; very tasty fruit used raw & cooked, etc. **\$9**

*! **CASSAVA** (Manihot esculenta) 1-3m; **Dec**; **Med. Cul** contains B17; protein leaves & root cooked; wilted leaves for animal fodder; also used for garden mulch. **\$6 BPA BR**

*! **CEYLON SALAD LEAVES** (Basella alba) **H**; **Gr.c**; or trellis; **Med** uses; **Cul** nutritious leaves eat raw and cooked, are rich in mucin. **\$6**

RED STEMMED CEYLON SALAD LEAVES (Basella rubra) same uses as B. alba above. **\$9**

*! **CEDAR BAY CHERRY** (Eugenia reinwardtiana) 5m; **H**; **T.L.Fr**; Australian native, showy white **fl**. & tasty red fruits over many months of year. **\$10**

CHINESE ELM or **LACE BARK ELM** (Ulmus parvifolia) **Fr.T**; 5m+, used for shade & wind shelter, stock feed; valued for bonsai work. Attractive leaves eaten **r&c**; bark used medicinally. **\$20**

*! **CHOKO** (Secchium edule) **H.vine, T.L.Fr**; abundance of chokos; raw or cooked, sweet or savoury, in pickles, stewed with cinnamon & sugar or honey, tastes similar to pears. **\$6 BR**

*! **COCO YAM** (Xanthosma sagittifolium) 1m; **H**; **Fr.T**; doesn't mind wet; attractive **I**; tubers - steamed, baked, roasted, made into chips, are deliciously nutty. **\$6 BR BPA**

PURPLE STEMMED COCO YAM **\$8 BR**

SCRUNCHY LEAFED COCO YAM (Xanthosoma atrovirens albo-marginata) 1m. striking white, cream & shades of green, large **I**; **Cul** tuber cooked. **\$15 BR**

CRANBERRY HIBISCUS (Hibiscus acetosella) **H**. 1-2 m **Med** many uses; **Cul** edible dazzling red leaves & beautiful pink **fl. r&c** **\$20**

*! **DAROOKA** or **PIT PIT** (Sacharum edule) 2m+; **T.L. Fr**; **H**; fast; ideal for **windb**; **I**. animal fodder; **Cul** unfurled **fl.** cooked considered a real delicacy. **\$10 BR**

DERRIS TREE (Derris robusta) legume 5-10m, shade tree, pink/white **fl**; soil improver, mulch. **\$20**

DESMANTHUS (D. virgatus) **H**. legume 1-3m; nitrogen, mulch; 22% protein; poultry & animal fodder, fast regrowth when cut. **\$8**

* **DRAGONFRUIT** (Hylocereus sp) **H**; climbing cactus, very refreshing, use fresh & in drinks.

PINK FRUIT **\$10 BR**

RED FRUIT **\$10 BR**

*! **DRUMSTICK TREE** (Moringa oleifera) **H**; 3m+; **WC** & **T.L.Fr. Med** many uses. Leaves & pods as food, protein 38% with all 8 essential amino acids, making it an excellent alternative to meat; leaves used fresh, or dried & powdered for protein source; seed used as water purifier; a valuable survival food. **\$10 BPA**

*! **FEIJOA** (F. sellowiana) 2m+; **H**; **Fr.T**; plant 2 trees close for cross-pollination, used as windbreaks; attractive flowers; **fl.** petals eaten; fruit eaten fresh, jams, wine, etc. **\$7**

FINGER LIME 'Rainforest Pearl' (Microcitrus australasica) **sm tree, Dr.H; FR.T**; delicious **fr.** with juicy cells similar in appearance to caviar with delightful lime flavour; high **Vit C**. **\$15**

FOOD CANDLE TREE (Parmentiera aculeata) **H**. warm to tropical, large long sweet fruit (flavour resembles sugar cane) eaten raw, cooked, pickles, jams, drinks, etc. **\$25**

GOVERNORS PLUM (Flacourtia ramontchi) **H**; 3-6m; withstands light frosts, maroon 2cm **dia. fr. r&c**. **\$12**

GREWIA (G. asiatica) Hardy bush 3m, small

purple **fr.** eaten raw, drinks, etc. **\$20**

*! **GRUMICHAMA** (Eugenia dombeyi) 3m+; **H**; tasty sweet fruit 3-4cm **dia.** **\$8**

*! **GUAVA** (Psidium species) **Ffr.T**. Leaves **Med. INDONESIAN GUAVA** creamy/white **fr**, few seeds, have pear/like flavour. **\$6**

RED CHERRY GUAVA very tasty. **\$6**

YELLOW CHERRY sweet fruit. **\$6**

PINEAPPLE GAUVA sweet fruit. **\$6**

ICE-CREAM BEAN (Inga edulis) **H**. legume shade tree; sweet white pulp in pod; eaten fresh. **\$15**

*! **INDIAN FIG** (Opuntia ficus indica) **H**; 1-3m **FR.T**; **Cul** thick **I**. peeled used as cooked vegetable, high fibre; fruit eaten fresh & jams; many **Med** uses; survival food. **\$8 BPA BR**

INDIAN HILL GOOSEBERRY (Rhodomyrtus tomentosa) **Dr.H; FR.T**; 2m bush, attractive pink flowers, excellent flavoured small purple fruit, fresh, jams, drinks. **\$15**

*! **JABOTICABA** (Myrciaria cauliflora) **H** 2-5m purple **fr.** flavour similar to grapes. **\$10**

LILLY PILLY (Syzygium paniculatum compacta) Native tree, or trim as bush, pink **fr.** raw&jams. **\$9**

POWDERPUFF LILLY PILLY (Syzygium wilsonii) 1-3m; red **fl**; white fruit eaten raw. **\$10**

MAKU LOTUS (Lotus uliginous) **P. nit.** fixing legume 20-30cm, tolerates acid & infertile soils & flooding, shade tolerant, useful as living mulch in orchards; animal forage. **\$8 BR**

MALAY APPLE (Syzygium malaccense) **H**; tree 6m+; red, pear-shaped fruit, sweet & juicy. **\$30**

MIDYIM (Austromyrtus dulcis) 40cm; soft sweet, tasty white fruit 1cm diameter. **\$10**

SILKY AUSTROMYRTUS (A. tenuifolia) grows to 1m so taller than Midyim; with similar fruit. **\$10**

*! **MIRACLE FRUIT** (Synsepalum dulcificum) **H**; 1.5m; **sh**; **T.L.Fr**; eat small red fruit and for several hours after, anything eaten with sour flavour will taste deliciously sweet. **\$20**

MONSTERIO also called **Fruit Salad Plant** (Monstera deliciosa) 1m; **s.sh**; 25cm long, sweet flavoured fruit. **\$15**

*! **MUSHROOM PLANT** (Rungia klossii) **H**; **sh**. 60cm. **T.L.Fr**; Like eating mushrooms? Then you will enjoy growing this plant, tasty mushroom flavour; nutritious, chlorophyll rich **I**. higher protein than mushrooms; **Vit A & C**, calcium & iron; salads, in stir-fries. **\$8**

NO-MOW GRASS (Zoysia tenuifolia) ground hugger; always green, likes moist conditions, ideal feature grass. **\$9 BR**

! **OCA** also called New Zealand Yams (Oxalis tuberosa) 30cm; **I**. & pink tubers eaten, fried, boiled, roasted, soups. Available July to May. **\$8 BR**

* **OLIVE TREE** (Olea europaea) **fruit** pickled and for oil content; antioxidant-rich **I**. as tea. **\$12**

Mini Papyrus Reed (Cyperus prolifer) **H**; 50cm; **T.L.Fr**; ornamental / land-scaping, floral art, paper making. **\$12**

*! **PASSIONFRUIT: JAPANESE PASS.** (Passiflora maliformis) **H**; **T.L.Fr**; **fr** many months of year; hard shell sweet flavour; valued for craft work, as shells if not eaten, dry out like gourds. **\$8**
PASSION FRUIT HAWAIIAN GOLD **\$8**

*! **PAW PAW** (Carica papaya) 2m+; Low **Fr.T**; **Med** uses; **Cul** very nutritious fruit. **\$5**

*! **PERSIMMON** (Diospyros kaki) **H. Dec**; sweet fruit. Eat fresh, jams, dried. **\$7**

PIG FACE (Carpobrotus glaucescens) Australian native, **H**; **Gr.c**; **I**. as a salt substitute, and red fruit taste like apples with a hint of salt. **\$8**

*! **PINTO PEA** (Arachis pintoi) **H**; **Gr.c** 10-15cm; **T.L.Fr**; ideal living mulch & nitrogen source; erosion control, animal fodder & small peanut; **Cul**, use bright yellow **fl.** & **I** as garnish. **\$6 BPA**

GROUND-HUGGING PINTO PEA sp. H. **\$7 BPA**

PIT PIT, FAN LEAFED (Setaria palmifolia) 1m; **H**; **T.L.Fr**; thick base **r&c**; stir-fries etc. **\$9 BR**

*! **POMEGRANATE** (Punica granatum) **H**; 2m+; **Fr.T**; fruit raw, juiced, in fruit salad; many **Med** uses; rich in antioxidants. **\$8**

*! **QUEENSLAND GREENS** (Hibiscus manihot) **H**; 2m+ **T.L.Fr**; **I**. 29% protein, **Vit, Min** & mucin, use **r&c**; salad, meat & savory dishes. **\$12**

*! **RED LANTERN HIBISCUS** (Malvaviscus arboreus) **H**; 1-2m; bright red **fl.** added to dishes, fried & used as garnish; **I**. edible too. **\$8**

ROSE APPLE (Eugenia jambos) **H**. tasty **fr.** **\$12**

*! **SALAD MALLOW** (Corchorus olitorius) **H**; 1m; **A**; chlorophyll rich **I**. over 20% protein & extremely rich in potassium, calcium, magnesium; eaten **r&c**; or **I**. dried, crushed & stored, to use with other foods as protein source; **I**. as tea, fresh/dried. Plants avail. spring, summer & autumn; or seed packets all year around. **Med**; usually available Sep to May. **\$6**

****SAMBU LETTUCE** also called Brazilian spinach (*Alternanthera sissoo*) Per. 50cm likes shade; **Med.** lush, crinkly, nutritious leaves; **Cul.** use young **I.** raw, & large **I.** cooked, toss in stir-fries, etc. **\$8**

***SNUFF BOX TREE** (*Oncoba spinosa*) **H;** 5m; **Fr.T;** fragrant **fl;** hard shelled 9cm **fr.** almond-meal-like flavour; **Med** source of chauloomoor-ga oil; dried fruit husks for small containers & for snuff & other stimulants; & craft work etc. **\$12**

***SOURSOP / GRAVIOLA** (*Annona muricata*) **H.** 4m+ **T.L.Fr.** Tree is a valued medicinal. similar flavour to custard apple. **\$25**

***! STAR FRUIT** (*Averrhoa carambola*) **H** 5m; juicy **fr.** raw, juicing, dried; slices are star shaped. **\$25**

***! STRAWBERRIES:**

ALPINE STRAWBERRY, RED H; fruits many months of the year. **\$5**

ALPINE STRAWBERRY, GOLDEN H; sweet yellow/white berries taste like strawberries and cream! Fruits many months of year. **\$5**

COMMERCIAL VARIETY \$5

INDIAN STRAWBERRY H. Gr.c \$5

***SUGAR CANE** (*Saccharum officinarum*) 1-3m. culms peeled, chewed for refreshing sweetness, juicing; **Med** benefits. **\$6 BR**

RED SUGAR CANE red stems **\$13 BR**

****! SWEET LEAF BUSH** (*Sauropus androgynus*) 1-2m; **T.L Fr;** delicious **I.** over 34% protein, & rich in **Vit.** & **Min;** use raw (tastes like fresh peas) or in cooked savory dishes; plant a living food hedge; valuable survival food. Indonesian folk remedy for snoring & teeth grinding! **\$15 BPA**

****! SWEET FRUIT ROOT** (*Polymnia sonchifolia*) **Dec. H;** 1-2m tasty root, high potassium & inulin, sweet & crunchy like an apple; used **r&c;** **Med** uses; **I.** for animal fodder 17% protein; **\$20 BPA**

****! SWEET POTATO** (*Ipomea batatas*) **H** 40cm ground sprawler; edible **I.** & nutritious tuber

ORANGE \$5 BR

WHITE \$6 BR

PURPLE tuber variety, said to have properties that help balance body hormones. **\$6 BR**

****TAMARIND** (*Tamarindus indica*) **H;** **T.L.Fr;** legume tree, **I.** & pod pulp eaten, rich in citric, tartaric & malic acid; use in drinks, marinades, curries, pickles, sweet/sour dishes. **\$12 BPA**

****! TARO** (*Colocasia esculenta*) **H;** 1m; **Fr.T;** Tolerates wet but will grow in dry; nutritious **I.** &

stems & roots cooked; survival food. **\$6 BPA**

GREEN TARO \$9

IMPERIAL TARO (*C. antiquorum*) dark green to brown markings on **I.** **\$15**

PURPLE STEMMED TARO attractive **I.** **\$15**

RED LEAFED TARO (*C. es. 'Fontainesii'*) **\$15**

2 TONED GREEN LEAF TARO (*C. fallix*) **\$15**

All taros can be sent **BR**

TEOSINTE PERENNIAL CORN (*Zea diploperennis*) 1m+; **H;** lush **I.** for stock feed, & seed ground for flour etc. **\$8**

****! VEGETABLE HUMMINGBIRD TREE** (*Sesbania formosa*) **H;** nitrogen fixing legume 4m+; **Med** many uses for internal & external use; **Cul I.** 36% protein, seeds 40%; rich in iron; leaves, pods & large flowers eaten. **\$20**

***! WARRIGAL GREENS** (*Tetragonia tetragonoides*) **H;** native plant, ground sprawler, **r&c;** high iron, calcium, protein 29.8%. **\$6**

Other species may be available, but in limited quantities, like sausage tree, panama berry, tamarillo, ibika, etc.

EDIBLE & USEFUL AQUATICS

***!ARROWHEAD** (*Sagittaria sagittifolia*) 60cm+; tubers & **I.** eaten cooked. **\$20 BR**

****!CHINESE SACRED LOTUS** (*Nelumbo nucifera*) **Dec;** for ponds, large containers, magnificent **fl;** pods for **Dr.F.Ar;** every part of plant eaten including tasty root, in stir-fries, etc. **Med** many uses. Orders taken for spring, summer, autumn planting. **\$25 BR**

CHINESE WATERCHEST NUTS (*Eleocharis dulcis*) 60cm; **Dec;** easy to grow even in small container that holds water; **Med** uses; **Cul** eat chestnuts raw and cooked. **\$7 BR**

DUCKWEED (*Spirodela sp*) mini floating **I;** food for herbivorous fish, ducks, dried for human food. **\$10 BR**

!NARDOO (*Marsilea mutica*) 15cm, **Dec;** attractive 4 leafed clover-like **I;** **I** & seed eaten. **\$12 BR**

PICKEREL RUSH (*Pontederia cordata*) **H;** glossy **I;** spikes of attractive blue **fl;** edible seeds. **\$15**

LIZARD TAIL (*Soururus chinensis*) 30cm. **Dec.** **Med** crushed **I.** applied boils, etc. **\$10 BR**

SEEDS AVAILABLE

NON-HYBRID SEEDS are seeds you can save year after year; **seeds are the absolute ultimate in re-cycle-able resources.** It is an advantage to soak seeds (all except very fine seed) in warm to hot water for several hours, before planting (as this softens hard seed coats). Plant seed in fine loose mix, and for maximum germination, keep soil moist but not waterlogged; and seeds that may dry out for even a few hours could die and not germinate. Creatures of the night can find seeds tasty, and garden pests like slugs and snails are partial to germinating seeds. Root vegetables, melons, pumpkins, beans are best planted straight into their permanent position in ground. Some seeds can germinate very quickly in 1-3 weeks, while other seeds can take several months to 2 years; some can be spasmodic in showing, and some very difficult to germinate (that is why they are rare plants). In cold climates seeds of annuals should be planted spring & summer. Seeds that have come from very cold climate backgrounds, it is often an advantage to put the seed in fridge 2-4 weeks+. There will not be space to give details of description and uses on all species in the seeds list. Species already described under herbs or edible plants will only have common names listed; and similarly with some standard vegetables, fruits, and many other common plants. **Number of seeds per packet** can differ with each seed variety. Rare seeds, or seeds in short supply, may have between 12-25 seeds per packet, while many seed varieties, and particularly species with very small seed may have 25 to 150 seeds per packet, or more.

VEGETABLES & CHLOROPHYLL RICH SALAD GREENS

Amaranth: all species hardy; 1-2m **A;** high protein **I.** & **s.** (protein easily assimilated)

Grain Amaranth (*Amaranthus hypochondriacus*) **\$5 pkt**

Leaf Amaranth also called **Tampala**

(*Amaranthus giganteus*) **\$5**

Love lies bleeding (*A. Caudatus*) striking long red **fl.** spikes. **\$5**

Native Amaranth (*A. viridis*) **I. r&c,** and seeds eaten too, and plant enjoyed by poultry. **\$5**

Asparagus (*Asparagus officinalis*) **\$5**

Beetroot, Rapid Red \$3.50

Bitter Melon (*Momordica charantia*) **H, A;** eaten **r&c.** valued **Med. Cul.** **\$8**

Broccoli (*Brassica oleracea italica*) **r&c.** **\$5**

Buckwheat (*Fagopyrum esculentum*) **\$5**

Capsicum California wonder **\$4**

Cardoon (*Cynara cardunculus*) **\$9**

Carrot, "All Seasons" \$4

Carrot, "Dragon" purple exterior **\$4**
Celeriac celery/like tops & large bulbous roots eaten **r&c.** **\$6**

Celery 'Chinese' variety, tender stems. **\$5**

Ceylon Salad Leaves (*Basella alba*) **\$6;** **Red**

stem Ceylon Salad Leaves (*Basella rubra*) **\$8**

Chicory (*Cichorium intybus*) 1m, blue **fl;** tap **r.** goes deep into soil breaks up clay & mines sub-soil, animal fodder; **Med** uses; **Cul** rich **Vit** & **Min** potassium, sulphur, silica, eat **I. r&c;** and as a tea; root roasted for coffee. **\$5**

Chillies: Birds Eye \$5; Fiesta \$5;

Pablano \$5; Habanero, very hot \$5;

Jalapeno \$5; Red Cayene (Tabasco) \$5;

Red Mexican Bell Pepper \$5

Chop Suey Greens also called Edible

Chrysanthemum (*Chrysanthemum coronarium*) **H;** 1m **A;** **I.** & **fl.** valued for stir-fries, soups, meat dishes to give a distinctive Chinese flavour. **\$7**

Corn: Golden Bantam \$4; Autumn Gem

multi-coloured cobs **\$4, Red Aztec \$4;**

Balinese \$4; Manning White \$4; Perennial

Teosinte corn \$7; Pop Corn: Golf Ball \$4

Cucumbers: African Horned (*Cucumis metuliferus*) keeps well when picked **\$6;**

Armenian \$4; Crystal Apple \$4; Green Gem, excellent flavour \$4

Eggplant (*S. melogena*) early long purple **\$5**

Endive (*Cichorium endivia*) **\$5**

Fat Hen (*Chenopodium album*) **H;** Annual 1m; nutritious **I. r&c.** Seeds rich in nutrients too, including Essential Fatty Acids (EFA). **\$5**

Flour Gourd also called **Wax Gourd** (*Benincasa hispida*) **H;** **r&c** to 20kg+ can keep over 12 months once picked; survival food. **\$7**

Globe Artichoke (*Cynara scolymus*) **\$8**

Kale (*Brassica oleracea* species) **\$6**

Kohl rabi (*Brassica oleracea v. gongylodes*) **\$6**

Leek (*Allium ampeloprasum* var. porrum) **\$5**

Lettuce: Oak Leaf \$4; Buttercrunch \$4

Long Bean (*Lagenaria siceraria*) technically not a 'bean'; **veg.** 1-2m, grow on ground or trellis. 8 seeds **\$8**

Loofah (*L. aegyptiaca*) **H; A; veg.** when young &

Golden Rod (*Solidago canadensis*) \$7
Gotu Kola (*Centella asiatica*) Valued **Med.** with many uses. \$6
Greater Celandine (*Chelidonium majus*) **Med.** with many uses. \$8
Hawaiian Baby Woodrose (*Argyrea nervosa*) \$10
Hawthorn (*Crataegus monogyna*) \$10
Heartsease (*Viola tricolor*) **Med. Cul.** \$6
Herb Robert (*Geranium robertianum*) **Med** with many uses. \$6
Holly (*Ilex* species) **H.** tree, red berries; with many uses.; **Cul I.** & berries decoration. \$10
Horehound (*Marrubium vulgare*) **Med.** \$8
Hyssop (*Hyssopus officinalis*) **Med. Cul.** \$6
Indigo (*Indigofera australis*) \$10
Jobs Tears (*Coix lachytoma jobi*) **Med. Cul.** \$7
King of Bitters (*Andrographis paniculata*) **Med** with many uses. \$13
Lady's Bedstraw (*Galium verum*) **Med.** \$10
Lady's Mantle (*Alchemilla vulgaris*) **Med.** \$10
Lemon Balm (*Melissa officinalis*) \$7
Lemon Grass, East Indies (*Cymbopogon flexuosus*) **Med. Cul.** \$9
Licorice (*Glycyrrhiza glabra*) **Med. Cul.** a valuable herb with many benefits. \$9
Linseed (*Linum usitatissimum*) \$7
Lions Ear (*Leonotis nepetifolia*) **A.** 1-2m. stunning orange fl. & seed capsules for floral art & crafts. **Med.** \$8
Lobelia (*Lobelia inflata*) **Med.** \$8
Lovage (*Levisticum officinalis*) **Med. Cul.** \$6
Madagascar Periwinkle (*Vinca rosea*) **Med.** \$15
Mallow (*Malva sylvestris*) beautiful lavender fl. **Med** uses; **Cul I.** eaten & fl. as a garnish. \$10
Marigold, African (*Tagetes erecta*) pest deterrent. \$6
Marjoram (*Origanum marjorana*) **Med. Cul.** \$5
Marshmallow (*Althea officinalis*) **Med. Cul.** \$7
Meadowsweet (*Filipendula ulmaria*) **Med.** \$9
Millet (*Eragrostis tef*) Nutritious seeds \$6
Miracle Plant (*Siegesbeckia orientalis*) \$10
Motherwort (*Leonorus cardiaca*) **Med.** \$6
Mugwort (*Artemisia vulgaris*) **Med.** \$8
Mugwort (*Artemisia verlotiorum*) **Med.** \$8
Mullein, black (*Verbascum nigrum*) **Med.** \$7
Mullein, white (*Verbascum thapsus*) **Med.** \$10
Myrobalan or 'Stonebreaker' (*Phyllanthus amarus*) **A;** 60cm; traditional Ayurvedic panacea; antibiotic & liver tonic properties. \$8
Nasturtium (*Tropaeolum majus*) **Med. Cul.** \$5
Nettle (*U. dioica*) perennial species. \$6
Nettle (*Urtica urens*) annual species. \$6
Onion Chives \$5

Orach (*Atriplex hortensis*) edible leaves. \$7
Paddy's Lucerne (*Sida rhombifolia*) **H.** native, **I.** as tea substitute & many **Med** uses. \$5
Palmarosa (*Cymbopogon martinii motia*) \$10
Papalo (*Porophyllum ruderale macrocephalum*) like coriander, **I.** have large oil glands with potent flavour & scent, & stronger with age. \$6
Parsley: Italian \$4; **Triple curled** \$4
Japanese Mitsuba \$4
Patchouli (*Pogostemon patchouli*) **Comp.** \$6
Pellitory of the Wall **Med** \$10
Pennyroyal aromatic leaves. \$8
Pepper (*Piper nigrum*) peppercorn source. \$10
Perilla, Green **Med. Cul.** \$12
Perilla, Purple **Med. Cul.** \$6
Petty Spurge, Radium Weed (*Euphorbia peplus*) external uses applied to warts, etc. \$5
Pit Pit "Fan Leaf" (*Setaria palmifolia*) **Cul.** \$9
Plantain: Med. Cul.
Broad Leaf \$5; **Buckshorn** \$7
Narrow Leaf \$6
Pokeroot (*Phytolacca americana*) **Med. Cul.** \$9
Psyllium (*Plantago psyllium*) **Med. Cul.** \$9
Purple Loosestrife (*Lythrum salicaria*) **Med.** \$9
Purslane (*Portulacca oleracea*) **Med. Cul.** \$5
Purslane, Golden large leaves **Med. Cul.** \$6
Pyrethrum (*Tanacetum cinerariifolium*) **Comp** \$6
Queen Anne's Lace (*Ami majus*) \$7
Queensland Asthma Weed (*Euphorbia hirta*) **Med** uses. \$7
Quinoa (*Chenopodium quinoa*) **Med. Cul.** \$6
Ramie (*Boehmeria nivea*) fibre plant; **Med.** \$9
Reed Canary Grass (*Phalaris arundinacea*) \$10
Rhubarb (*Rheum rhabarbarum*) **Med. Cul.** \$6
Rue (*Ruta graveolens*) **Med.** \$6
Sage: Garden sage \$5; **Clary Sage** \$10;
Lyre leaf sage \$9
Salad Burnet (*Poterium sanguisorba*) **P.** valued **Med;** **Cul** refreshing **I.** salads etc. \$7
Salt Bush (*Atriplex nummularia*) native; edible mildly salty leaves. \$9
Sambung (*Gynura procumbens*) Valued **Med;** **Cul.** leaves **r&c;**; seed not easy to germinate. \$15
Savory, Lemon (*Satureja biflora*) **Cul.** \$8
Savory, Summer (*Satureja hortensis*) **H; A;** \$5
Savory, Winter (*Satureja montana*) **Cul.** \$5
Scullcap (*Scutellaria laterifolia*) **Med** \$7
Scullcap Chinese (*S. formosa*) **Med** \$10
Selfheal (*Prunella vulgaris*) **Med** \$10
Sensitive Plant (*Mimosa pudica*) **Med** \$8
Shallots (*Allium fistulosum*) \$5
Sheep Sorrel (*Rumex acetosella*) **Med. Cul.** \$8
Shepherds Purse (*Capsella bursa pastoris*) \$7

Shoo Fly Plant (*Nicandra physaloides*) 1m; blue fl; **A.** to repel flies, & seed pod for **Dr Fl Ar.** \$10
Small Flowered Willow Herb (*Epilobium parviflorum*) Valued **Med.** \$6
Soapwort (*Saponaria officinalis*) \$7
Sorghum (*Sorghum vulgare*) \$6
Sorrel, French (*Rumex acetosa*) **Cul.** \$8
Speedwell (*Veronica officinalis*) **Med.** \$10
Spelt Wheat Rich in protein, Vit. & Min. \$5
St John's Wort (*Hypericum perforatum*) **Med** \$5
Stevia (*S. rebaudiana*) **I.** with natural sweetening properties; use as tea & with foods. \$8
Strawberry: Alpine Red \$5 **Alpine Golden** \$5
Sugarbeet or Mangel wurzel (*Beta vulgaris*) \$7
Sun Jewels (*Portulaca grandiflora*) **Cul.** \$7
Sunflower (*Helianthus annuus*) \$5
Sweet Annie (*Artemisia annua*) \$9
Sweet Marjoram (*Origanum marjorana*) \$5
Sweet Tarragon (*Tagettes lucida*) **Cul.** \$6
Syrian Rue (*Peganum harmala*) **Med.** \$10
Tade (*Polygonum hydropiper*) popular Japanese herb used for sushi, etc. \$8
Tansy (*Tanacetum vulgare*) **Comp.** \$6
Teasel (*Dipascus sativus*) \$8
Thyme (*Thymus vulgaris*) **Med. Cul.** \$5
Tobacco (*Nicotiana tabacum*) \$10
Toothache Plant (*Spilanthes acmella*) **Med.** \$8
Udder Plant (*Solanum mammosum*) \$9
Valerian (*Valeriana officinalis*) **Med.** \$8
Vanilla grass (*Anthoxanthum odoratum*) \$9
Vervain (*Verbena officinalis*) **Med.** \$9
Watercress (*Nasturtium officinale*) \$5
Wild Lettuce (*Lactuca virosa*) **Med.** \$9
Wormwood (*Artemisia absinthium*) **Med.** \$6
Yarrow (*Achillea millefolium*) **Med.** \$6
Yellow Dock (*Rumex crispus*) **Med.** \$7
Yellow Melilot (*Melilotus officinalis*) \$9
Yerba Mate (*Ilex paraguariensis*) \$15

SEEDS OF TREES, VINES, FRUITS, EDIBLES & ORNAMENTALS

FRUIT SEEDS are not in season all year around, therefore, before ordering it is wise to inquire if available, or time of year when in season.

Acerola Cherry High "C" variety. \$10
Bignay (*Antidesma binius*) fruit & leaves eaten \$15
Bombax (*Pseudobombax ellipticum alba*) \$15
Brazilian Cherry (*Eugenia uniflora*) \$8
Candle Stick Cassia (*Cassia alata*) **Med** uses. \$9
Cape Gooseberry (*Physalis edulis*) \$8

Cedar Bay Cherry (*Eugenia reinwardtiana*) \$13
Feijoa (*Feijoa sellowiana*) \$9
Gauva varieties:
Indonesian \$8; **Red Cherry** \$8;
Yellow Cherry \$8; **Pineapple** \$8
Governor's Plum (*Flacourtia ramontchi*) \$10
Grewia (*G. asiatica*) \$13
Indian Fig (*Opuntia ficus indica*) \$10
Indian Hill Gooseberry (*Rhodomyrtus tomentosa*) very tasty purple fruit \$10
Jaboticaba (*Myrciaria cauliflora*) \$13
Passionfruit:
Hawaian Gold; H. very large yellow fruit. \$7
Japanese; hard shell. \$8
Panama Red; Heavy bearing large fruit. \$7
Snuff Box Tree (*Oncoba spinosa*) \$15
Persimmon (*Diospyros kaki*) Tasty sweet fruit \$8
Pie Melon or **Jam Melon** (*Citrullus lanatus citroides*) \$6
Pomegranate (*Punica granatum*) **Med. Cul.** \$9
Powderpuff Lilly Pilly (*Syzygium wilsonii*) \$13
Rockmelon:
Hales Best \$4, **Honey Dew** \$4
Rosella (*Hibiscus sabdariffa*) \$6
Tamarillo (*Cyphomandra betacea*) \$8
Umkokola (*Vyalis caffra*) \$13
Watermelon Klondyke \$4

GOURDS

Fun to grow, great for crafts & gift giving (there is a legend that says, 'to give a friend a gourd or to receive a gourd as a gift, with it go the best things in life'). Plant gourd seeds spring or early summer. No's 1-4 are small ornamental gourds; & No 5-10 are large gourds. All pkts \$5 each.

1. Small round orange
2. Pear shaped
3. Small buoy gourd
4. Bottle gourd
5. Dinosaur gourd
6. Large 2 bulge bottle
7. Goose neck gourd
8. Large pear-shaped gourd
9. Large round gourd
10. Mixture of small shaped gourds \$6
11. Mixture large shaped gourd \$6
12. Snake gourd (*Trichosanthes kirilowii*)

A real novelty; **Med.** & **Cul** uses. 6 seeds \$10

Please list 2-3 alternatives, in case your first choice of gourds, may be out of stock.

ALSO AVAILABLE

Seeds for Sprouting

- * **FENUGREEK**, an excellent variety to sprout. 500g seed **\$10**, 1kg seed **\$20**, plus **P&P**
- * **CHIA**, nutritious seed, & rich in Essential Fatty Acids, many ways of using as food & for sprouting. 450gr **\$14**, plus **\$15** p & post

We do have a variety of other seeds for sprouting, eg mung, alfalfa, mustard, adzuki, buckwheat, broccoli, sunflower, sorghum, wheat... You are welcome to phone, fax or email if you would like a list of other seeds for sprouting.

BioSnacky - Glass Sprouter - **\$20 + P&P**

- * **NATURAL LICORICE root sticks SNACK PACK** Pkt. of 2 sticks to chew on. **\$10 + P&P.**

- * **NATURAL LICORICE ROOT** fine cut root, to chew on or make tea 50g. **\$10 + P&P.**

- * **BACH RESCUE REMEDY** Valuable to have on hand for accidents, stress, before exams or interviews, nightmares, trauma. Medicine strength **\$30+ P&P.**

- * **pH TESTING KIT** which makes it easy to test saliva pH. **\$30 + P&P.**

- * **CAP-M-QUIK CAPSULE MAKER**, so quick and easy for producing your own dried herbs in capsules. **\$60+ P&P**

- * **Veg. Capsules to fit capsule maker, also available x 1000** **\$60 + P&P**

- * **ACTIVE CALCIUM PLUS** (USANA brand) 112 tablet bottle **\$60 + P&P.** To counteract the lowered bone mass as our body ages, people over 40 are wise to take a potency guaranteed, scientifically researched balance of calcium (as calcium citrate & calcium carbonate) & magnesium (as magnesium amino acid chelate, citrate & oxide) with Vit. D3,

formulated to promote strong bone & connective tissue, which may assist in the prevention & or treatment of osteoporosis.

- * **SWEDISH BITTERS** **\$30** a Bottle 500ml plus postage.

- * **Hilde Hemmes' creams: Arnica, Calendula, Comfrey, \$18** each tube, plus postage

HERB TEAS We have a large range of dried herb teas. Please phone, fax, or email for details.

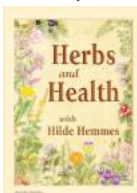
\$10 per 50g

This list of plants and seeds and information is not intended to be a medical dictionary, but a catalogue, so for further information and dosage guidance, refer to appropriate books. Any serious or chronic condition should be discussed with your natural health practitioner or doctor.

Other Books available:

(prices do not include postage)

Herbs and Health with Hilde Hemmes by Hilde Hemmes (113 pages A4 size book) Renowned author and herbalist Hilde Hemmes shows you how to harness the amazing healing powers of herbs to reverse illness, restore vitality and get fit for life, in this revised edition of her best-selling book *Herbs and Health with Hilde Hemmes*. **\$35**



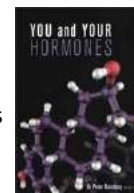
Health through Gods Pharmacy by Maria Treben (188 page A5 size book) At the time when the majority of mankind has moved away from life's natural ways; when illness caused by a changed attitude to life, threatens; we should turn again to medicinal herbs which God in His Greatness has provided for us since time immemorial. As a renowned European herbalist, said:



"There is a plant for every illness!" **\$35**

Books and CD by Dr. Peter Baratosy

You and Your Hormones (358 page A5 size book) Two books in one (back-to-back). The first book covers research about hormones, the use of the synthetic hormones (Hormone Replacement Therapy - HRT) and why the natural Bio-identical Hormone Replacement Therapy (B-HRT) is safer and therefore better. The other book, yes, that's right, turn the book over and have a look, covers the treatment side of hormones. **\$45**



Vaccination: its your Choice (139 page A5 size book) Vaccination is not compulsory in Australia. Many parents are researching the topic and making a choice to NOT to vaccinate their children. Vaccination is a very controversial topic, there is a very heated debate. The orthodoxy look at it as their sacred cow. Nothing bad can be said about it...yet when the topic is looked at closely, vaccination may not be as great or as safe as the orthodoxy maintain. Many diseases have declined and the orthodoxy claim this is due to vaccination. However if we look at the historical trend, many diseases had been declining for a very long time before vaccination was even introduced. The incidence of some diseases had dropped over 90% before vaccines were even introduced. **\$40**



Gut Feelings (114 page A5 size book) Gastro-intestinal problems are very common in today's society. The orthodox method does not get to the root of the problem...just gives "band aid" measures. This book discusses the reasons behind much of the gastro-intestinal epidemic and also suggests various simple, natural methods of dealing with the problem. **\$40**



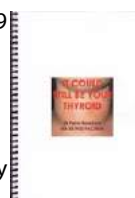
Death by Civilization (223 page A5 size book) The book is largely about the Metabolic Syndrome (otherwise known as Syndrome X) as well as conditions and life style changes that have developed in western society. These changes are killing us and could lead to our extinction. **\$35**



There is Always an Alternative 2nd Edition (133 page A5 size book) "My first book... published in 1995. Since then I have changed and some of my ideas and methods have changed. I have learned much in this time. I re-wrote this book and have up-dated it. This book is semi-autobiographical and explores my journey from being an orthodox doctor the becoming an un-orthodox, alternative, natural doctor. Topics include: acupuncture, homeopathy, hypnotherapy, prolotherapy, chelation, herbalism and nutrition." **\$30**



It could still be your thyroid (119 page A5 size ring bound book) Thyroid disease is a very common problem, and becoming more common. This book explores many of the issues of thyroid problems, that the orthodoxy may not consider. **\$30**



Can you really believe what your doctors tell you? (This is an ebook on a CD ROM. Read it on your iPad, iPhone or computer with any PDF reader) This book covers many topics such as cholesterol, hypertension, diabetes, women's problems, children's problems and chronic musculo-ligamentous pain. **\$20**



	Standard Post	Express Post
1 to 5 plants	\$25	\$35
6-10 plants	\$35	\$45
Orders over 10 plants.	Please contact the Farm. P&H Dependant on order size.	

• all prices valid till 30th June 2020
• after which please contact us.

Most plant orders are despatched by Australia post. **Note:** besides post costs, orders include a component for packaging and the time it takes to pack.

Express Post: is particularly applicable and encouraged for orders placed during hot months of the year and for orders of very rare plants, and for people who live in distant interstate country areas. **Express Post** is the fastest method of delivery: overnight to all capital cities, and then, however long mail usually takes to get to your country town destination. Alternatively, some parcels may be sent by Star Track Courier, if a street address is given (they cannot deliver to a PO Box number). **Note:** there will be no post charge for small seed packets ordered, when accompanying a plant order.

When ordering seeds only, add on to the total price of seeds...

1-5 pkts add \$6 for pack, post and handling.

5-25 pkts add \$15 for pack, post and handling.

PLEASE LIST 3-4 ALTERNATIVE CHOICES FOR SEEDS OR PLANTS, IN CASE WE ARE CURRENTLY OUT OF STOCK OF SEVERAL, OR THEY ARE NOT IN SEASON (or we can suggest similar alternative plants)

- **Note: if any money is over from an order, due to plants or products not being available, etc it is returned in postage stamps. NOTE: some trees and large aloes, etc may require more for Pack and Post.**
 - **If unsure what amount to add for post, you are welcome to phone during our Open Hours and we will calculate, or you can write or email and we will estimate the Pack and Post once we have the order.**
 - **If wishing to have further information on plants, or about your order, date of dispatch, etc, please phone, fax or email us.**
- * Generally, for Postal Orders, if we have the plants in tubes, they will be sent this way, with the top of pot securely taped, & plants taped securely in the box & cushioned with shredded paper.
- * If plants are sent **BR** (bare-rooted), excess soil or all soil will be removed & wrapped in paper & plastic. Plants orders are sent on Mon.-Tues. of week, to ensure arrival before the weekend. Orders are usually despatched in 1-3 weeks of receiving the order (although this may depend on what the order is made up of).

INTERNATIONAL ORDERS (ALL ORDERS OUTSIDE OF AUSTRALIA)

We do not send plants or seeds internationally, but we do send dried herbs, books and DVDs.

ALSO NOTE: all prices in this catalogue are in Australian currency. We ONLY accept payment for international orders by Credit Card payment, & these orders will be shipped ONLY by Australia Post. If a person does not have Credit Card facilities, we would then accept payment by overseas telegraphic transfer (note: there may be transfer fees).

When you have confirmed your order with us by email, we will email a total, & payment details.

For **Postage, Pack and Handling** for Isabell's books and teas, please contact the Herb Farm.

- **For orders of books and DVDs to addresses outside of Australia, please order online through herbsarespecial.com.au**
- **If unsure of Postage and Handling, please email: info@herbs-to-use.com ; fax 07 54716430; or phone 07 54411101 (During Open Hours) Mon, Tues, Thurs, Sat, 10am-2pm.**
- **GST is inclusive in all prices.**
- **All our DVDs are - Pal standard, All Regions. For more info. see link below.**
- **Please be sure to check that you are happy with Pal video standard before purchasing: herbsarespecial.com.au/books_and_dvds/pal-countries.html**

If ordering by...

Email: please send us the list of plants and / or seeds with quantities, and your address, phone number and we will get back to you with availability, prices, cost to pack, post charges, and payment methods.

Post: please use the order form, listing plants and / or seeds with quantities, and send with full payment.

Phone: we can take your order by phone with credit card payment, but we may need to get back to you with final availability, and pack and post costs.

In AUSTRALIA Payment can be made by:

- * **Post - Money Order, Bank Cheque, or Private Cheque** made out to **D.B. Stewart**, & posted with order form (your order will be sent when funds are cleared).
- * **Direct Deposit**, (through your own bank, or at a Suncorp branch, or over the Internet) into Suncorp Bank Account, in the name of **D.B. Stewart, BSB No. 484 799; Account No. 494056582.** After deposit, phone, fax or email the receipt / reference number of the deposit, your order details, phone number & your postal address.
- * **Credit Card**, over the phone (type of credit card, card number, name on card, expiry date, postal address & phone number), or you may use the order form, & fax or post it with your order details **(for security, please do not send any credit card details by email).**
- * **PAYPAL - info@herbs-to-use.com**

Shipards Herb Farm
postal address - PO Box 66 Nambour, Qld. 4560
ph. (07) 54411101
Email. info@herbs-to-use.com
Web. www.herbs-to-use.com

Location - 139 Windsor Rd., Burnside, go past Tafe College & Patrick King Drive on right-hand side & watch for Shipards Herb Farm sign, at the bottom of cement drive way on the right.
(Open Hours Mon, Tues, Thurs, Sat, 10am-2pm.)

ATTENTION: We take great care to send healthy plants, and to check all goods before they are sent. We ensure that all orders are well packed and protected. **Please be advised** that once an order leaves our farm we do not accept any responsibility for their well-being.

Teas- Below is a list of Herbs we usually have available as dried leaf tea. Most Herbs are in 50 gram packets for \$10 AUS each. We try to stock as many Organic, wild crafted or Australia grown teas as possible.

The other List below includes- Sprouting Seeds we usually have on hand. We can often order some other varieties in, if requested.

Agrimony	Eyebright	Sarsaparilla	<u>Seeds For Sprouting</u>
Alehoof	Feverfew	Saw Palmetto	Alfalfa 100g- \$10
Alfalfa	Frankincense	Schisandra	Adzuki Bean 250g- \$10
King of Bitters-	Garlic	Senna	Broccoli 25g- \$15
Andrographis	Ginger	Shepherds Purse	Buckwheat 250g- \$10
Aniseed	Ginkgo	Scullycap	Chia 450g- \$14
Arnica	Ginseng, Panax (10g)	Slippery Elm	Fenugreek 500g- \$10
Indian Ginseng-	Goji Berry	Sorrel, Sheep	White Millet 100g- \$12
Ashwaganda	Golden Rod	Spearmint	Mung Bean 250g - \$10
Astragalus	Golden Seal (10g)	Spirulina	Mustard 50g- \$10
Balm, Lemon	Gotu Kola	St John's Wort	Oats 250g- \$10
Barberry	Graviola (Sour Sop) leaf	Star Anise	Radish 25g- \$15
Barley Grass	Gumbi Gumbi (25g)	Stevia	Red Clover 100g- \$15
Beetroot	Hawthorn	Suma Root	Snow peas 250g- \$10
Betony	Herb Robert	Thuja	Sorghum 200g- \$15
Bilberry	Hops	Thyme	Spelt 250g- \$10
Black Cohosh	Horehound	Tribulus	Sunflower 250g- \$12
Bloodroot	Horny Goats Weed	Tulsi (Sacred Basil)	Wheat 250g- \$10
Blueberry	Hydrangea	Turmeric	
Brewers Yeast	Hyssop	Uva Ursi	
Burdock Root,	Juniper	Valerian	
dried	Ladies Mantle	Vervain	
Calamus	Lavender	Wheat Grass	
Cardamom	Lemon Myrtle	Willow, White	
Cascara	Lemon Verbena	Witch Hazel	
Catnip	Licorice Root	Wormwood	
Cats Claw	Maca	Yarrow	
Cats Whiskers	Mallow	Yerba Mate	
Cayenne	Marshmallow		
Celandine	Meadowsweet		
Chamomile-	Mistletoe		
German	Motherwort		
Chaparral	Mugwort		
Chickweed	Mullein		
Chicory Root	Neem		
Cinnamon	Nettle		
Cleavers	Nutmeg		
Clove bud	Orris Root		
Clove	Passionflower		
Codonopsis	Pau d'Arco		
Coltsfoot	Peppermint		
Comfrey	Plantain		
Coriander	Raspberry		
Crambark	Red Clover		
Damiana	Rene's Classic Essiac Tea		
Dandelion	Rhubarb, Turkey		
Devils Claw	Rooibos		
Echinacea	Rose Petal		
Elderberry	Rosehip		
Elecampane	Rosemary		
Small Flowered Willow	Sage		
Herb- Epilobium	Saint Mary's Thistle		

SHIPARDS HERB FARM

P.O Box 66, Nambour 4560

Ph: 07 544 111 01

www.herbs-to-use.com
info@herbs-to-use.com



*Depending on the herb.
 Teas come as leaf, root,
 berry, flower or powder.*

.....And many more dried
 herbs on request.

Please call or e-mail Herb
 Farm for postage prices.
 **Prices subject to change
 without notice-depending
 on availability and rarity. **