

SHIPARDS HERB FARM

Catalogue

Feb. 2009

all prices valid till 1st July 09

"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, 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 Good 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 medical actions of herbs which are also used for food or flavouring.

LOCATION: 139 Windsor Rd., Nambour, Qld; Ph. (07) 54411101. 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, to 5th drive-way on right past Cooloola Sunshine Institute Of Tafe; and watch for Shipards Herb Farm sign, at bottom of cement drive way.

OPEN HOURS: Mon. Tues. Thurs. Sat. 10am-2pm, or other times by **apointment only** (please ring *During Open Hours* on 07 54411101 at least 1-2 days before you wish to visit, to confirm a suitable time).

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, to WA some seeds are restricted).

Shipards Herb Farm

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w. www.herbs-to-use.com

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

BOOKS AVAILABLE

For preview of Isabell's books visit
herbsarespecial.com.au

• In 2003, Isabell completed the book, *How can I use Herbs in my daily life?* - **\$45** which quickly became a best seller. Many readers have commented that it is so practical, informative and inspiring; and now they use herbs more, and report wonderful health benefits. The book has become a constant reference for people, with many requests for extra books to give as gifts to family and friends.

• In 2005, Isabell went on to write *How can I grow and use Sprouts as living food?* - **\$37** To our knowledge, this is the only book written on sprouts by an Australian author. Many readers have said that this book should be in every home.

• Isabell's NEW book (October 2008), *How can I be prepared with Self-Sufficiency and Survival Foods?* - **\$37** is a valuable reference manual for every person. This book offers encouragement, and emphasizes the importance of being as self-sufficient as one is able, and an action plan to help you 'ride the storms'. Isabell shows us how to be prepared with a step-by-step emergency management plan for food provisions and essential supplies.

• In August 2008 Isabell's long awaited Herb and Sprout Courses were released on DVD. For many years, Isabell held Herb Courses in Queensland. Many people in other states expressed a desire to be able to attend, yet our vast country made this difficult. Now wherever you live, by watching these DVDs, you have the chance to sit in on her courses and gain the knowledge and understanding to make the herbs in your garden more meaningful, and experience the wonderful benefits that herbs and sprouts provide.

• Isabell's Herb Course on DVD, *Wonderful World of Herbs!* - **\$35** covers many topics such as: herbs as medicine and for good health, 29 plant families, weeds we can eat, poisonous plants, methods of using herbs, plants as sweeteners, income opportunities from plants, survival foods, and seed saving. 2 DVD's total running time 4 hours 27 minutes (includes booklet of printed Herb Course Notes).

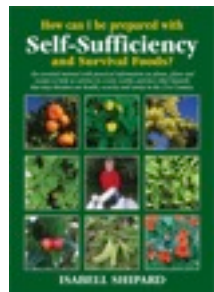
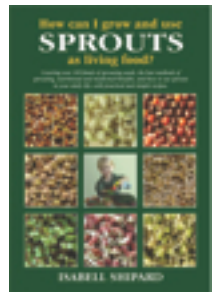
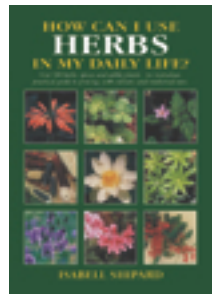
• Isabell's Sprout Course on DVD, *Living Food at its Best!* - **\$30** covers many topics such as: sprouts are supreme foods with living enzymes, nutrients in sprouts, easy methods of sprouting seeds and ways of using sprouts, how we can cut our food bills by growing sprouts, and storing seeds. 2 DVD's total running time 2 hours 33 minutes.

To get the most out of Isabell Shipard's herb and sprout courses on DVD, it is recommended to also have Isabell's herb and sprout books as the courses give a visual learning experience, but cannot in a few hours give all the information that is valuable about the herbs and sprouts. The books will add to, and reinforce what you learn from these DVDs.

• **BOOKLET: "Absolutely Delicious Licorice, how to grow and use"** also includes medicinal uses; by Isabell Shipard. **\$11** posted.

• **"Seed Savers' Handbook"** by Jude & Michel Fanton, an essential resource guide for every home garden. **\$32** posted.

for postage cost of books and dvds see p13.



ABBREVIATION CODE

Culinary = **Cul**
 Medicinal = **Med**
 Annual = **A**
 Biennial = **Bi.A**
 Everything else in catalogue not listed as annual or biennial, is **Perennial** but is not marked as such, to save space.
 Bulk Prices Available = **BPA**
 Companion Plant = **Comp**
 Vitamin = **Vit**
 Minerals = **Min**
 Potpourri = **P.P**
 Centimetre = **cm**
 Metre = **m**
 Bare-rooted = **BR**
 Small = **sm**
 Medium = **md**
 Large = **lge**
 Vegetable = **veg**
 Fruit = **fr**
 Flowers = **fl**
 Seeds = **s**
 Leaves = **l**
 root = **r**
 raw and cooked = **r&c**
 Dried Flower Arrangements = **Dr Fl Ar**
 Deciduous (also implies frost tolerant) = **Dec**
 Warm climate = **W.C**
 Shade = **sh**
 Semi shade = **s.sh**
 nitrogen fixing legume = **Nit**
 Ground cover = **Gr.c**
 Hardy plants with Culinary & many Medicinal uses = ***** before name
 Exceptionally useful Culinary & Medicinal plants for gardens = ****** before name
 Hardy good food source plants with high nutritional value, survival food or potential to store for later use = **!**
 Frost tolerant = **FR.T**
 Tolerates light frost = **T.L.Fr**
 Drought hardy = **Dr.H**
 Sub-tropical/tropical = **s.trop.**
 Windbreak = **Windb**
 Species = **sp**
 Synonym = **syn**
 Chinese = **Ch**
 temporary relief = **temp.rel**
 medicine = **med**
 diameter = **dia**
 hardy = **H**

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.

AGAVE, VARIEGATED (*Agave. americana*) 1m+ **Dr.H**; Ideal for landscaping & poor soils; sap as natural insecticide & for plant health **Med** diuretic, constipation, & burns. **\$8 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 BR**

VARIEGATED ALEHOOF plant form, with attractive green & white leaves. **\$7 BR**

***ALLSPICE** (*Pimenta dioica*) rare 3m+ tree; **Cul.** deliciously aromatic **l.** & **s.** used in meats, pickles & cookery. Flavour is a combination of nutmeg, cinnamon & cloves. A very special spice. Valued medicinal. **\$25 BPA**

****ALOE VERA** (*A.v. 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** many uses. **sm. \$8, md. \$15, lge. \$30**
ALOE SOCRATINE (*A. perryi*) orange **fl**; similar uses to **A. barbadensis**. **\$9**; all aloe species can be sent **BR**

ANGELICA (*A. archangelica*) **Bi.A**; **sh**; source of germanium. **Med**; **Cul l.** & **s.** flavouring and garnish. **\$7**

ANISE HYSSOP (*Agastache foeniculum*) 60cm abundant nectar for bees **Cul** refreshing tea and flavouring. **\$8**

ANNATO (*Bixa orellana*) tree/bush, **Med.** **Cul** seeds flavour & colour foods (red), fabrics. **\$10**

***ARLA** (*Titonia 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! **\$8**

****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. **\$4 BR BPA**

ARROWROOT, SOUTH AMERICAN (*Maranta arundinacea*) 1m+; source of commercial arrowroot flour; **Med** digestive aid; **Cul** root **r&c**, made into flour for thickening and baking. **\$8 BR**

****! ARTICHOKE, CHINESE** (*Stachys affinis*) 50cm **H. Dec**; attractive tubers look like pearly sea shells, delicate nutty flavour, eaten raw or cooked; very tasty. **\$7 BR**

****ARTICHOKE, JERUSALEM** (*Helianthus tuberosa*) 1-2m **H**; **Dec** yellow flowers; propagated by tuber; yellow flowers; **Cul** low starch tuber rich source **Vit. A.B.C.** Eat raw (crisp crunchy) & cooked. **Med**; source of inulin. **\$7 BR**

ARUM LILY (*Zantedeschia aethiopica*) 60cm white **fl** keep well for floral art work. **\$10 BR**

****! ASPARAGUS** (*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. **\$6 BR**

***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 BR**

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

BALM OF GILEAD (*Cedronella canariensis*) 1m; aromatic **l.** a pleasant tea; **Med** analgesic, anti-inflammatory, antipyretic; **P.P.** **\$8**

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 **\$3.50**

GREEK BASIL 1m **H**; **Dr.h.** 1m **\$4**

CAMPHOR BASIL 1m+ **\$5**

THAI BASIL 50cm **\$5**

LEMON BASIL 50cm **\$4**

SACRED or TULSI BASIL (*O. sanctum*) 50cm, delightful aroma, valued **Med.** **\$4**

CLOVE BASIL 1m **\$5**

DARK OPAL BASIL 60cm **\$4**

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, sauces, marinades, bouquet garni, custards. **\$7 BPA**

****BERGAMOT** (*Monarda didyma*) 50cm Bees love **fl. Comp**; **P.P**; **Cul** leaves & flowers in salads, garnish, wine, etc. **Med.** **\$5**

BETONY (*Stachys officinalis*) **Gr.c**; **Med.** **\$10**

BLACK COHOSH (*Cimicifuga racemosa*) **Dec.** 60cm; **Med**; astringent, alterative. **\$30**

BLACK WALNUT (*Juglans nigra*) **Dec.** tree; valued **Med** alterative, laxative, skin conditions, etc. **\$35**

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. **\$8**

BLADDERWORT (*Litricularia gibba*) P. ground cover, lichen like, thrives in damp area and shade, carnivorous plant with tiny pods that trap insects. **\$8 BR**

***BLUE FLAG** (*Iris versicolor*) 1m; **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. **\$15 BR BPA**

***BROOKLIME** (*Veronica beccabunga*) **Gr.c; H; I. r&c;** rich in chlorophyll, **Vit A & C & Min;** use **I.** in salads, sprigs as a garnish; **Med** diuretic, etc. **\$15**

BUGLE (*Ajuga reptans purpurea*) **Gr.c; H;** blue **fl;** **Med** wash for sores, tea as been used as a folk remedy for hang overs. **\$5**

VARIEGATED BUGLE Attractive cream/pink green leaf markings. **\$7**

***BURDOCK** (*Arctium lappa*) **Bl.A; H;** many **Med.** **Cul I.** & roots eaten. **\$8**

BUTCHERS BROOM (*Ruscus aculeatus*) **H. 1m Fr.T; Med** folk remedies 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. **\$9**

CALAMINT (*Calamintha acinos*) 30cm **H;** minty aroma & flavour; tea, pot-pouri. **\$7**

VARIEGATED CALAMINT attractive green and white markings on+ leaves. **\$9**

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

VARIEGATED SWEET FLAG (*A. gramineus variegata*) 20cm; striped **I.** hardy border plant. **\$8**

****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. **\$5**

CANCER BUSH (*Sutherlandia frutescens*) **H** legume bush; leaf tea a valued **Med.** **\$30**

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

CATERPILLAR PLANT (*Scorpiurus muricatus*) legume **Gr.c;** rare, used in French cuisine to liven

up salads! Sweet, crisp, crunchy edible green pods shaped like a curled caterpillar, eat when pods are young; pick regularly. **\$15**

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**

CATMINT (*Nepeta faassenii*) **H. 60cm** lavender flowers, aromatic leaves some cats like. **\$8**

CATNIP (*Nepita 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 BR**

CAT SCAT PLANT (*Coleus* sp) **H. 40cm,** aromatic leaves, said to deter cats. **\$7 BR**

CAT THYME (*Teucrium narum*) 30cm aromatic grey leaves & pink **fl;** folklore **Med** uses. **\$15**

CATS WHISKERS (*Orthosiphon stamineus*) **H. 1m** beautiful white **fl. Med** tea helps maintain normal kidney function, etc. **\$7**

CATS WHISKERS LAVENDER fl. \$7

***CHAMOMILE, GERMAN** (*Matricaria chamomilla*) **A. 40cm,** daisy **fl. Med** calming tea & **temp.rel.** headaches, pain, skin conditions, sores, teething babies. **\$5**

ENGLISH CHAMOMILE (*Anthemis nobilis*) **Gr.** cover; shade, aromatic **I.** as a wash. **\$5**

****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. **\$9**

****CHIA** (*Salvia 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**

***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, use **I. r&c;** and as tea; root roasted for coffee. **\$6**

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

BIRDS EYE CHILLI \$5

CAYENE \$5

HABENERO \$5

RED BELL \$5

FIESTA \$5

and sometimes other varieties are available.

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

****CHINESE WATERCRESS** (*Ipomea aquatica*) **H. Dec;** does not need to be grown in water **Med** tonic, laxative, etc; **Cul** high protein **I. r. & c,** in meat & savoury dishes. **\$7 BR**

****CHIVES, ONION** (*Allium schoenoprasum*) 30cm **Comp;** cut often **Cul** rich in **Vit. & Min.** use in salads, meats, sandwiches. **\$3.50 BR**

GARLIC CHIVES (*Allium tuberosa*) **Med; Cul** flavouring. **\$3.50 BR**

****CINNAMON** (*Cinnamomum zeylandicum*) beautiful tree 4m+ **W.C; Med** uses; fragrant **I.** & quills in **P.P; Cul I.** as a tea; quills used in baking, stewed fruit, refreshing tea, etc. **\$25 BPA**

CINQUEFOIL (*Potentilla reptans*) 40cm, yellow flowers ingredient in love-potions and in special baits to catch fish; **Med** temp. relief fevers, healing sores, etc. **\$20**

***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 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. **\$9**

***COLTSFOOT** (*Tussilago farfara*) 30cm **H;** bees love the yellow flowers; **Med** uses. **\$9**

****COMFREY** (*Symphytum peregrinum*) 1m **H;** **Vit.B I2;** rich in potash & nitrogen, valuable as mulch, in compost & liquid fertiliser; **I.** over 30% protein, animal, poultry food. **Cul** salads, steamed, fritters, drinks etc. **\$5 BPA**

***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. **\$4**

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). **\$20**

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 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. **\$6 BPA**

CURRY PLANT (*Helichrysm augustifolium*) 40cm; **I. & fl.** flavour curries & savory meals. **\$8**

****DANDELION** (*Taraxacum officinale*) 30cm **Med** blood & liver tonic, rashes; **Cul** rich in **Vit A,B,C,** & minerals, use in salads, steamed; root roasted as coffee substitute. **\$4**

DAYLILY (*Hemerocallis* sp.) **Med** antibacterial; **Cul** flower buds and young shoots eaten raw and cooked. **\$10 BR**

***DILL** (*Anethum graveolens*) 1m, **A; Comp.** for brassicas. **Med** digestive; **Cul** use **I. & s.** with cucumber, cabbage, potato, cheese, salads, pickles, dips, root **veg.** **\$4**

DOGBANE (*Coleus spreata*) 50cm aromatic **I; Comp;** good under fruit trees particularly citrus; plant is said to deter dogs and cats. **\$4 BR**

***ECHINACEA** (*E. Purpurea*) 1m **Dec; Fr. T;** valued **Med** many uses, antibiotic properties. **\$6**

ECLIPTA (*Eclipta alba*) 60cm Chinese & Ayurvedic medicinal with many uses; hair tonic etc. **\$7**

***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**

ELDERBERRY (*S. nigra*) **Med; Cul. \$20**

ELDERBERRY, Variegated, green/white **I. \$9**

ELECAMPANE (*Inula helenium*) **H;** 60cm; yellow **fl;** antibiotic leaves, many **Med** uses. **\$9**

***EPAZOTE** (*Chenopodium ambrosioides*) 1m; **Med. Cul** with chicken, mushrooms, Mexican dishes, cheese, & a small leaf sprig added to beans when cooking said to render beans gas free. Strong **I.** infusion spray/cockroaches. **\$6**

****EVENING PRIMROSE** (*Oenothera biennis*) 50cm; **I. & fl.** eaten in salads; seeds contain gamma-linolenic acid which helps body produce prostaglandins, that have a role in regulating balance in body. **Med \$6**

***!FAT HEN, LAMB'S QUARTERS** (*Chenopodium album*) **H.** 1.5m; forage for poultry; **Cul** rich in **Vit.** A & C; nutty flavoured young **l.** & **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. **\$4**

BRONZE FENNEL use like sweet fennel. **\$5**

***FEVERFEW** (*Chrysanthemum parthenium*) 60cm daisy flowers; **Comp;** **Med** tonic, **temp.rel** migraines, headaches, period pain, arthritis, fevers. **\$5**

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. **\$30**

FRAGRANCE ACACIA (*Acacia farnesiana*) 2-4m. hardy upright branches, fine leaves, small thorns, aromatic pompom flowers in pot pourri, perfumes, etc. **\$8**

FROG FRUIT (*Phyllanthus nodiflora*) **Gr.c;** **Med** antibacterial; leaf tea as expectorant. **\$9**

GREATER GALANGAL (*Curcuma xanthorrhiza*) 1m+; **Dec;** **sh;** **Med** digestive; **Cul** rare spice, aromatic root prized in curries, stir-fries, Asian/Indonesian dishes. **\$10 BR**

LESSER GALANGAL or **LAOS** (*Alpinia officinarum*) similar growth and uses to greater galangal, but narrower leaves and root shaped much like ginger. **\$8 BPA**

ROUND ROOTED GALANGAL (*Kaempferia rotunda*) 60cm **Med;** **Cul** **l** & **r.** eaten **r&c.** **\$15**

****!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**

****!SOCIETY GARLIC** (*Tulbaghia violacea*) 40cm, **H;** edible lavender bell **fl.** **Cul** chopped **l.** in meats, salads, savory dishes, garnish, delicious on bread & butter & Promite. This garlic flavoured herb is preferred by many people as it does not leave a strong odour on the breath. **\$4**

****VARIEGATED SOCIETY GARLIC** green/white striped leaves; good for garnishing, etc. **\$5 BR**

***SCENTED GERANIUM** *Pelargonium* species 30cm-1m **H;** **Comp;** **P.P;** **Cul** decorate & flavour cakes, biscuits, garnish, etc. **Med** antiseptic **l.** gargle sore throats, etc. **CANDY DANCER;** **CITROSA;** **COCONUT;** **LEMON VERBENA;** **ROSE;** **MINI-ROSE;** **PEPPERMINT;** **SPICE/FERNLEAF;** **AUSSIE GEM** (not aromatic but dainty **fl.**) all species **\$5** each; other varieties may be available when propagated seasonally. Occasionally we have **CITRUS DELIGHT GERANIUM**, absolutely magnificent lemon fragrance. **\$15**

****!GINGER** (*Zingiber officinale*) 1m, **Dec;** **Med** digestive, etc. **Cul** savory & sweet. **\$6 BR BPA**
KAHLI GINGER (*Hedychium coronarium*) 1m+ aromatic white **fl.** **\$9 BR**
SHELL GINGER (*Alpinia zerumbet*) 1-2m striking yellow/green striped **l.** **\$15 BR**
PINK TORCH GINGER (*Etlingera elatior*) beautiful, edible **fl.** **\$25**

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

GINSENG various species; 50cm approximate height; valued **Med** as panacea, adaptogen, immune support & tonic.

SIBERIAN (*Eleutherococcus senticosus*) **\$35**

... and *Panax* species avail. June-September...

AMERICAN (*Panax quinquefolius*) **\$35**

KOREAN (*Panax ginseng*) **\$35**

GIPSYWORT (*Lycopus europeus*) **H** 80cm; **Med** antibacterial, antiviral, astringent, **l.** tea for fevers and wash on sores, etc. **\$20**

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

GOLDEN DRAGON (*Impatiens repens*) yellow **fl;** **Med** skin conditions, etc. **\$10**

GOLDEN ROD (*Solidago canadensis*) **Dec.** 1m, bright yellow **fl.** many **Med** uses. **\$8**

***GOLDEN SEAL** (*Hydrastis canadensis*) **sh;** 50cm; valued **Med;** anti-inflammatory, antiseptic, & expectorant properties, internal & external. **\$35**

****!GOTU 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**

***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. **\$8**

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

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

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

***HEARTSEASE** (*Viola tricolor*) **A,** 10cm; many **Med** uses; **Cul** flowers as garnish on meals. **\$6**

HELIOTROPE or **Cherry Pie** (*Heliotrope peruviana*) 1m; sweet vanilla scented **fl** in **P.P** etc. **\$8**

HENNA (*Lawsonia inermis*) 2-3m; **l.** 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. **\$5 BPA**

HERB OF HEALING (*Ornithogalum caudatum*) bulb 40cm, externally for burns, cuts, etc. **\$7**

HOLLY (*Ilex* species) **H,** upright small tree, leaves and berries in floral art, crafts, etc. **Med.** **\$8**

HONEYSUCKLE (*Lonicera japonica*) Rambler; **H;** aromatic flowers in perfumery and pot pourri; **Med** uses. **\$7**

HOPS (*Humulus lupulus*) **Dec.** climber; **Med** many uses; **Cul** flavour beer, etc; flower tops in sleep pillows. **\$15**

****HOREHOUND** (*Marrubium vulgare*) 60cm **Med** tonic; **l.** tea & as syrup for coughs etc. **\$8**

HORSE HOOF GRASS (*Dicentra repens*) **H, Gr.c;** in **Ch.** medicine **l.** tea for fevers, tonic, etc. **\$8 BR**

****!HORSERADISH** (*Armoracia rusticana*) 50cm **H;** **Fr.T;** rich in **Vit. C,** **Min;** antioxidant; **Med** digestive, tonic, **temp.rel** bronchial coughs, sinus, hay fever, arthritis, pain, soothes mucous membranes. **Cul.** **\$7**

HOTTENTOT or **Lions Tail** (*Leonotis leonurus*) 60cm; **H;** **Fr.T;** orange flowers; **Med** mild euphoric etc. **\$10**

HYSSOP (*Hyssopus officinalis*) **H.** 50cm **Med;** antioxidant, antibiotic, anti-viral, expectorant, tea for colds. **Cul** flavouring. **\$8**

INCENSE GRASS (*Hierochloa odorata*) 50cm; traditional ceremonial grass used in peace and healing rituals; leaves dried & braided; also made into smudge sticks. **\$20**

****INDIAN GINSENG** (*Withania somnifera*) 60cm **T.L.Fr.** esteemed Indian medicinal, primary strengthening tonic & valued for many ailments, sleeplessness, fatigue, & for immune system. **\$8**
INDIGO (*Indigofera tinctoria*) legume bush 2-3m + **Dr.H;** bush, produces blue dye known for its clarity & fastness. **\$15**

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, ladd to leaves to salads. **\$5**

****JAPANESE MENTHOL** (*Mentha arvensis* v.piper) 40cm may go **Dec;** rub **l.** & sniff aroma, the beautiful strong menthol volatile oil helps to clear head & chest; or infuse leaves in boiling water and put a towel over head and inhale vapour for **temp.rel** colds, bronchial coughs, sinus, nervous stress, headaches; chew antiseptic leaves for sore throat. **\$4**

JASMINE TEA or **ARABIAN JASMINE** (*Jasminum sambac*) 70cm; the jasmine of perfumes & Chinese teas; aromatic white **fl;** refreshing tea aids digestion. **\$6**

JASMINE, NIGHT SCENTED (*Cestrum nocturnum*) 1-2m+, **T.L.Fr;** delightful honey/musk/almond scented flowers give off their aroma in evenings. **\$13**

JASMINE, SPANISH (*Jasminum grandiflorum*) **H;** 60cm; white aromatic flower; **Med** uses **\$15**

***!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** in Chinese recipes. **\$8**

JOE PYE or **Gravel Root** (*Eupatorium purpureum*) 1m; Aromatic **l;** **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. **\$30**

****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; **I.** infused as rinse for hair. **\$8 BPA**

KENAF (*Hibiscus cannabinus*) fast growing, fibre valued for cloth & paper making, & seed/oil. **\$15**

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

KHAT or ARABIAN TEA (*Catha edulis*) **T.L.Fr.**; 4m +; non-caffeine tea, & **I** eaten; **Med** uses, endocrine, neurological & immune system benefits & relaxing effect on the lungs. **\$25 BPA**

***KING OF BITTERS** (*Andrographis paniculata*) **H. A.** 1m; revered in Ayurvedic & **Ch. 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. **\$15**

LADY'S MANTLE (*Alchemilla vulgaris*) 40cm beautiful **I**; **Med** uses; astringent; flavonoids, **\$25**

LAVENDER (*Lavandula* species) aromatic **I**; **Med**
English allardi 80cm **\$6**
French 70cm **\$6**
Italian 60cm **\$6**

****LEAF GINSENG** (*Talinum triangulare*) **H**; 30cm +; pink **fl**; **Med** in Indonesia; tonic properties are as highly esteemed as panax ginseng; **Cul.** **\$10**

***LEBANESE CRESS** (*Apium nodiflorum*) 30cm; **H**; **Gr.c**; sprawling, lush attractive fern-like **I.** 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 base in curries, stir-fries, fish; as tea refreshing hot or cold & in 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**

LEMON VERBENA (*Aloysia triphylla*) 1m; **H**; **Med** digestive. **Cul** lemon flavoured **I** as tea & food flavouring; & in **P.P.** is long lasting. **\$7**

****! 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; **r** chewed to help quit smoking. **\$20 BPA** (bulk prices avail. for commercial crop; contact us for details).

LINSEED (*Linum usitatissimum*) **A, H, Med** many uses; **Cul** seed as food & for oil, etc. **\$6**

LION'S EAR (*Leonotis nepetifolia*) **A**; **H**; bright orange **fl.** keep 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. **\$6**

****MALLOW** (*Malva sylvestris*) **H** 1m; leaves and beautiful lavender eaten **fl**; **Med** digestive, anti-inflammatory, laxative. **\$7**

***MARJORAM** **Cul** uses all species in salads, meat, savory dishes, cheese, grills, **Med.** uses
SWEET (*Origanum marjorana*) 30cm. **\$4**
GOLDEN MARJORAM (*O. vulgare aureum*) 30cm. **\$5**
POT MARJORAM (*O. onites*) **Gr.c.** **\$5**

***MARSHMALLOW** (*Althea officinalis*) **H**; 60cm; **Med** mucilaginous **I.** for soothing irritations, inflammations, etc. **\$9**

****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; most *Mentha* species best not planted in garden with other plants, as most mints spread underground; plant in large pot or bed just for mints. **Cul** in meats gravies, **veg**, vinegar, drinks, served with **fr. Med.**

APPLEMINT (*M.sauveolens*) **\$5**

VARIEGATED APPLEMINT **\$5**

BASIL MINT (*M. gentilis*) **\$5**

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

CHOCOLATE MINT (*M. piperita piperita*) a wonderful aroma & flavour. **\$5**

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

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

EAU DE COLOGNE (*M. citrata*) **\$5**

EGYPTIAN MINT **\$7**

GARDEN MINT (*M. viridis / spicata*) traditional **Cul** mint jelly, sauce, etc. **\$4**

GINGER MINT (*M. gentilis*) **\$5**

MOUNTAIN MINT (*Pycnanthemum pilosum*) delightful tingling peppermint flavour **\$8**

ORANGE MINT (*M. piperita citrata*) **\$5**

PEPPERMINT (*M. piperita*) **\$4**

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

PINEAPPLE MINT **\$6**

SPEARMINT (*M. spicata*) **\$5**

RUST FREE SPEARMINT (*M. rubra raripila*) spicy cooling spearmint flavour. **\$5**

STONE MINT (*Cunila organoides*) 30cm; refreshing cool-mint aroma. **\$8**

***MIRACLE PLANT or ST Paul's wort** (*Siegesbeckia orientalis*) **H**; 1m; **Med** alternative, 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**

GOLDEN MONEYWORT yellow **I.** **\$6**

****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**
GREEN leafed species. **\$5**

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

***MOUSE EARS** (*Hieracium pilosella*) **H**; **Gr.c**; rosettes of **I.** uniquely covered with stellately branched hairs. **I.** in salads; **Med** astringent. **\$10**

MUGWORT (*Artemisia vulgaris*) 60cm; **H**; **Med** antiseptic leaves for nausea, **temp.rel.** pain, cramps; **Cul** uses. **\$6**

TREE MUGWORT (*A. verlotorum*) 2m+ **Dr.H**; **Fr.T**; similar uses as above + this **sp.** is useful as windbreaks, worming animals; bee forage. **\$5**

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

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

***MULLEIN Black** (*Verbascum nigra*) 1m+; **A**; yellow **fl**; seed stalks attractive **Dr.Fl.Ar**; **Cul fl** in salads; **Med temp.rel.** bronchial coughs, catarrh, mucous congestion. **\$7**

MYRTLES can be trimmed to bush size :

ANISEED MYRTLE (*Backhousia anisata*) **\$30**

****CULINARY MYRTLE** (*Myrtus communis*) 2m +, **Med** uses; **I. fl. & s.** rich in **Vit C**, malic & citric acid; **Cul** salads & cooked dishes. **\$13**
****LEMON MYRTLE** (*Backhousia citriodora*) **Med** uses; **Cul** leaves and flowers rich in **Vit C**, for tea and flavouring. **\$7 BPA**

****!NASTURTIUM** (*Tropaeolum majus*) 40cm, **H**; **A**; **Med** antifungal, tonic; natural antibiotic **I.** & **fl.** high in **Vit. C**; **Cul** salads, pesto & garnish. **\$5**
'ALASKA' NASTURTIUM stunning green & cream **I**; same uses as above. **\$8**

***NEEM TREE** (*Azadirachta indica*) **T.L.Fr.**; **Med** uses; seeds & leaves a natural 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. **Cul I.** cooked like spinach; stews, etc; blended with fruit juices makes a refreshing smoothie; **Med temp.rel.** arthritis, hayfever, blood, liver and diuretic kidney tonic. **\$5 BPA**
NEW ZEALAND CHRISTMAS BELLS variegated (*Alstroemeria pulchella variegata*) 1m, attractive white & green leaves, which keep well when cut in floral art; striking red/green flowers & seed pods at Christmas. **\$7 BR**

NUTMEG BUSH (*Tetradenia riparia*) 1-2m; bee forage; musk scented **I.** used as moth repellent & in pot pourri; **Med** anti-bacterial, antifungal; inhalant for headaches. **\$8**

***OREGANO** (*Origanum vulgare*) 30cm **Comp**; **P.P.**: **Cul** meat & savory; **Med** aids digestion leaves rubbed on toothache area for relief. **\$4**
GOLDEN OREGANO (*O.v. viride*) **Gr.c**; dainty round yellow leaves. **\$9**
CUBAN OREGANO (*Plectranthus* spp.) 30cm sprawler, fleshy small/round, aromatic **I**. **Comp.** in garden. **\$8**

***ORRIS ROOT** (*Iris florentina*) 50cm, scented root used as a fixative in **P.P.**; **Med** uses. **\$8 BR**
PALMAROSA (*Cymbopogon marrinii motia*) **H**; grass 1m; for palmarosa oil & geranoil oil; **Med** lumbago, skin cond; perfumes, cosmetics, insect repellents. **\$9**

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

PAPALO (*Porophyllum ruderale*) **A**; **H**; 60cm; **Cul** Mexican herb used like coriander. **\$6**

****PARSLEY** **Med**; **Cul**
ITALIAN **\$3**
JAPANESE MITSUBA hardy **\$3**
TRIPLE CURLED **\$3**

PASSIONFLOWER (*Passiflora incarnata*) **H**; vine; **Med** sedative, nervine, etc. **\$15**

***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. **\$5**

PAU D' ARCO (*Tabebuia impetiginosa*) **H**. tree; valued **Med** many ailments. **\$35**

PELITORY OF THE WALL (*Parietaria officinalis*) 40-80cm. **T.L.Fr.** **Med** acne, freckles, **temp.rel.** discomfort of haemorrhoids. **\$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); infusions as pet rinse to deter fleas. **\$4**

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

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

***BETEL LEAF, VEGETABLE PEPPER** (*Piper sermentosum*) **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**
PERIWINKLE (*Vinca major*) **Gr.c**. traditional **Med** uses; source of vincamine. **\$9**
MADAGASCAR PERIWINKLE (*Vinca rosea*) **H**, 60cm. pink **fl.** **Med** uses. **\$9**

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

PYRETHUM (*Tanacetum cinerariifolium*) 60cm, **Comp**; flowers used as an insecticide. **\$7**

****PLANTAIN:**
BROAD LEAF (*Plantago major*) **Cul** salads, etc; **Med** many uses; seeds used like psyllium. **\$5**
BUCKSHORN (*P. coronopus*) attractive lobed leaves look like buckshorns; great in salads and as a garnish. **\$7**

NARROW LEAF (*P. lanceolata*) similar uses to broad leaf plantain. **\$6**

POKEROOT (*Phytolacca americana*) **H**. 1m; dye plant; **Med** uses; **Cul** very young **I.** as boiled vegetable. **\$9**

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

PURPLE LOOSESTRIFE (*Lythrum salicaria*) 1m, **H**; purple flower spikes; **Med** astringent; skin conditions, etc. **\$15**

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

****!PURSLANE** (*Portulacca oleracea*) **H**; **Gr.c**; **A**; **Cul** rich source **Vit** & **Min** & rich source of omega-3 fatty acids; salads, cooked; **Med.** **\$4**

RAMIE (*Boehmeria nivea*) **H**. 1-2m+; for fibre, paper making; **Med** uses. **\$10**

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

NATIVE RASPBERRY (*Rubus moluccanus*) **H**; **Med** **I.** tea; **Cul.** sweet fruit. **\$9**

NATIVE RASPBERRY (*R. rosiflorus*) bright red sweet fruit. **Med** **I.** tea. **\$9**

****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 vegetables, salads; tip sprigs as garnish; **I.** pleasantly aromatic & wonderful refreshing flavour; this

herb is a real favourite. **\$15**

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

***RED CLOVER** (*Trifolium pratense*) 30cm. **Med.** **Cul** leaves and flowers eaten in salads. **\$7**

***!RHUBARB** (*Rheum rhubarb*) **H**; 1m; poisonous **I.** as pest spray; **Med.** **Cul** leaf stalks in salads, stewed, wine, jams. **\$7**

ROCKET (*Eruca veriscaria sativa*) **A**. 60cm. **Med** tonic, antioxidant; **Cul** salads, pesto, soups, garnish. **\$4**

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; hair conditioner; **Cul** with lamb, chicken, spaghetti, cream cheese, in biscuits. **\$4**

***RUE** (*Ruta graveolens*) 1m; **H.** **Comp**; **Med** wash for eyes, and in oil for rub, etc. **\$6**

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

***SAGES:** 40cm+; **H.** sun & well-limed soil:
CURLY WOOD SAGE (*Teucrium scorodonia*) 60cm **Med.** **Cul** meat, stuffings. **\$8**

GARDEN SAGE (*Salvia officinalis*) 40cm+ valued **Med**; traditional flavouring herb. **\$5**

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

RED SAGE (*S. miltiorrhiza*) **Med** traditional healing herb. **\$30**

LYRELEAF SAGE (*S. Lyrata*) 40cm **Med.** **\$8**
 The following sages are used more as **Comp**; **P.P.** sachets, rubs, etc.

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

MEXICAN SAGE (*S. leucantha*) purple **fl.** **\$7**

SALT BUSH (*Atriplex nummularia*) 1m, survives dry conditions and poor soils; **Med** emetic; benefits to circulatory system, kidneys, bladder **Cul** leaves **r&c**; mild salt flavour. **\$13**

***SALAD BURNET** (*Sanguisorba officinalis*) 30cm **H**; **T.L.Fr.**; **Med** digestive; **Cul** attractive **I.** rich in calcium, refreshing cucumber-like flavour, salads, sandwiches, garnish. **\$6**

SARSPARILLA (*Smilax ornato*) **Med** uses; **Cul** flavouring. **\$30**

NATIVE SARSPARILLA (*Smilax australis*) **\$20**

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

***SAVORY** (*Satureja repandra*) **H**; **Gr.c**; **T.L.Fr.**; white **fl**; **Cul** soups, meat, **veg**, beans, etc. **\$5**
LEMON SAVORY (*S. biflora*) 30cm. bright green leaves have exquisitely strong lemon aroma and flavour. **\$7**

SAW PALMETTO (*Serenoa repens*) 2m+ **Med** eat berries for nutritional & prostate tonifying benefits, or make as a tincture. **\$15**

***SCULLCAP** (*Scutellaria lateriflora*) 40cm; **Dec**; **Med** diuretic kidney tonic, temp. relief nervous headaches, stress, insomnia. **\$6**

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. **\$5 BPA**

***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**

SNEEZEWORT (*Achillea ptarmica*) 40cm; infused leaves as insect repellent. **Med** leaves chewed relieve tooth-ache; dried **I.** powdered for a sneezing powder; **Cul.** **I.** in salads. **\$10**

***SOAPWORT** (*Saponaria officinalis*) 30cm; **Fr.T**; detergent properties, use to wash fabrics, in bath, shampoo hair & 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 B**

SOUTHERNWOOD (*Artemisia abrotanum*) 1m; **Comp**; **P.P**; garden spray; **Cul.** \$6

CAMPBOR SOUTHERNWOOD \$8

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** ointments. \$5

SPEEDWELL (*Veronica officinalis*) **Gr.c.** **Med** wash on wounds, tea for symptoms stress and skin rashes. \$10

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. \$25 **BPA**

SWEET WOODRUFF (*Asparule odorata*) **H**; 20cm; **T.L.Fr**; Attractive vanilla scented **I**; **P.P**; **Cul.** **Med** benefits lymphatics, etc. \$8

TADE (*Polygonum hydropiper* 'Fastigiatum') **A**; **H**; 40cm; **Med**; **Cul** in sushi, tempura. \$6

TANSY (*Tanacetum vulgare*) 50cm; **T.L.Fr**; Yellow **fl**; **Comp**; dried **I.** in sachets in cupboards, garden spray and use as mulch. **Cul** to flavour biscuits, etc. \$6

TARRAGON, FRENCH (*Artemisia Dracunculus sativa*) 60cm; **Cul.** meat, savory, vinegar. \$8
TARRAGON, SWEET (*Tagetes lucida*) 60cm, **Cul** **I.** & yellow **fl.** anise flavour, savory, fruit salad and as tea. \$6

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** meat, savory.

GARDEN THYME (*T. vulgaris*) 40cm; \$4

ITALIAN THYME (*T. nummularius*) 30cm; use on pizza & spaghetti. \$5

CARAWAY THYME (*T. herba-borona*) **Gr.c**; with delicious caraway flavour. \$5

LEMON THYME (*T. citriodorus*) 20cm; \$4

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

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; found to give relief for thrush, candida. \$8

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

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

UDDER PLANT (*Solanum mammosum*) 1m yellow **fruit** shaped like cows udder, **Med.** \$10

***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 **BPA**

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

***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*) trailing orchid; **W.C.** pods in **P.P**; pods flavour icecream, cakes, ings, drinks, fruit salad. \$20 **BPA**

VARIEGATED VANILLA attractive striped **I.** but this species is reluctant to flower. \$20

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**

VERVAIN (*Verbena officinalis*) 50cm **Fr.T**; **Med** bedtime tea, stress, relief, fevers, etc. \$8

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. \$5 **BR**

***VIOLET** (*Viola odorata*) **Gr.c**; **H**; **sh**; fragrant flowers; **P.P.** perfumery; **Med** uses; **Cul** in salads, desserts, drinks, garnish. \$6 **BR**

****VETIVER GRASS 'Monto'** (*V. 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**

WALLPEPPER (*Sedum acre*) **Gr.c**; succulent **I.** soothing properties; **Cul** food, & pepper substitute; used as a survival food. \$9

***WELSH BUNCHING ONIONS** **H**; bulb, 50cm, multiplies fast, **I.** great to use cut like shallots in meat, savory dishes & as garnish. \$5 **BR**

****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

***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. \$7

AFRICAN WORMWOOD (*A. afra*) 1m, fragrant ferny foliage. Uses as above. \$7

TREE WORMWOOD (*A. arborencens*) 1m. silver/grey ferny foliage. **Med** uses. \$7

WOUNDWORT (*Stachys lantana*) **H**; 20cm; grey **I**; attractive border plant. **Med** uses. \$6

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

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

****! YAM, GREATER ASIATIC** (*Dioscorea alata*) **Dec.** **H.** climber. **Med** uses; **Cul.** large tuber in the ground & bulblets that form on vine, are eaten cooked. \$6 **BR**

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

YLANG YLANG (*Cananga ororata*) 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

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

****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; as a 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** aids the digestion & other uses. \$25 **BPA**

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... green perilla, wasabi, rose hips, clary sage, mandrake, arnica, astragalus, tribulus, noni, schisandra, cloves, tea, witch hazel, macca, etc. You are welcome to ring for availability & prices. There are more herbs listed under seeds. Of the seeds list, we may have these available as plants seasonally; or annuals like 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*) 2m+; **T.L.Fr**; red fruit 3000mg **Vit.** C per 100g; use fresh, juiced, jam. \$7 **BPA**

***AMERICAN GROUND NUT** (*Apios americana syn. tuberosa*) **Dec**; legume climber, high protein tuber nutty flavour, cooked, make flour, add to pickles. \$13

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 edible from Sth. America. **\$35**

ARROWHEAD BAMBOO (*Pseudosasa japonica*) **H**; runner; very attractive **l**; 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 **l**; looks great in pots. **\$20**

BEAD TREE (*Adenanthera pavonia*) **sub-tropical**; **Med**; young leaves eaten **r&c**; bright red **seeds** as beads for necklaces, etc. (do not eat seeds) **\$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. **\$8**

BOMBAX (*Pseudobombax ellipticum alba*) **H**; attractive tree, white **fl**; oval pods. **\$10**

***! BRAZILIAN CHERRY** (*Eugenia uniflora*) 2-3m; good source **Vit C**, fresh, juiced, jam, wine. **\$6**

*** BUCKWHEAT, PERENNIAL** (*Fagopyrum cymosum*) 1m; **H**; **Fr.T**; soil improver, yields lots of **l** for mulch & compost, with quick regrowth; **Med** stimulates blood circulation, anti-inflammatory etc; rich in rutin which research has found can inhibit carcinogens; **Cul** leaves eaten raw and cooked; dainty white **fl**. used as garnish; nutritious seed. **\$8 BR**

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 regrowth). **\$8**

*** CALABASH TREE** (*Crescentia cujete*) 4m+; **fruit** eaten and shell of fruit made into bowls. **\$13**

****! CAROB or Chocolate tree** (*Ceratonia siliqua*) **H**; **Fr.T**; lge. legume tree (can be pruned); several trees should be planted to be sure of 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 angulata*) 60cm **H**; **T.L.Fr**; delicious fruits used raw & cooked, jams. **\$8**

****! CASSAVA** (*Manihot esculenta*) 1-3m; **Dec**; **Med**. **Cul** contains B17; protein **l** & **r** cooked; wilted **l** for animal fodder. **\$6 BPA**

****! CEYLON SALAD LEAVES** (*Basella alba*) **H**; **Gr.c**; or trellis; **Med** uses; **Cul** nutritious leaves eaten **r&c**; rich in mucin. **\$6**

RED STEMMED CEYLON SALAD LEAVES (*Basella rubra*) same uses as *B. alba*. **\$7**

***! CEDAR BAY CHERRY** (*Eugenia reinwardtiana*) 1.5m; **H**; **T.L.Fr**; Australian native, showy white **fl**. & tasty red fruits over many months of year. **\$7**

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

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

PURPLE STEMMED COCO YAM **\$8 BR**
SCRUNCHY LEAFED Variegated Yautia COCO YAM 1m. striking white, cream & shades of green large **l**; perfumed flowers. **Cul** tuber cooked. **\$13 BR**

***! DAROOKA or PIT PIT** (*Sacharum edule*) 2m+; **T.L. Fr**; **H**; fast; ideal for **windb**; **l** animal fodder; **Cul** unfurled **fl**. cooked considered a real delicacy. **\$8 BR**

DERRIS TREE (*D. robusta*) legume 5-10m, shade tree, pink/white **fl**; soil improver, mulch. **\$13**

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

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

PINK FRUIT **\$8**
RED FRUIT **\$9**

****! DRUMSTICK TREE** (*Moringa oleifera*) **H**; 3m+; **W.C**; leaves & pods as food, protein 38% with all 8 essential amino acids, making it an excellent alternative to meat; **l** used fresh, or dried & powdered for protein source; seed used as water purifier; **Med** uses. **\$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. **\$7**

! FIG, BROWN TURKEY (*Ficus carica*) **Dec**. sweet delicious **fr** eaten fresh, dried, jams. **\$20**

FORTUNE INVITING BAMBOO (*Shibataea kumasasa*) culms 2mm x 1-2m (smaller if kept in pots), **l**. have attractive markings for floral art work & crafts. **\$20**

GOVERNORS PLUM (*Flacourtia ramontchi*) **H**; 3-6m; withstands light frosts, maroon 2cm **dia**. **fr. r&c**. **\$9**

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

***! GUAVA** (*Psidium* species) **Fr.T**.

INDONESIAN GUAVA creamy/white fruit, few seeds, have pear/like flavour. **\$6**

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

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

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

GREWIA (*G. asiatica*) Hardy bush 3m, small purple **fr**. eaten raw, drinks, etc. **\$10**

ICECREAM BEAN (*Inga edulis*) **H**. legume shade tree; sweet white pulp around seed in pod eaten fresh. **\$9**

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

! INDIAN HILL GOOSEBERRY (*Rhodomyrtus tomentosa*) **Dr.H**; **Fr.T**; 2m bush, attractive pink flowers, excellent flavoured small purple fruit, fresh, jams, drinks. **\$10**

***! JABOTICABA** (*Myrciaria cauliflora*) **H** 2-5m purple **fr**. flavour similar to grapes. **\$8**

JICAMA (*Pachyrhizus erosus*) crisp, sweet root eaten raw & cooked; **fl** & **s**. as insect spray. **\$8**

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

LILLY PILLY (*Syzygium paniculatum compacta*) tree or trim as bush, pink **fr**. **\$6**

POWDERPUFF LILLY PILLY (*Syzygium wilsonii*) 1-3m; red **fl**; white fruit eaten raw. **\$7**

LOQUAT (*Eriobotrya japonica*) **H**; 4m+; yellow sweet fruit. **\$7**

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. **\$20**

MIDYIM (*Austromyrtus dulcis*) 40cm; soft sweet, tasty fruit 1cm diameter. **\$8**

MIGHTY MUCUH BUSH 2-3m legume nitrogen fixer, use as mulch and add to compost. **\$8**

***! 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 Fruit Salad Plant (*Monstera deliciosa*) 1m; **s.sh**; 25cm long sweet flavoured **fr**. **\$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 **l**. higher protein than mushrooms; **Vit A & C**, calcium & iron; salads, in stir-fries. **\$7**

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

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

*** OLIVE TREE** (*Olea europaea*) **fruit** pickled and for oil content; antioxidant-rich leaves. **\$8**

PANAMA BERRY (*Muntingia calabura*) **sm** tree, red berries have butterscotch-like flavour. **\$10**

Mini Papyrus Reed (*Cyperus proliifer*) **H**; 50cm; **T.L.Fr**; ornamental / landscaping, floral art. **\$8**

***! PASSIONFRUIT:**

JAPANESE (*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. **\$7**

PANAMA RED **\$7**

HAWAIIAN GOLD **\$7**

JAMACIAN WATERLEMON very delicious. **\$13**
GRANADILLA giant passionfruit. **\$13**

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

***! PEPINO** (*Solanum muricatum*) **H**, 60cm **T.L.Fr.**; juicy sweet oval yellow fruit. **\$7**

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

***! PINTO PEA** (*Arachis pintoi*) **H**; legume; **Gr.c**; **T.L.Fr.**; ideal living mulch & nitrogen source; erosion control, animal fodder & small peanut; **Cul**, use bright yellow **fl.** as garnish. **\$5 BPA**

PIT PIT, FAN LEAFED (*Setaria palmifolia*) 1m; **H**; **T.L.Fr.**; thick base **r&c**; stir-fries etc. **\$7**

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

PUMPKIN TREE, Hmong Eggplant (*Solanum integrifolium*) **A**. 120cm attractive bright orange fruit used in Asian cooking. **\$8**

***! QUEENSLAND GREENS** (*Hibiscus manihot*) **H**; 2m+ **T.L.Fr.**; **l.** 29% protein, **Vit**, **Min** & mucin, use **r&c**; salad, meat & savory dishes; survival food. **\$9**

***! HIBISCUS, RED LANTERN** (*Malvaviscus arboreus*) **H**; 1-2m; bright red **fl.** added to dishes, fried & used as garnish. **\$7**

Also, sometimes available, **IBIKA** variety. **\$9**

ROSE APPLE (*Eugenia jambos*) tasty **fr.** **\$8**

***! SALAD MALLOW** (*Corchorus olitorius*) **H**; 1m; **A**; chlorophyll rich **l.** over 20% protein & extremely rich in potassium, calcium, magnesium; eaten **r&c**; or **l.** dried, crushed & stored, to use with other foods as protein source; **l.** as tea, fresh/dried. **Med.** **\$6**

***SAMBU LETTUCE** (*Alternanthera sissoo*) **Per.** 50cm; likes shade; lush, crinkly, nutritious leaves; use young **l.** raw, & large leaves cooked, toss in stir-fries etc. **Med** uses. **\$7**

SAUSAGE TREE (*Kigelia africana*) **H**; shade tree; large seed pods look like giant sausages 1m long. Extract of fruit is an ingredient in skin care products. **\$20**

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

***SOURSOP** (*Annona muricata*) **H**. 4m+ **T.L.Fr.** similar flavour to custard apple. **\$10**

STAR APPLE (*Chrysophyllum cainito*) 8-10m; for tropical - sub-tropics; sweet fruit 4-8cm **dia.** **\$15**

***! STAR FRUIT** (*Averrhoa carambola*) **H** 5m; juicy **fr.** raw, dried; slices star shaped. **\$10**

***! STRAWBERRIES:**

ALPINE STRAWBERRY, **RED** **H**; **fr.** many months of the year. **\$4**

ALPINE STRAWBERRY, **GOLDEN** **H**; sweet yellow/white berries taste like strawberries & cream! **\$4**

COMMERCIAL VARIETY **\$4**

INDIAN STRAWBERRY **H**. **Gr.c** **\$4**

***! SWEET LEAF BUSH** (*Sauropus androgynus*) 1-2m; **T.L.Fr.**; delicious **l.** over 34% protein, & rich in **Vit.** & **Min**; raw (tastes like fresh peas) or use in any cooked savory dish; plant a living food hedge; valuable survival food. Indonesian folk remedy for snoring & teeth grinding! **\$20 BPA**

***SUGAR CANE** (*Saccharum officinarum*) 1-3m. culms peeled, chewed for refreshing sweetness, juicing; **Med** benefits. **\$5**

RED SUGAR CANE **\$13 BR**

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

***! SWEET POTATO** (*Ipomea batatas*) **H** 40cm ground sprawler; edible **l.** nutritious tuber **ORANGE** **\$4** **WHITE** **\$5**
PURPLE tuber variety, said to have properties that help balance body hormones. **\$6 BR**

***TAMARILLO** (*Cyphomandra betacea*) red fruit, eat fresh, pickles, jams. **\$7**

***TAMARIND** (*Tamarindus indica*) **H**; **T.L.Fr.**; legume tree, **l.** & pod pulp eaten, rich in citric, tartaric & malic acid; use in drinks, marinades, curries, pickles, sweet/sour dishes. **\$8 BPA**

***! TARO** (*Colocasia esculenta*) **H**; 1m; **Fr.T**; Tolerates wet but will grow in dry; nutritious **l.** & stems & roots cooked; survival food. **\$5 BPA**

GIANT TARO (*C. gigantea*) **\$6**

IMPERIAL TARO (*C. antiquorum*) dark green markings on **l.** **\$13**

GREEN TARO **\$9**

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

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

2 TONED GREEN LEAF TARO (*C. fallax*) **\$13**

All taros can be sent **BR**

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

UMKOKOLA or KEI APPLE (*Vyalis caffra*) **H**; 4m+ high & grows very wide; **Fr.T**; thorns on branches, which weep to ground, often used as living fences; **fr** flavour a little bit like apricot. **\$9**

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

***WAX JAMBU or BELL FRUIT** (*Syzygium samarangense*) **H**. fast, heavy bearing, bright pink crisp **fr.** eat fresh or juiced. **\$9**

***! VEGETABLE HUMMINGBIRD TREE** (*Sesbania formosa*) **H**; nitrogen fixing legume 4m+; **Med** many uses for internal & external use; **Cul l.** 36% protein, seeds 40%; rich in iron; leaves, pods & large flowers eaten. **\$10**

EDIBLE & USEFUL AQUATICS

***! ARROWHEAD** (*Sagittaria sagittifolia*) 60cm+; tubers & **l.** eaten cooked. **\$15 BR**

***! CHINESE WATERCHEST NUTS** (*Eleocharis dulcis*) 60cm; **Dec**; easy to grow even in small container that holds water; **Med** uses; **Cul** eat raw and cooked. **\$6**

***! 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. **\$25 BR**; seed **\$5** each

DUCKWEED (*Spirodela sp*) mini floating **l**; food for herbivorous fish, ducks, dried for human food. **\$6 BR**

!NARD OO (*Marsilea mutica*) 15cm, **Dec**; attractive 4 leafed clover-like **l**; **l** & seed eaten. **\$9 BR**

PICKEREL RUSH (*Pontederia cordata*) **H**; glossy **l**; spikes of attractive blue **fl**; edible seeds. **\$12**

MYRIOPHYLLUM (*M. aquaticum*) attractive ferny foliage; grows in water and leaves show above water; oxygenator. **\$8 BR**

LIZARD TAIL (*Soururus cernuus*) 30cm. **Dec.Med** crushed **l.** applied boils etc. **\$8**

SEEDS AVAILABLE

NON-HYBRID SEEDS are seeds you can save year after year; **seeds are the absolute ultimate in re-cyclable 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. 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, & 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.

VEGETABLES & CHLOROPHYLL RICH SALAD GREENS

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

Grain Amaranth (*Amaranthus hypochondriacus*) **\$3.50** pkt

Leaf Amaranth (Tampala) (*A. giganteus*) **\$5**

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

Asparagus **\$3.50**

Beetroot, rapid red **\$3.50**

Bitter Melon eaten **r&c.** valued **Med.** **\$6**

Buckwheat **\$8**

Cardoon (*Cynara cardunculus*) **\$8.95**

Carrot, all season **\$3.50**

Celeriac celery/like tops & large bulbous roots eaten. **\$5**

Ceylon Salad Leaves (*Basella alba*) **\$5**; **Red**

stem Ceylon Salad Leaves (*Basella rubra*) **\$5**
Chicory **\$4**

Chilacayote (*Curcubita ficifolia*) Cold tolerant squash, grow over ground or trellis, r&c, savory & sweet dishes; excellent keeper (1-2 years). **\$7**

Chillies:

Birds Eye **\$3.50**

Fiesta **\$4**

Habanero, very hot. **\$4**

Jalapeno **\$4**

Pablano **\$4**

Red Mexican Bell Pepper **\$4**

Red Cayene (Tabasco) **\$4**

Thai Hot **\$5**

Black Chilli **\$5**

Chop Suey Greens, Edible Chrysanthemum (*C. coronarium*) **H**; 1m **A**; **I** & **fl.** valued for stir-fries, soups, meat dishes to give a distinctive Chinese flavour. **\$5**

Corn:

Autumn gem multi-coloured cobs. **\$4**

Early Leaming **\$3.50**

Hawaian sweet **\$3.50**

Manning White **\$3.50**

Perennial Teosinte corn **\$7**

Pop Corn: Golf Ball **\$4**

Mini blue **\$4**

Strawberry **\$4**

Cucumber:

African Horned (*Cucumis metuliferus*) eat when green as vegetable or when orange as a fruit; keeps well when picked. **\$3.50**

Armenian **\$4**

Crystal Apple **\$3.50**

Green Gem hardy excellent flavour. **\$3.50**

Endive **\$4**

Fat Hen (*Chenopodium album*) **H**. 1m nutritious **I**. r&c. **\$5**

Flour Gourd (Wax Gourd) (*Benincasa hispida*) **H**; r&c to 20kg+ can keep over 18 months once picked; survival food. **\$5**

Gherkin, West Indian, heavy bearing. **\$5**

Globe Artichoke **\$5**

Kale **\$5**

Leek **\$3.50**

Lettuce, Oak Leaf **\$3.50**

Long Bean (*Lagenaria siceraria*) technically not a 'bean'; veg. 1-2m, grow on ground or trellis. **\$5**

Loofah (*L. aegyptiaca*) **H**; **A**; **veg.** when young & sponge when mature. **\$4**

Loofah, Angled (*L. acutangula*) **veg**; & when dried ornamental for crafts. **\$6**

Little Loofah, (*L. purgens*) valued **Med** & for craft work etc. **\$7**

Mizuna salad greens **\$4**

Mountain Spinach (Red Orach) **\$6**

Mukunu-wenna **\$4**

Purple Mukunu-wenna **\$4**

Mustard **\$4**

Oak Leaf Lettuce **\$3.50**

Okra 'Clemsons spineless' **\$4**

Onions, bunching **\$3.50**

Pumpkin:

Butternut **\$3.50**

Giant Atlantic **\$5**

Jap Pumpkin **\$3.50**

Pawpaw Pumpkin **\$3.50**

Pumpkin Tree also called Hmong Eggplant (*Solanum integrifolium*) **A**. 120cm used in Asian cooking. **\$7**

Radish:

Red **\$3.50**

Black **\$5**

Rocket, salad **I**. **\$4**

Salad Mallow **\$5**

Curled Salad Mallow **H**; 1m; frilly **I**. **\$7**

Salsify root flavour likened to oysters. **\$7**

Sambu Lettuce **\$8**

Scorzonera, Black Salsify **I** & **r veg.** **\$7**

Snake Gourd (*Trichosanthes kirilowii*) **A**; fruit looks like a long snake, eaten raw & cooked; **Med**. many uses, antibiotic, antibacterial. **\$10**

Tomato, Tom Thumb **H**. **\$3.50**

Warrigal Greens (*Tetragonia tetragonioides*) **H**; r&c. **\$5**

Zucchini, Black **\$3.50**

SEEDS OF LEGUMES

NITROGEN FIXING SOIL IMPROVING, MULCH SOURCE, ANIMAL & BEE FORAGE, HIGH PROTEIN FOODS, BEANS, ETC.

BUSH BEANS

Adzuki Red Japanese Bean **\$3**

Cannellini Bean **\$3.50**

Mung Bean **\$3**

Soy Bean **\$3.50**

CLIMBING BEANS

Require trellis, fence or support...

7 Year Bean **\$3.50**

Madagascar Bean **H**. prolific bearer, speckled seeds. **\$4**

Peas showy white edible **fl**; eat beans when quite young. **\$4**

Purple King Bean **\$3.50**

10

Rice Bean (*Vigna umbellata*) climbing or **gr.c**; **H**; **A**; excellent mulch, animal & bee forage, **I** & young pods eaten, & dried seeds delicious sprouted (similar flavour to mung bean), survival food as **s**. stores well. **\$4**

Scarlet Runner beautiful **fl**; tasty pod. **\$3.50**

Snake Bean **\$3.50**

Velvet Bean, Magic Bean, pods are velvety, nutritious seeds. **\$8**

Winged Bean **Dec**; the whole plant can be eaten, young pods raw when 10-15cm, young **I** & **fl** & tuber; dried seed roasted, etc. **\$4**

OTHER LEGUMES

Alfalfa (*Medicago sativa*) **\$3.50**

Binko, kowhai (*Sophora tetraptera*) **Fr.T**, sm legume tree, attractive flanged pods / crafts. **\$9**

Bush Lucerne (*Desmodium gyroides*) **H**. 1-3 m; nitrogen fixer, mulch, animal fodder. **\$9**

Butterfly Pea (*Clitoria ternatea*) **H**. creeper, beautiful heavenly blue pea **fl**. **Med**. **Fl**. used to dye food blue. **\$8**

Caliandra (*C. calothyrsus*) fast legume tree, nitrogen, mulch, firewood. **\$13**

Candlestick Cassia (*C. allata*) **\$7**

Carob **\$5**

Crotalaria (*C. Grahamiana*) 1-2m mulch, nitrogen, root cell system said to trap & kill nematodes. **\$8**

Crotalaria, Parrot Pea (*Crotalaria cunninghamii*) 1-2m **\$8**

Derris Tree (*D. robusta*) **Dec**. shade tree, soil improver, mulch. **\$8**

Desmanthus virgatus **H**; 1m+; **Nit**; 22% protein, animal & poultry forage, often called 'little brother' to leucaena, but it does not have mimosine, content like leucaena. **\$6**

Jicama tasty tuber; **fl** & **s**. as insect spray. **\$6**

Leucaena **\$5**

Mighty Mulch Bush **\$9**

Peanut (*Arachis hypogaea*) **\$5**

Pigeon Pea (*Cajanus cajan*) **H**; fast; 1-3m **T.L.Fr**; **windb**; bee animal & human food. **\$4**

Red clover (*Trifolium pratense*) **H**. 1m **T.L.Fr**; **Nit**; **Med** many uses. **\$5**

Snow Peas **\$3.50**

Tamarind **\$6**

Tree Lucerne (*Chamaecytisus palmensis*) 1-3 m; nitrogen, mulch, animal fodder. **\$6**

Vegetable Hummingbird Tree (*Sesbania formosa*) leaves 36% protein & seeds 40%. **\$10**

More legumes with Med. uses under Herb Seeds.

HERB SEEDS

CULINARY & MEDICINAL USES, etc.

Ajowan (*Carum copticum*) 50cm **A**; spice in curries, pickles, drinks; **Med** antifungal. **\$8**

Anise (*Pimpinella anisum*) **\$6**

Anise Hyssop **\$8**

Annato (*Bixa orellana*) **\$7**

Arla (*Tethonia* sp.) **\$6**

Arnica (*A. chamissonis*) **\$9**

Astragalus (*A. membranaceus*) **H**; is the valued Huang Qi in Chinese **Med**. **\$8**

Aussie Gem Geranium **\$5**

Aztec Sweet Herb (*Phyla scaberrima*) 30cm **Med**; **Cul**. very sweet leaf. **\$6**

BASILS:

Sweet **\$3**

Camphor Basil **\$4**

Clove Basil **\$4**

East African Basil or Fever Plant **\$5**

Sacred Basil **\$4**

Dark Opal **\$4**

Greek Basil **\$5**

Lemon Basil **\$3**

Spicy Globe Basil **\$4**

Thai Basil **\$4**

Bayberry (*Myrica pensylvanica*) wax-covered berries used in aromatic candles; **Med**. **\$10**

Bearberry (*Arctostaphylos uva-ursi*) **Med**. **\$10**

Belladonna (*Atropa belladonna*) **Med**. **\$10**

Bilberry (*Vaccinium myrtillus*) **Med**; **Cul** **\$10**

Bishop's Flower (*Ammi visnaga*) **Med**. **\$8**

Blossom Bouquet (*Dombeya burgassiae*) **\$5**

Borage (*Borago officinalis*) **Cul** & **Med**. **\$4**

Brahmi (*Barcopa monnieri*) **\$10**

Bruisewort (*Bellis perennis*) 15cm dainty daisy **fl**. **Med** wounds, bruises etc. **\$8**

Burdock (*Arctium lappa*) **\$6**

Calamint (*Calamintha acinos*) **\$8**

Calendula (*C. officinalis*) **\$4**

Capers (*Capparis spinosa inermis*) **Cul**. **\$7**

Caraway (*Carum carvi*) **\$4**

Cardamom (*Elettaria cardamomum*) **\$10**

Castor Oil Bush (*Ricinus communis*) **\$8**

Caterpillar Plant (*Scorpiurus muricatus*) **\$10**

Cat Grass (*Dactylis glomerata*) **\$6**

Catmint (*Nepeta faassenii*) **\$7**

Catnip (*Nepeta cataria*) **\$4**

Celeriac (*Apium graveolens/dulce*) **\$6**

Centaury (*Centaureum vulgare*) **H**. **A**. 30cm

antiseptic **I**. used as wash on wounds, sores; as mouth wash, etc. **\$7**

Chamomile, German (*Matricaria chamomilla*) **\$3.50**

Chamomile, English (*Anthemis nobilis*) **\$8**

Chapparral (*Larrea tridentata*) **Med. \$10**

Chaste Tree (*Vitex agnus castus*) **\$10**

Chervil (*Anthriscus cerefolium*) **\$5**

Chia (*Salvia hispanica*) **\$5 BPA**

Chickweed (*Stellaria media*) **Med, Cul. \$4**

Chicory (*Cichorium intybus*) **\$5**

Chinese Lantern **Dr.Fl.Ar.**; tasty fruit, **\$10**

Chinese Senna (*Cassia tora*) many **Med** uses include laxative. **\$10**

Chinese Watercress / kang kong **\$7**

Cleavers (*Galium aperiens*) **\$10**

Cnidium (*C. monieri*) **A.** 50cm. valued Chinese Med. stimulant, etc. **\$8**

Codonopsis (*C. pilosula*) Dang Shen in Chinese Med similar action to ginseng. **\$9**

Comfrey (*Symphytum officinale*) **\$6**

Coriander (*Coriandrum sativum*) **\$4**

Coriander, Thai (*Eryngium foetidum*) **\$4**

Corn Salad (*Valerianella locusta*) **\$5**

Cowslip (*Primula veris*) valued **Med. \$9**

Cress (*Lepidium sativum*) **\$5**

Culinary Myrtle (*Myrtus communis*) **\$8**

Cumin (*Cuminum cyminum*) **\$5.95**

Dandelion (*Taraxacum officinale*) **\$4**

Devils Apple (*Solanum linnaeanum*) **\$8**

Dill (*Anethum graveolens*) **\$4**

Drumstick Tree (seeds sent in season) **\$15**

Echinacea: E. angustifolia **\$5** **E. purpurea** **\$5**

Eclipta (*E. alba*) **Med** & for hair cond. **\$5**

Elecampane (*Inula helenium*) **\$8**

Emilia (*E. sonchifolia*) young **I.** salads, pickled & cooked. **\$6**

Epazote (*Chenopodium ambrosioides*) **\$5**

Evening Primrose (*Oenothera biennis*) **\$4**

Fennel: Sweet **\$3.50** **Bronze** **\$4**

Fenugreek (*Trigonella foenum-graecum*) rich in mucilage, lipids, protein (30%) **Med** many uses; **Cul** ingredient in curries, seed valuable & nutritious food sprouted. **\$3.50**

Feverfew (*Chrysanthemum parthenium*) **\$4**

Figwort (*Scrophularia nodosa*) **\$7.95**

Flanders Poppy **\$6**

Forget me not (*Myosotis sylvatica*) **\$5**

Foxglove **\$5**

Fragrance acacia (*Acacia farnesiana*) **\$8**

Frogfruit (*Phyla nodiflora*) antibacterial **Med. \$8**

Fullers Teasel (*Dipsacus fullorum*) **\$10**

Garlic Chives **\$5**

Gentian (*G. lutea*) Med digestive, valued as a bitter tonic. **\$10**

Germander (*Teucrium chamaedrys*) **\$10**
Ginseng:

Indian (*Withania somnifera*) **\$6**

Korean (*Panax ginseng*) **\$10**

Leaf Ginseng (*Talinum triangulare*) **\$8**

Siberian (*Eleutherococcus senticosus*) **\$10**

Gipsywort (*Lycopus europeus*) **\$10**

Goats Rue (*Galega officinalis*) **\$8**

Goji Berry (*Lycium barbarum*) **Med.** anti-oxidant & immune benefits; berries Chinese tonic & for many ailments; **Cul** berries eaten fresh, dried & **I.** eaten too; **\$8**

Golden Rod **\$6**

Gotu Kola (*Centella asiatica*) **\$6**

Greater Celandine (*Chelidonium majus*) **\$7**

Hawaiian Baby Woodrose (*Argyrea nervosa*) **\$10**

Hawthorn (*Crataegus monogyna*) **\$10**

Heartsease (*Viola tricolor*) **\$6**

Henna (*Lawsonia inermis*) **\$10**

Herb Robert (*Geranium robertianum*) **\$6**

Holly (*Ilex aquifolium*) **H.** tree, red berries; **Med;**

Cul I. & berries decoration. **\$9**

Horehound (*Marrubium vulgare*) **\$6**

Black Horehound (*Ballota nigra*) **10**

Hyssop (*Hyssopus officinalis*) **\$6**

Indigo (*Indigofera australis*) **\$9**

Indigo (*I. tinctoria*) **\$9**

Jobs Tears (*Coix lachytima jobi*) **\$7**

Joe Pye (*Eupatorium purpureum*) aromatic **I.** **Med. \$9**

Kaffir Lime **\$8** (place order & seed will be sent when in season)

Kenaf (*Hibiscus cannabinus*) **\$8**

Khat (*Catha edulis*) **\$10**

King of Bitters (*Andrographis paniculata*) **\$13**

Lady's Bedstraw **\$8**

Lady's Mantle **\$10**

Lemon Balm **\$7**

Lemon Grass, East Indies (*Cymbopogon flexuosus*) **\$8**

Licorice (*Glycyrrhiza glabra*) **\$9**

Linseed (*Linum usitatissimum*) **\$5**

Lions Ear (*Leonotis nepetifolia*) **A.** 1-2m.

stunning orange **fl.** & seed capsules, floral art & crafts. **Med. \$7**

Lobelia (*Lobelia inflata*) **\$7**

Lovage **\$6**

Maca or Peruvian Ginseng (*Lepidium peruviana*) 20-30cm **I.** have cress flavour; nutritious **r. r. &c;** **Med** antibacterial, antioxidant, tonic, etc. **\$10**

Mallow (*Malva sylvestris*) beautiful lavender **fl.** **Med; Cul** use as a garnish. **\$7**

Marigold, African (*Tagetes erecta*) pest deterrent. **\$4**

Marshmallow (*Althea officinalis*) **Med. \$7**

Meadowsweet (*Filipendula ulmaria*) **\$8**

Millet **\$6**

Miracle Plant (*Siegesbeckia orientalis*) **\$10**

Money plant (*Lunaria annua*) **H** 60cm **A;** gets its name from the translucent **s.** discs that look

like coins; **I.** & **s.** mustard flavour use **r. &c;** plant; used for **Dr.Fl.Ar.** **\$10**

Motherwort (*Leonoruscardica*) **\$5**

Mugwort (*Artemisia vulgaris*) **\$8**

Mugwort (*Artemisia verlotiorum*) **\$8**

Mullein, black (*Verbascum nigra*) **\$7**

Mullein, white (*V. thapsus*) **\$9**

Myrobalan (*Phyllanthus amarus*) **A;** 60cm; traditional Ayurvedic panacea; antibiotic & liver tonic properties. **\$6**

Nasturtium **\$4**

Nettle (*U. dioica*) perennial species. **\$4**

Nettle (*Urtica urens*) annual species. **\$6**

Nigela (*Nigella damascena*) **\$6**

Onion Chives **\$4**

Orach, edible leaves. **\$5**

Osage Orange (*Maclura pomifera*) **H dec.** 6m.+; sap of fruit used as tick repellent & it is said that the cut fruit will attract & kill cockroaches. **\$10**

Palmarosa (*Cymbopogon martinii motia*) **\$6**

Papalo (*Porophyllum ruderale macrocephalum*) like coriander, **I.** have large oil glands with potent flavour & scent, & stronger with age. **\$6**

Parsley:

Italian **\$3**

Triple curled **\$3**

Japanese Mitsuha **\$3.50**

Passionflower (*P. incarnata*) **\$10**

Patchouli (*Pogostemon patchouli*) **\$5**

Pellitory of the Wall **Med \$8**

Pennyroyal **\$5**

Pepper (*Piper nigrum*) **\$10**

Perilla, Green **\$8**

Perilla, Purple **\$6**

Petty Spurge, Radium Weed (*Euphorbia peplus*) external uses. **\$5**

Plantain:

Broad Leaf **\$3.50**

Buckhorn **\$6**

Narrow Leaf **\$6**

Pokeroot (*Phytolacca americana*) **Cul. Med. \$8**

Poppy, Californian (*Eschscholzia californica*) **\$5**

Purple Loosestrife (*Lythrum salicaria*) **\$8**

Purslane (*Portulacca oleracea*) **\$4**

Purslane, Golden **\$6**

Pyrethrum **\$5**

Queenland Asthma Weed (*Euphorbia hirta*)

Med uses. **\$5**

Quinoa (*Chenopodium quinoa*) **\$5**

Ramie (*Boehmeria nivea*) **\$7**

Reed Canary Grass (*Phalaris arundinacea*) **\$10**

Rhubarb **\$4**

Rue (*Ruta graveolens*) **\$5** Sage:

Garden sage **\$4**

Clary Sage **\$10**

Lyre leaf sage **\$8**

Salad Burnet (*Poterium sanguisorba*) P. valued **Med;** **Cul** refreshing **I.** salads etc. **\$6**

Salt Bush (*Atriplex nummularia*) native, edible mildly salty **I.** **\$8**

Savory, Lemon (*Satureja biflora*) **\$8**

Savory, Summer (*Satureja hortensis*) **H; A;** **\$5**

Savory, Winter (*Satureja montana*) **\$5**

Schisandra (*S. chinensis*) **\$8**

Scullcap (*Scutellaria laterifolia*) **\$5**

Selfheal (*Prunella vulgaris*) **\$10**

Sensitive Plant (*Mimosa pudica*) **\$8**

Sheep Sorrel (*Rumex acetosella*) **\$7**

Shepherds Purse (*Capsella bursa pastoris*) **\$7**

Shoo Fly Plant (*Nicandra physaloides*) 1m; **A.** to repel flies, & seed pod for Dr **Fl Ar.** **\$8**

Small Flowered Willow Herb **\$6**

Soapwort (*Saponaria officinalis*) **\$6**

Sorghum **\$5**

Sorrel, French (*Rumex acetosa*) **\$7**

Speedwell (*Veronica officinalis*) **\$10**

Spelt Wheat **\$5**

St John's Wort (*Hypericum perforatum*) **\$5**

St Marys Thistle (*Silybum marianum*) **Med. \$8**

Strawberry:

Alpine Golden **\$5**

Alpine Red **\$5**

Sturt Desert Pea (*Clianthus formosa*) native legume; **Gr.c;** stunning bright red pea **fl.** **\$10**

Sun Jewels (*Portulaca grandiflora*) **\$7**

Sunflower **\$4**

Sweet Annie (*Artemisia annua*) **\$8**

Sweet Marjoram **\$4**

Sweet Tarragon (*Tagettes lucida*) **\$5**

Syrian Rue (*Peganum harmala*) **\$10**

Tade (*Polygonum hyd-ropiper*) popular

Japanese herb used for sushi, etc. **\$7**

Tansy (*Tanacetum vulgare*) **\$5**

Teasel (*Dipascus sativus*) **\$8**

Thyme (*Thymus vulgaris*) **\$4**

Tobacco (*Nicotiana tabacum*) **\$8**

Toothache Plant (*Spilanthes acmella*) **\$7**

Tribulis (T. terrestris) A; valued **Med. \$10**
Udder Plant (Solanum mammosum) **\$8**
Valerian (Valeriana officinalis) **\$8**
Vanilla grass (Anthoxanthum odoratum) **\$8**
Vervain (Verbena officinalis) **\$8**
Watercress **\$4**
Wild Lettuce (Lactuca virosa) **Med. \$8**
Wormwood (Artemisa. arborescens) **\$5**
Wormwood (Artemisia absinthium) **\$5**
Yarrow (Achillea millefolium) **\$5**
Yellow Dock (Rumex crispus) **\$7**
Yellow Melilot (Melilotus offi cinalis) **\$8**
Yerba Mate (Ilex paraguariensis) **\$10**

SEEDS OF TREES, VINES, FRUITS, EDIBLES & ORNAMENTALS

Acerola Cherry **\$8**
Blackberry Jam Bush (Randia formosa) **\$10**
Blue Spires Bush attractive blue fl. & pods, fl
 oral art & crafts. **\$8**
Brazilian Cherry **\$5**
Candle Stick Cassia (C. alata) **\$5**
Cape Gooseberry **\$6**
Cedar Bay Cherry **\$5**
Dragon Fruit **\$8**
Fan Leaf Pit Pit **\$6**
Governor's Plum **\$8**
Grewia **\$10**
Indian Fig **\$8**
Indian Hill Gooseberry **\$8**
Japanese Passion fruit **\$7**
Kangaroo Apple (Solanum aviculare) **\$10**
Dwarf Malabar Chestnut (Pachira aquatica) 6m;
 seeds taste like peanuts, l. & fl. edible. **\$8**
Icecream Bean Tree (Inga edulis) **\$8**
Panama Berry **\$10**
Persimmon **\$6**
Pie Melon or Jam Melon **\$4**
Rockmelon: Hales Best **\$3.50**
Honey Dew **\$3.50**
Rosella (Hibiscus sabdariffa) **\$4**
Sausage Tree (Kigelia africana) fruit used for
 skin conditions & in skin care products etc **\$12**
Soursop (Annona muricata) sent in season. **\$10**
Star Fruit (Averrhoa carambola) **\$10**
Tamarillo **\$7**
Umkokola (Vyalis caffra) **\$10**
Watermelon Klondyke **\$3.50**

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 1-8 are small ornamental gourds; & No 8-16 are large gourds all. **\$4** pkt

1. Small round orange
2. Small white/yellow/green avocado shape
3. Small 2 bulge bottle
4. Pear shaped
5. Small warty gourd
6. Small 'shenot' crown of thorns gourd
7. Small buoy gourd
8. Green/yellow striped spoon
9. Bottle or long handled dipper
10. Large decanter
11. Dinosaur gourd
12. Large 2 bulge bottle
13. Flamingo gourd
14. Goose neck gourd
15. Large pear-shaped gourd
16. Gene gourd
17. Mixture of small shaped gourds **\$6**
18. Mixture large shaped gourd **\$6**

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

ALSO AVAILABLE

Seeds to Sprout

*FENUGREEK 1kg seed, an excellent variety to sprout. **\$10** per kg, plus **\$13** p & post for 1-2k

*We do have a variety of other seeds for sprouting.
 You are welcome to phone, fax or email if you
 would like a list of other seeds to sprout.*

* **NATURAL LICORICE STICK** (root) **SNACK PACK**
 Pkt of 2 sticks to chew on. **\$7** posted.

* **NATURAL LICORICE ROOT SNACK PACKS** of
 fine cut root **100g. \$15** posted.

* **STEVIA LEAF SNACK PACKS** Dried leaves from
 the stevia plant, (regarded as 300 times sweeter
 than sugar but without kilo-joules). **\$8** posted

* **DIATOMACEOUS EARTH** Fine powder from
 fossils; a little in stored seeds protects seeds
 from weevils, etc. **10 gr. \$9** posted.

12

CAROB SNACK PACK good protein & calcium
 source; eat pods for a snack 375g. **\$13 + \$7 post**

Herb Teas

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

EASYGREEN SPROUTER large unit with auto-
 matic misting, ideal for large quantities of
 wheat-grass & sprouts. **\$300 + post \$50**

* **CAP-M-QUIK CAPSULE MAKER**, so quick and
 easy for producing your own dried herbs in
 capsules. **\$39.90** posted.

* **ACTIVE CALCIUM PLUS** (USANA brand) 112
 tablet bottle **\$49.90** posted. 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.

*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.*

*"To grow them is to know them,
 To know them is to use them,
 To use them is to love them,
 And then, happily,
 Herbs become,
 your Way of Life".
 Bertha Reppert*

People often telephone, or call at the
 Herb Farm, asking Isabell for her thoughts
 on what herbs, spices, fruits or other
 edibles have an opportunity as small
 income crops. From enquires from
 manufacturers, agents, restaurants, and
 other contacts, the farm has received over
 the last 10 years, we know there are quite
 a number of plants that are sort after.
**Isabell says, "One plant that I
 believe has excellent income
 potential is licorice, as very little is
 grown in Australia, and most of this
 is exported."** Licorice contains a unique
 substance called glycyrrhizin, by analysis
 found to be 50 times sweeter than refined
 sugar, and is very low in kilo-joules, which
 makes it suitable for diabetics and dieters.
 Few Australians have tasted licorice root
 in its natural form, or know of its many
 medicinal uses. Over 600 constituents
 have been identified in licorice. The root
 has many actions: antioxidant,
 antimicrobial, anti-tumor, antibacterial,
 anti-inflammatory, expectorant, digestive,
 anti-viral and tonic, to name a few. The
 herb has been used for 100's of years to
 treat many ailments of mankind. Licorice
 would be one of the hardest and easiest-
 care plants to grow, that can adapt to a
 wide range of soils and climates. As plants
 can go deciduous in winter, frosts are no
 problem, and the plants will do well in
 even dry conditions. **Other plants that
 have good crop potential** are -
 drumstick tree, sweet leaf bush, pandan,
 arrowroot, allspice, vanilla, carob, acerola
 cherry, kaffir lime leaves, lemon myrtle,
 cinnamon and yerba mate, and also many
 rarer Asian spices and vegetables. If you
 are considering what may be suitable for
 your land, you are welcome to ring the
 Herb Farm.

DETAILS OF DESPATCH OF PLANTS AND SEEDS

Most plant orders are despatched by post. We can usually fit up to **10 plants for \$25** pack, post & handling. **However this may depend on what type of plants the order is made up of, as some are large in length or heavy (eg. aloes, some fruit trees, legumes, and some herbs).** Note: besides post costs, orders include a component for packaging and the time it takes to pack.

	Standard Post	Express Post
1 to 5 plants	\$15	\$25
6-10 plants	\$27	\$37
Orders over 10 plants.	\$27 + \$1 extra for each plant over 10 plants.	\$37 + \$2 extra for each plant over 10 plants.

• **all prices valid till 1st July 09**
• **after which please contact us.**

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.

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...

1-4 pkts add \$3 pack, post and handling.

5-10 pkts add \$6 pack, post and handling.

10-25 pkts add \$10 pack, post and handling.

PLEASE LIST 2-3 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. 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 business hours and we will calculate, or write/email & we will estimate the 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 mail orders, if we have the plants in tubes, they will be sent this way, with 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 early in week to ensure arrival before the weekend.. Orders are usually despatched in 1-4 weeks of receiving the order (although this may depend on what the order is made up of).

Looking for herbs in bulk quantities & bulk prices? We may be able to assist, or may be able to grow to order, depending on what plants you are seeking.

You may pick up your order of plants from the Farm. However it is advisable to phone through your order, at least two days in advance to check availability, and to save you time, as putting together orders can take some time.

INTERNATIONAL ORDERS (ALL ORDERS OUTSIDE OF AUSTRALIA)

We do not send plants internationally, but we can send seed packets, dried herbs, books and DVDs. Any seeds you wish to order, you need to check that you can import these into your country.

ALSO NOTE: all prices in this catalogue are in Australian currency. We ONLY accept payment for international orders through Paypal and ONLY in Australian currency.

When you have confirmed your order with us we will email you payment details.

Postage, Pack and Handling for Isabell's books and DVDs.

(because of different weights of books and DVDs, it is difficult to have one standard postage cost)

Herb Books posted to Australian addresses:

to Qld, NSW. 1-2 books \$15; 3-4 books \$18; 5-6 books \$22

to Vic. & SA. 1-2 books \$15; 3-4 books \$19; 5-6 books \$30

to WA, Tas. & NT. 1-2 books \$15; 3-4 books \$25; 5-6 books \$33

Sprout or Self-sufficiency Books 1 book = \$10; 2-7 of either of these books \$15 (to all Aust. states).

DVDs either of the dvds 1-2 dvds = \$10; 3-12 dvds = \$15 (to all Aust. states).

Special Offer - 10% discount is available on orders of 5 or more of any combination of Isabell's books and / or DVDs. Please use 'Herb Book' Post & Handling charges (as above) to calculate for a 5 or more book combination. If unsure please contact us.

- **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 or Fax: please send us the list of plants & / or seeds with quantities, & your address, & we will get back to you with availability, prices, cost to pack, post charges, & payment methods.

Post: please use the order form, listing plants & / or seeds with quantities, & 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, & pack & post costs.

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. 494 056582**. 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 (**please do not send any credit card details by email**).

Please note, a \$1.00 surcharge applies on all credit card orders.

Shipards Herb Farm

postal address - PO Box 66 Nambour, Qld. 4560

p. (07) 54411101

f. (07) 54716430

e. info@herbs-to-use.com

w. www.herbs-to-use.com

location - 139 Windsor Rd., Nambour, Qld.

(Open Hours Mon, Tues, Thurs, Sat, 10am-2pm.)

5th drive-way on right past Cooloola Sunshine Institute OfTafe; and watch for Shipards Herb Farm sign, at bottom of cement drive way.

ATTENTION: We take great care to send only health and viable seeds and 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 orders leave our farm we do not accept any responsibility for there well-being.

Herb Book praise:

"Australia has waited 20 years for her first home-grown herbal, but here it is at last! Isabell has always been the source of plants and advice for many of us, her admirers. We can be proud of her encyclopaedic work (Acerola to Yucca) on plants, which includes a vast reference background, as well as practical advice. "Shipard on herbs" is destined to be one of those foundation books that will be in print for the next century. Buy one for yourself, and your grandchildren."

Bill Mollison, Founder, The Permaculture Institute.

"In all the places I have travelled and worked in the world as a Permaculture designer and teacher, I've never met anybody who has such a depth and diversity of knowledge of individual plants, their functions, cultural uses and the growing conditions they require, as Isabell Shipard. This book is destined to become a classic reference for everyone who needs to understand all the vital characteristics of herbs, for medicinal, culinary and functional uses. In the quest for sustainability, we are lucky to have such information available in explicit detail."

Geoff Lawton, Director, Permaculture Research Institute, NSW.

"Staying healthy is important to me. Many people, who make an intelligent decision to take responsibility for their own personal health and well-being, value the holistic approach to health care. This comprehensive herbal handbook is an indispensable reference tool. Whether you need a textbook on herbs, a handy survival manual or a practical guide to growing herbs, this book is it! You will live this book, it will inspire and motivate you to use the knowledge, to get growing, and reap the benefits of a living, sustainable, food supplementation and first-aid kit – in your own backyard. Be prepared to change your lifestyle, increase your savings, to have a healthier family AND to enjoy a great read!"

Christine Bennett, Sunshine Coast, Qld.

"Isabell's book is a treasure trove of valuable information, and I highly recommend that it be in every library, infact in every home."

R. Bailey, Melbourne, Vic.

"Isabell's enthusiasm is transferred to the reader. After reading this book you will feel more motivated to take control of your own health and start growing more herbs in your backyard."

J. Reinbott, Sunshine Coast, Qld.

"Love my book, the best book of its kind I have seen. Many thanks for taking the time to compile it."

L. Abbott, Coffs Harbour. NSW.

"Please supply by post another copy of "How to use herbs in my daily life?" It's that top class, my mate is going to nick mine if I don't get him one."

J. Potter, W.A.

"More people need to discover this book for a healthier was of life. 110% out of 100% Isabell; its like you can't get enough of the book..."

D. & D. Muntelivet, Mackay, Qld.

"Congratulations Isabell, what a wonderful book! I've just come across it and it is such a wealth of information - I have been looking for a book like this for a long time. **Anna Zerafa**, Med. Herbalist NSW.

Sprout Book praise:

This book is the best reference I have read for live food, through the easy, convenient production of sprouts, which are possibly the ultimate compact health food. The information Isabell has researched is always extremely detailed and very accurate and this book is a must for anyone wanting to improve their health and vitality with live sprouts."

Geoff Lawton, The Permaculture Research Institute

Isabell's book is life enhancing and belongs in every health professional's library and in every household, in every country. Her outstanding research and practical information will help to protect from degenerative diseases (e.g. cancer, heart diseases, arthritis, chronic fatigue, to name a few) Adopt

the pro-active health approach, now, and reap the rewards of a lifetime of good health and vitality. Look after your greatest asset, your body. One's Health is One's Wealth. The Choice is Yours. Choose Wisely.

Ella Hayes, Australia Healthy Mission, Melbourne, Vic.

I am inspired, again! Sprouts are living foods, capable of regenerating vitality: rich in nutrients and economical. We can all benefit with the information this book provides. Find out how simple it is for EVERYONE to grow sprouts quickly and easily, try this – it works! Then, get ready to relax your busy lifestyle, stretch your savings and enjoy better health. For every soul who wants a healthy body, this book is for you.

Christine Bennett, Hatha Yoga instructor, Sunshine Coast. Qld.

Three days after the book launch Nathan Hedt said, "Thankyou for the privilege and opportunity to attend the book launch. The information at the launch blew me away. We have now started sprouting!"

Self Sufficiency Book praise:

"Once again, Isabell has put together a very helpful book. A book that will help us to act together, for survival in emergencies, such as surround us today. Many of us have tried, at all levels, to alert people to the critical state of the nation , due to global warming, low levels of all fuels and drought. To grow our own food always has taken us less time than to shop for it! People, in the end, get what they choose, and to me at least, chasing life and food seems only sensible. As usual, Isabell has put in your hands, a manual that helps that aim. She has all my support."

Bill Mollison Founder, The Permaculture Institute

"This is an essential book for everyone who intends to make a serious effort to survive any food crisis. It is full of the most detailed and valuable information on a great diversity of survival foods, and how to produce them. Isabell has the greatest knowledge of reference and experience on this subject that I have ever known or met in all my travels, teaching and consulting on permaculture around the world. You need to buy this book for the security of your family."

Geoff Lawton, NSW.

"Within the spectrum of concepts presented in her book, here is a very useful survival manual , packed full of practical ideas in true Shipard style... like aloe tooth gel, seed-saving tips, and how to use edible weeds. You will find many budget-saving ways to conserve resources and deal with climate change. Be prepared for the future... and enjoy Isabell's light-hearted memoirs."

Christine Bennett, Maroochy Greens member, Sunshine Coast

Congratulations on your new book on Self-sufficiency. I am very excited to get it. You truly put love into your work.

Micaela, USA

I have your Herb Book and Self-sufficiency Book. They are fantastic.

D. Clark, NSW.

Your Self-sufficiency Book, we are thoroughly enjoying and putting into action. This topic, is what we have been talking about for the last 6 months. Your book is perfect timing.

Melissa, NSW

Hi Isabell, The Self-Sufficiency Book is a fabulous book, well presented, easy to read and understand. Well done it should become a best seller. Your book gives me new insight and courage to try new things. I can't wait for your next book.

Jurgen. SA.

Since getting the Self-sufficiency book I have stopped pulling out some of the weeds in my back garden and am eating them instead!! The cobblers pegs are really nice! **Maria**, Qld
Your books are fantastic, so easy to read, understand, enjoy and put into practice – valuable reference books.

Jo Hall, Vic.

Please list 2-3 alternative choices for plants or seeds, in case we are currently out of stock, or they are not in season.

f. (07) 54716430

Alternatively phone, fax, or email us to check availability prior to order.

(please print your name and address clearly) (FOR ALL ORDERS OUTSIDE OF AUSTRALIA SEE PAGE 13.)

Name:.....
Address:.....
State:..... Postcode:.....
Phone:..... Email:.....
Method of Payment (please make Cheques or Money Orders payable to D. B. Stewart)
Cheque ☐ Money Order ☐ Mastercard ☐ Visa ☐ American Express ☐
Credit Card Number: (please note, \$1.00 surcharge applies on all credit card order)
Cardholders Name:..... Expiry Date:.....
Signature:.....