



**Asparagus White**  
*Asparagus officinalis*

Young spears (shoots). Harvest time: collect asparagus spears in the early spring, while very young. It's high in fibre, vitamins A and C, and minerals, such as iron. Only collect spears from areas you know have NOT been treated with pesticides.



**Asparagus Purple**  
*Asparagus officinalis*

Young spears (shoots). Harvest time: collect asparagus spears in the early spring, while very young. It's high in fibre, vitamins A and C, and minerals, such as iron. Only collect spears from areas you know have NOT been treated with pesticides.



**Purple Vervain**  
*Verbena bonariensis*

Flowers attract bees and butterflies.



**Italian Parsley**  
*Petroselinum crispum var. neapolitanum*

Vitamin-rich leaves of 'Italian Giant' are a favourite for use in Italian cuisine. The leaves of this hardy biennial herb are nice for flavouring soups, poultry dishes or salad dressings. Fresh-cut sprigs make an excellent garnish on the dinner plate.



**Boobialla**  
*Myoporum insulare*  
'Prostrate'

The berry's great for jams, jellies and preserves, but with an astringent sweetness, eating berries fresh off the branch might not be everyone's cup of tea. Aromatic, juniper-like qualities makes Boobialla an exciting local botanical for essential oils and gin.



**Strawberry**  
*Fragaria x ananassa*

The red, sweet, fleshy portion of a strawberry is an "accessory fruit" that holds the true fruits. Each of the seeds on the pitted surface are individual achenes developed from the flower's ovaries. They hang on long pedicels.

