



Handvastwater 26

Van Dijk & Co B.V.
FlowerSeed Company

1601 PR

Enkhuizen
The Netherlands

Seeds of medicinal-, culinary-, edible-, fragrant- fruit- and other useful and enjoyable plants

Contens

Agastache pallidiflora - *Pink Pop*
Alliaria petiolata - *Hedge Garlic*
Allium x obliquum - *Siberian Garlic*
Allium tricoccum - *Chicagoua*
Allium ursinum - *Ramsons*
Amomum subulatum - *Black Cardamom*
Anacyclus pyrethrum - *Pellitory*
Argyreia nervosa - *Hawaiian Baby Woodrose*
Artemisia stelleriana - *Old Woman*
Astragalus mongholicus - *Huang Qi*
Basella rubra - *Bride of Angola*
Berlandiera lyrata - *Chocolate Flower*
Calendula officinalis - *Holligold*
Camelina sativa - *Gold-of-Pleasure*
Capparis spinosa var. inermis - *Alcappero*
Cedronella triphylla - *Balm-of-Gilead*
Chenopodium giganteum - *Tree Spinach*
Claytonia sibirica - *Peppermint Candy*
Codonopsis pilosula - *Poor Man's Ginseng*
Coriandrum sativum compactum - *Pot Cilantro*
Crithmum maritimum - *Herbe-de-Saint-Pierre*
Cryptotaenia japonica - *Mitsuba*
Diplotaxis tenuifolia - *Wild Rocket*
Duchesnea indica - *Tutti Frutti*
Eriyctichium canum - *Baby Blues*
Eryngium foetidum - *Black Benny*
Eryngium maritimum - *Sea Holly*
Foeniculum vulgare - *Finocchio Bronze*
Gaultheria procumbens - *Palommier*
Glycyrrhiza echinata - *La Liquirizia*
Glycyrrhiza glabra - *Akar manis*
Glycyrrhiza uralensis - *Asal-as-Soos*
Gratiola officinalis - *Graciola*
Grindelia robusta - *Grindelie*
Helichrysum italicum - *Curry Plant*
Hierochloa odorata - *Vanilla grass*
Ipomoea aquatica - *Kang Kong*
Isatis tinctoria - *Picts and Celts*
Lactuca sativa var. asparagina - *Celtuice*
Leonotis leonurus - *Wild Dagga*



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Leonurus japonicus - *Chinese Motherwort*
Lithospermum purpureocaeruleum - *Lady Murasaki*
Lobelia tupa - *Tabaco del Diablo*
Lycium chinense - *Lyciet de Chine*
Micromeria thymifolia - *Menthe de Montagne*
Mitchella repens - *Partridge Pea*
Origanum vulgare subsp. hirtum - *Greek Oregano*
Panax ginseng - *Asiatic Ginseng*
Pancratium maritimum - *Lily of St. Nicholas*
Paeonia officinalis ssp. banatica - *Peony*
Peganum harmala - *Harmal*
Perilla frutescens var. crispa - *Beau Shiso*
Phyllia dulcis - *Aztec' Sweet Herb*
Plantago asiatica - *Arnoglossa*
Polygonum hydropiper fastigiatum - *Smartweed*
Pycnanthemum pilosum - *Mountain Mint*
Raphanus sativus var. caudatus - *Radis à queue de Rat*
Rheum palmatum var. tanguticum - *Da-Huang*
Salvia apiana - *We'wey*
Salvia hispanica - *Chia*
Salvia miltiorrhiza - *Danshen*
Saposhnikovia divaricata - *Fang Feng*
Senecio polydon - *Ragworts*
Sideritis syriaca - *Malotira*
Siegesbeckia pubescens - *Makino*
Solanum dulcamara - *Morelle douce-amère*
Spilanthes acmella - *Peek-a-Boo*
Stevia rebaudiana - *Sweet Leaf*
Tagetes lucida - *Yauhtli, Estragón mejicano*
Tetragonolobus purpureus - *Asparagus Pea*
Thymus x citriodorus fragrantissimus - *Orange scented Thyme*
Trichosanthes cucumerina - *Snake Gourd*
Vaccinium macrocarpon - *Grande Airelle*
Vaccinium myrtillus - *Huckleberry*
Vaccinium vitis-idea - *Lingonberry*
Withania somnifera - *Indian Ginseng*
Xanthium sibiricum - *Cang Er*



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Descriptions

Aaron's rod

Rhodiola rosea (Sedum rosea)(S. rhodiola)

Rose Root, Golden Root, Roseroot Stonecrop, Aaron's rod, Arctic root, King's Crown, Lignum rhodium, Orpin rose, Rosenwurz, Rozenkruid, Rozenwortel, Gouden Wortel, Almindelig Rosenrod, Rosenwurz, Rózatka, Illatos rózsásvarjúháj, Rozewortel, Rózeniec górski, Ruusujuuri, Rosenrot

Midsummer Men

The whole development of this plant throughout the spring is a joy to watch; an interesting and attractive, uncommon native wild flower found growing in rock crevices in mountain; from a woody root-stock, dried roots are heavily rose-scented, tight pinkish-bronze buds slowly elongate into close radiating stems of glaucous, fleshy blue-grey leaves; finally, in early summer, they are topped by sharp lime-green starry flowers in compact cymes, bursting with anthers; likes full sun and seems to be an unique medicinal herb.

Grande Airelle

Vaccinium macrocarpon (Oxycoccus macrocarpos)

Cranberry, Large Cranberry, American Cranberry, Bearberry, Grossfruechtige Moosbeere, Sassamanash, Klikva, Žorawina, La Canneberge, la grande Airelle rouge d'Amérique du Nord, l'Atoca ou l'Atac, Isokarpalo, Brusnic, Wšedna tymjenka, Tozegáfonya, Tranebær, Zurawina, Tranbär

Species

Light purple flowers; evergreen; large red berries; there is potential benefit of cranberry juice consumption (300 mL of cranberry juice per day) against bacterial infections in the urinary system; laboratory research shows that a possible effect may occur from a component of the juice inhibiting bacterial attachment to the bladder and urethra; raw cranberries are a source of polyphenol antioxidants, phytochemicals under active research for possible benefits to the cardiovascular system and immune system, and as anti-cancer agents, such as in isolated prostate cancer cells; in addition, it is uncertain whether polyphenols and flavonoids account for the benefits of diets rich in plant-derived foods; usually cranberries as fruit are cooked into a compote or jelly, known as cranberry sauce; such preparations are traditionally served with roast turkey, as a staple of English Christmas dinners, and the Canadian and US holiday Thanksgiving.

Akar manis

Glycyrrhiza glabra

Liquorice, Licorice, Lékorice lysá, Glat Lakrids, Lakritze, Réglisse, Slódnik, Slatki korijen, Akar manis, Édesgyör, L ukrecja gladka, Lakritsikasvi, Lakritsrot, Meyan

Species

The part harvested is the stout rootstock; the crowns and suckers disturbed during harvest can be stored and planted out in spring. However the plants have been hardy for years; the roots are used in candy making and in various formulations to treat coughs, sore throats and internal ulcers. Ayurvedic medicine.



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Alcaperro

Capparis spinosa var. inermis

Spineless Caper Plant, Alcaperro, Kaper, Kapar, Kappertjes, Caper Berry, Caper Bud, Caperbush, Caper Fruit, Kápari, Smooth Caper, Spiny Caper, Tapèra, Kapara trnitá, Tövises kapri, Cáprier, Wšedny kaporowc, Kapris

Spineless Select

White flowers with purple filaments; blue-green foliage; the caper plant, a shrubby deciduous native of the Mediterranean area, is grown for its flower buds 'Caper sodala'; the plant height is about 60-75 cm with branched horizontally spreading vines reaching 2-3 m in length; having a deep root system, the plant is resistant to drought; numerous flower buds are formed, one in every leaf axil; they are open for 1-2 days; the unopened flower buds are the primary product; these are hand harvested during the summer flowering period, often daily because the smallest buds have the highest value.; a mature plant is capable of producing 8-9 kg of buds annually; fresh caper buds are not palatable and until processed by pickling or brining; the principal use of capers is as a condiment; the pollinated flowers produce a fruit that is an elongated, green berry, containing many seeds.

Arnoglossa

Plantago asiatica

Chinese Plantain, Asian Plantain, Jil-kyung-ee, Che Qian Zi, Arnoglossa

Che Qian

Similar to our common western broadleaf plantain (*Plantago major*) but with slightly serrated leaf margins and a more open and upright growth habit; excellent choice for the Chinese herb garden; the leaves are spinach-eyed in texture, and especially when harvested during the cool months of the year, rate high in edibility, with little of the typical overwhelming tannic reaction of *P. major*; the seed is official to the Chinese pharmacopoeia; seeds are used to promote urination and to clear heat; specially noted for correcting eye problems caused by deficient liver and kidneys (such as dry eyes or cataracts) or excess heat in the liver channel (such as red, painful, swollen eyes); also useful for diarrhea and in obstetrics to reposition the foetus before birth.

Asal-as-Soos

Glycyrrhiza uralensis

Chinese Licorice, Gan Cao, Asal-as-Soos, Mulethi, Unani, Ural biyani

Species

A flowering plant native to Asia, which is used in traditional Chinese medicine; use Licorice root, or 'radix glycyrrhizae', and is one of the 50 fundamental herbs used in traditional Chinese medicine; it is usually collected in spring and autumn, when it is removed from the rootlet and dried in the sun; licorice root is most commonly produced in the Shanxi, Gansu and Xinjiang regions of China; as well as traditional Chinese medicine, Licorice root is used in Greco-Arab and Unani medicines, as well as in the traditional medicines of Japan, Korea, Vietnam, Pakistan, India and other Asian nations; recommend its oral use after removal of external layer to avoid side effects; people with heart conditions or high blood pressure should avoid ingesting extensive amounts of licorice, as it can further heighten blood pressure and lead to stroke; a Chinese legend tells how licorice root first came to be used in traditional Chinese medicine: A long time ago, there was an old doctor with excellent medicine skills; he opened his medical office in his home with a few



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students as assistants; one time, he had to leave home for a couple of days, and before the old doctor left, he gave his students several drug packages in order for them to help out with the home patients; the old doctor did not return home on time, and the medicine he left for his students were running out, and there were still many patients to cure; in the backyard, however, there were some chopped and dried grasses used for boiling the water left, so the students administered them to the patients and told them that it was their teacher's medicine; magically, the patients who were suffering from spleen and stomach problems, coughing phlegm, or with sore throats and ulcers were cured from this medicine; these dried grasses were liquorice roots; since then, liquorice roots have been widely used in Chinese medicine and healing.

Asiatic Ginseng

Panax ginseng (P. schinseng)(P. pseudoginseng)

Asiatic- or Korean Ginseng, Ginseng-slægten, Ginzeng, Wszechlek, Ginsengsläktet

Bai Shen

The true and legendary ginseng of the Orient; warms and strengthens the chi; it is usually prescribed to the elderly, mentally or physically exhausted, or to convalescents; the beneficial effects include; vitalizes organs, calms the nerves, stops anxiety palpitations, brightens vision, increases intellect and prolongs life; steaming the roots produces the red form favoured by the Koreans; the Chinese prefer the white form preserved in syrup or simply dried; best commercial variety; yellowish flowers; bright red fruits.

Asparagus Pea

Tetragonolobus purpureus (Lotus edulis)(L. purpureus)(L. tetragonolobus)

Asparagus Pea, Asparagus Clover, Lotus Pea, Winged Pea, Le Lotier rouge, Pois Asperge, Pois Café, Lotier Culivé, Lotier Tetragone, Rote Spargelerbse, Echte Spargelerbse, Kaffee-Erbse, Englische Erbse, Ginestrino rosso, Roslina jednoroczna, Cerujeny štyrjownik

Species

Dark red flowers followed by winged pods; edible when young; a connoisseur's vegetable; the edible pods contain small amounts of protein, carbohydrates, fiber, and iron; they can reach a length of about two inches; the four-sided, light green pods have ruffled edges, giving it a frilly, or winged look; when quickly sautéed whole, the young pods have a flavour reminiscent of asparagus.

Aztec' Sweet Herb

Phyllia dulcis (Phylla scaberrime)(Lippia dulcis)

Aztec' Sweet Herb, Plante sucrée des Aztèque, Aztekisches Süßkraut, Aztekenkruid, Hierba dulce azteca, Oroznz, Mexican Lippia, Aztécké sladidlo

Species

Fast growing attractive groundcover for areas with mild winters; the leaves have a curious and amazingly sweet flavour; research into its use as a sugar substitute seems to indicate a tendency to cause thyroid cancer in laboratory rats; up to 55% of its essential oil is camphor; an attractive curiosity; excellent in hanging baskets; the leaves turn red when the temperature drops.



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Baby Blues

Eritrichium x canum

Mountain Forget-Me-Not

Baby Blues

This most attractive new compact hybrid produces dense flower spikes of large, brilliant sky-blue flowers; if sown early, it makes a solid dome of dazzling flowers producing an unforgettable display all summer long.

Balm-of-Gilead

Cedronella triphylla (C. canariensis)

Balm-of-Gilead, Canary Balm, Baume de Gilead, Wohlriechender Drachenkopf, Kanarischer Zitronenstrauch, Balsamstrauch, Citronört, Kanarisk Hjertensfryd

Species

Easy, aromatic perennial in the mint family, grows in an erect fashion and carries dense heads of pretty pink flowers for months. It is a shrubby plant with scented, trifoliate leaves from the Canary Islands and Madeira; the leaves have a scent variously described as sweet, musky or cedar-like and are used as tea. Anyway it is not the balm of Gilead mentioned in the Bible; when gently rubbed, the leaves of this shrub give off a very sweet odour; in July it bears spikes of purple or white flowers; a lovely plant - even the seeds smell nice!

Beau Shiso

Perilla frutescens (Ocimum frutescens)(P. ocimoides)

Beefsteak Plant, Purple Mint, Chinese Basil, Perilla Mint, Chinese basil, Wild Basil, Perilla de Nankin, Kaennip, Sesamblatt, Schwarznessel, Wilder Sesam, Pachnotka zwyczajna, Bladmynta, Aojiso, Akajiso, Cinnamon Plant, Purpurnesle

Beau Shiso

An annual aromatic herb widely cultivated in throughout Eastern Asia and in Japan for its foliage and edible seed oil, since 1770; originated in Southeast Asia but is now widely domesticated and is also known as Red Shiso; leaf margins are toothed and usually brownish purple or bronze coloured and even variegated; some cultivars are green; the leaves are appreciated for their curry-like flavour; the red perilla has red leaves and is used mostly in fish stews in China; Koreans make pickled "wild sesame" perilla leaves with red chilli powder and soy sauce; oil extracted from P. frutescens var. frutescens "is still used to cover cookies in rural areas of Korea"; parts of the plants eaten are the leaves, flowers and buds from the flower stalks, fruits and seeds (mericarp), and sprouts; Japanese use green shiso leaves raw with sashimi; dried leaves are also infused to make tea; the red shiso leaf is not normally consumed fresh, but needs to be cured, e.g. in salt; the pigment in the leaves turns from purple to bright red colour when steeped in umezu, and is used to colour and flavour umeboshi; Vietnamese cuisine uses a similar variety called the Vietnamese perilla, with greenish bronze on the top face and purple on the opposite face; in Vietnam, it is called tía tô, and is usually eaten as a garnish in rice vermicelli dishes called bún and a number of stews and simmered dishes; it is also an essential ingredient in Vietnamese nem dishes (rice paper rolls).

Black Benny

Eryngium foetidum

Long Coriander Leaf, Chi yùhn sèui, Yèuhng yùhn sèui, Chi yuhn seui, Yeuhng yuhn seui Ci yuán sui, Yáng yuán sui, Ci yuan sui, Yang yuan sui, Eringio, Langer Koriander,

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Mexicanischer Koriander, Puerto Rican coriander, Black Benny, Saw leaf herb, Mexican coriander, Saw tooth coriander, Spiny coriander, Fitweed Chardon étoile fétide, Panicaut fétide, Herbe puante, Coriandre mexicain; Coulante (Haïti, Bhandhania, Bhandhanya (Trinidad and Tobago, Hungarian Hosszú koriander, Mexikói koriander, Puerto Ricó-i koriander, Indonesian Walangan, Pereniaru-korianda, Nokogiri-korianda Khmer Chi banla, Chi baraing, Chi sangkaech, Chi pa-la, Chi parang, Phak Hom, Kvapioji zunda, Ketumbar Jawa, Chicória-de-caboclo, Coentro-bravo, Coentro-de-Caboclo, Vietnamski koriandr, Meksikanski koriandr, Sinegolovnik vonyuchi, Slovak Koriander, Culantro (Haïti); Recao, Racao (Puerto Rico); Shado beni (Trinidad); Chadron benee (Dominica), Alcapate (El Salvador), Cilantro habanero, Cilantro extranjero (México, Mexikansk koriander, Pak chi farang, Phakchi farang, Hom-pomkula, Mae-lae-doe, Mui t?u, Ngò gai, Ngò tày, Mui tau, Ngo gai, Ngo tay, Ngo tau

Species

A native of the West Indies and the warmer parts of continental America; it is a tiny little plant, grown for its long, Cilantro-scented leaves, bearing small heads of greenish flowers, each head being surrounded by a ring of spiny-toothed bracts. It is commonly used in place of Cilantro throughout the tropics; the leaves are one of the most popular seasoning herbs in Puerto Rican cuisine having the taste and aroma of coriander but perhaps stronger. They are used, usually fresh and are high in calcium, iron, carotene and riboflavin. Tea from the leaves is used to treat flu, constipation, diabetes and fevers. It can be grown indoors and used year-round. Used plant parts: Fresh leaves; plant family Apiaceae (Parsley family).

Black Cardamom

Amomum subulatum (*Amomum aromaticum*)

Black Cardamom, Hill Cardamom, Bengal Cardamom, Greater Cardamom, Indian Cardamom, Nepal Cardamom, Winged Cardamom, Brown Cardamom, Zwarte of Grote Kardemom

Yi Zhi Ren

The pods are used as a spice, in a similar manner to the green Indian cardamom pods; but those have a different flavor; unlike green cardamom, this spice is rarely used in sweet dishes; its smoky flavor and aroma derive from traditional methods of drying over open flames.

Bride of Angola

Basella rubra

Ceylon Spinach, Indian Spinach, Malabar Spinach,; Malabar nightshade; Alugbati, Alabati, Phooi leaf, Red Vine Spinach, Creeping Spinach, Climbing Spinach, Indian Spinach, Philippine Spinach, Asian Spinach, Baselle de Chine, Bride of Angola, Indische Spinat, Malabarspinat, Indiasche Spinazie, Espinaca de Malabar, Espinaca China, Libatu, Libato, Malabarinpinaatti, Espinac de Ceilan

Beau Rouge

A very ornamental trailing species with large, bright glossy red leaves born in abundance; used as a vegetable substitute for spinach on places where it is impossible to grow and produce the common spinach; in moderate temperatured areas it is a fine species for pots, tubs and baskets, decorating pergolas and so on; especially the Beau Rouge has beautiful dark green, veined leaves, changing to dark red; typical of leaf vegetables, Malabar spinach is high in vitamin A, vitamin C, iron, and calcium; it is low in calories by volume, but high in protein per calorie; the succulent mucilage is a particularly rich source of soluble fibre; among many other possibilities, Malabar spinach may be used to thicken soups or stir-fries with garlic and Chile peppers; in Karnataka Cuisine (Karavali and Malnad regions), the leaves and stems are used to make Basale Soppu Saaru/Curry (especially in combination with Jackfruit seed); in Bengali cuisine it is widely used to cook with Ilish fish and Basella curry]; the vegetable is used in Chinese cuisine; it has many names include flowing water



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vegetable; in Vietnam, particularly the north, it is cooked with crab meat, luffa and jute to make soup; in Odisha, India, it is used to make Curries and Saaga (any type of dish made from green leafy vegetables is called Saaga in Odisha; in the Western Ghats in Maharashtra, India, it is used to make bhaji; in Africa, the mucilaginous cooked shoots are most commonly used; Malabar spinach can be found at many Chinese/Vietnamese/Korean/Indian grocery stores, as well as farmers' markets; it has been shown to contain certain phenolic phytochemicals and it has antioxidant properties.

Cang Er

Xanthium sibiricum

Siberian Cocklebur, Spitzkletten, Dagišius, Rzepien, Pitrak

Cang Er

An annual plant used in traditional Chinese medicine; today, it is often used in combination with other herbal products, such as magnolia flower and angelica root; it grows mainly in northern Iran, China, and parts of Asia; the fruit is an egg-shaped burr with numerous hooked spines; it has been traditionally used for sinus congestion, chronic nasal obstructions and discharges, respiratory allergies, and rheumatoid arthritis; it has also been used to relieve aches and pains, as well as headaches associated with nasal congestion and sinusitis; it contains toxic chemical compounds, which may cause severe hepatitis with fatal liver failure or interactions with the liver's detoxification systems; overdosing of Siberian cocklebur may cause severe side effects including coma and death; high-quality human research on the safety or effectiveness of Siberian cocklebur is currently lacking.

Chapelière

Petasites hybridus

Butterbur, Bog rhubarb, Devil's hat, Pestilence wort, Gewöhnliche Pestwurz, Grand pétasite, Chapelière, Grand pas d'âne, Groot Hoefblad, Devetsil lékarský, Rød Hestehov, Vörös acsalapu, Lepieznik różowy, Farfaraccio maggiore, Legepestrot Devätsil lekárskyp

Species

A herbaceous perennial plant in the family Asteraceae, native to Europe and northern Asia; the flowers are produced in the early spring, before the leaves appear; they are pale pink, with several inflorescences clustered on a 5–20 cm stem; the leaves are large, on stout 80–120 cm tall stems, round, with a diameter of 40–70 cm; the herbalist Nicholas Culpeper called it "a great preserver of the heart and reviver of the spirits"; its many uses in folk medicine include applications as a diuretic and muscle relaxant, and to treat coughs, fever, wounds, stammering, headaches, asthma and stress; not all of these uses are supported by scientific research.

Celtuce

Lactuca sativa var. asparagina (L. sativa var. augustana)(L. sativa var. angustata)

Celtuce, Stem Lettuce, Celery Lettuce, Asparagus Lettuce, Chinese Lettuce, Wosun, Celtuce, Stengelsla, Sladerij, Lechuga China, Lechuga de tallo, Apio Lechuga, Espárrago Lechuga

Species

A cultivar of lettuce grown primarily for its thick stem, used as a vegetable; it is especially popular in China; the stem is usually harvested at a length of around 15–20 cm and a diameter of around 3–4 cm; it is crisp, moist, and mildly flavoured, and typically prepared by slicing and then stir frying with more strongly flavoured ingredients.



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Chia

Salvia hispanica

Spanish Sage, Chia Sage, Chia, Salvia de Espanha, Szalwia hiszpanska, Chiafro

Species

Originated in the central Valley of Mexico; it was largely cultivated by the Aztecs in pre-Columbian times as one of five major plant sources of food; after the arrival of the Spanish, the plant became almost extinct because of cultural and religious reasons; however it is an incredible super grain; Chia is grown commercially for its seed, a food that is very rich in omega-3 fatty acids, since it is the vegetable source with the most omega-3 content, specifically a-linolenic acid (ALA); it also adds antioxidants and a variety of vitamins, minerals and fibre; one gram has as much omega-3 as 28 grams Atlantic salmon; as much Calcium as a cup of milk; as much iron as 1/2 cup of spinach leaves; as vitamin C as 2 oranges and as much potassium as half a banana; for all these health related benefits. Chia is in the process of application before the EU authorities to be considered as a novel food.

Chicagoua

Allium tricoccum (Validalium tricoccum)

Wild Leek, Ramp, Spring Onions, Ramson, Wood Leek; Wild Garlic, Daslook, Chicagoua

Species

An early spring vegetable, a perennial wild onion with a strong garlic-like odour and a pronounced onion flavour; the leaves of this curious woodlander resembles Lily of the Valley, in summer, when the leaves are all but forgotten, up sprout naked flower stems topped with a round cluster of yellowish white flowers; this slow-growing wildflower is harvested for ramps festivals in spring; known in the culinary world, this wild leek is used much like onions or garlic; this species probably has most of the medicinal virtues of garlic, but in a milder form; traditionally the leaves were used in the treatment of colds and croup, and also as a spring tonic; the warm juice of the leaves and bulb was used externally in the treatment of earaches; a strong decoction of the root is emetic.

Chinese Motherwort

Leonurus japonicus (L. heterophyllus)

Chinese Motherwort

Yi-Mu-Cao

A herbaceous perennial plant in the mint family; has a square stem and opposite leaves; the leaves have serrated margins and are palmately lobed with long petioles; basal leaves are wedge shaped with three points and while the upper leaves are more latticed.; flowers appear in leaf axils on the upper part of the plant and it blooms between June - August; the flowers are small, pink to lilac in colour often with furry lower lips; the plant grows to about 60–100 cm in height; it can be found along roadsides and in vacant fields and other disturbed areas; has a long history of use as a herb in traditional medicine in Central Europe, Asia and North America; like many other plants, it has been used for a variety of ills; midwives use it for a variety of purposes, including uterine tonic and prevention of uterine infection in women, hence the name Motherwort; the herb contains the alkaloid leonurine, which is a mild vasodilator and has a relaxing effect on smooth muscles; for this reason, it has long been used as a cardiac tonic, nervine, and an emmenagogue; among other biochemical constituents, it also contains bitter iridoid glycosides, diterpinoids, flavonoids (including rutin and quercetin), tannins, volatile oils, and vitamin A.



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Chocolate Flower

Berlandiera lyrata

Chocolate Flower, Schokoladenblume, Lyreleaf Greeneyes,

Green Eyes

This fascinatingly aromatic plant produces a strong smell of chocolate detectable at several paces' distance; they fill the air with the scent of chocolate in early morning; it has deeply lobed silvery leaves and bears in early summer beautiful yellow petalled star-shaped flowers with green centres; followed by seed heads which can be dried; see if you can get away with a bunch of these as a gift in place of those thin, after dinner minty chocolates! The flowers attract butterflies & other beneficial insects; *Berlandiera* is a tough plant; it prefers dry, well-draining soil & is heat tolerant.; it forms a low sprawling plant.

Curry Plant

Helichrysum italicum (H. angustifolium)

Curry Plant, Everlasting, Immortelle, Currykraut, Kerriplant, Heiligenbloem, l' Hélichrysum d'Italie avec l' odeur forte de [curry](#), Karryplante, Siempreviva del, monte, Olasz szalmagyopár

Species

Is sometimes called the curry plant because of the strong smell of its leaves; it grows on dry, rocky or sandy ground around the Mediterranean; the stems are woody at the base and can reach 60cm or more in height; the clusters of yellow flowers are produced in summer, they retain their colour after picking and are used in dried flower arrangements; the plant produces an oil from its blossoms which is used for medicinal purposes; it is anti-inflammatory, fungicidal, and astringent. It soothes burns and raw chapped skin. it is used as a fixative in perfumes. It has an intense fragrance.

Da-Huang

Rheum palmatum var. tanguticum

Chinese Rhubarb, Gansu Rhubarb, Turkey Rhubarb, Russische Rabarber, Tanqut , Ruibarbre turc, Ruibarbre xinès, Arrel de ruibarbre, Handlappiger Rhabarber, Zier-Rhabarber, Rabarbar dloniasty, Flikrabarber

Da Huang

This scarce form has even larger leaves of more intense rosy-purple; it continues to produce new, freshly coloured leaves until late summer; tall spikes of pink fluffy panicles in early summer; seeds are coming from a production in the Gansy province, where traditionally the best medicinal rhubarb comes from; the right material for medicinal use and for commercial medicinal rhubarb production; a non-constipating laxative and anti-cancer herb.

Danshen

Salvia miltiorrhiza

Chinese Sage, Red-rooted Sage, Rotwurzeln-Salbei, Pinyin; Danshen, Huang Ken, Radix Salvia, Salvia Root, Ten Shen, Tan Shen, Dan sâm

Species

Rarely seen in western cultivation is this interesting and ornamental Sage from China; with unusual leaves divided into two or three pairs of opposite leaflets, it bears spikes of blue, two-lipped flowers; it is an important herb in Chinese medicine being used for many treatments including ones for heart, calming the nerves and insomnia; it will like a sheltered position; traditionally used to stabilize the heart and calm the nerves, and to "lighten" or to "remove stagnant" blood; clinical experience shows that the roots are effective against



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angina pectoris, cerebral atherosclerosis, intravascular clotting and phlebitis; reduces blood pressure, improves circulation by dilating the blood vessels, and reduces blood cholesterol; useful for palpitations, irritability and insomnia; also effective against hepatitis, infections, and many skin diseases such as shingles, dermatitis and psoriasis.

Fang Feng

Saposhnikovia divaricata (Siler d.)(Ledebouriella d.)

Chinese Laserwort

Fang Feng

Important Chinese remedy for colds, fevers and sinus problems, especially those of a persistent "wind-moist" nature; roots are analgesic, antipyretic, and antibacterial; also used to harmonize the spleen and liver, and to treat migraine and rheumatoid arthritis; close relative to parsley; aromatic leaves are eaten as a potherb in northern China.

Finocchio Bronze

Foeniculum vulgare

Bronze Fennel, Fenouil bronze, Etruscan, Finocchio, Selvatico

Burning Bronze, the mounds of shiny, bronze, feathery foliage and decorative large umbels of yellow flowers tinged with bronze make this herb an outstanding addition to the herb- or flower garden; a fine, hazy complement to brightly coloured flowers and chunky leaves and particularly appealing when shimmering with raindrops; shave the plants to the ground as the flower heads are becoming heavy, because of the seed-setting, for a second crop of juvenile growth; Fennel has a long history of medicinal and culinary use; the sweet, mild anise flavour of the leaves is best appreciated fresh. Ayurvedic medicine

'Above the lower plants it towers,
the Fennel with its yellow flowers;
and in an earlier age than ours
was gifted with the wondrous powers
lost vision to restore.'

Longfellow

Gold-of-Pleasure

Camelina sativa

Gold-of-Pleasure, Cameline, Lin bâtard; Sésame d'Allemagne, Saatileindotter, Tsitsmati, Huttentut, Dederzaad, Vlasdodder, Vlasdotter, Magvas gomborka, Lnicznik siewny, Oljedádra

Species

Small yellow flowers followed by an abundant crop of an edible oil seed used in cooking; the peppery leaves are eaten fresh, like rucola or arugula ; the stems give a fibre; Camelina oil has limited commercial importance until modern times; currently, the breeding potential is unexplored compared to other oilseeds commercially grown around the world; the crop is now being researched due to its exceptionally high levels (up to 45%) of omega-3 fatty acids, which is uncommon in vegetable sources; seeds contain 38 to 43% oil and 27 to 32% protein. over 50% of the fatty acids in cold pressed camelina oil are polyunsaturated; the oil is also very rich in natural antioxidants, such as tocopherols, making this highly stable oil very resistant to oxidation and rancidity; it has 1 - 3% erucic acid; the vitamin E content of camelina oil is approximately 110 mg/100 g; it is well suited for use as a cooking oil; it has an almond-like flavour and aroma; because of its apparent health benefits and its technical



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stability, camelina oil are being added to the growing list of foods considered as functional foods.

Graciola

Gratiola officinalis

Hedge Hyssop, Gratiola officinale, Gottes Gnadenkraut, Fischkraut, Gichtkraut, Gnadenkraut, Nieskraut, Purgierkraut, Weißer Aurin, Weißes Gallenkraut. Genadekruid, Graciola, Hierba de las calenturas, Hierba del pobre, Konitruď lékarský, Nădesurt, Navadna božja milost

Species

white or pink flowers flushed with purple; prefers moist position; a perennial native of southern Europe; easy culture; is used in homeopathy. Formerly used for chronic eczema, scrofula, jaundice and dropsy.

Greek Oregano

Origanum vulgare subsp. hirtum (O. heracleoticum)(O. smyrnaeum)

Greek Oregano, Winter Marjoram, Griechischer Oregano, Görög Szurokfű, Kreikkalainen Oregano, Grekisk Oregano

Tasty

The ancient Greeks believed the Goddess Aphrodite created oregano's spicy scent as a symbol of happiness & so, they crowned bridal couples with oregano wreaths; not a bad reason to grow this most flavourful of the oreganos with mid-green, oval pointed leaves, slightly wavy at the edges; a famous culinary herb, the best Oregano for cooking; delicious, pungent flavour so intense it numbs the end of your tongue when fresh, better than the true Oregano, a standard in pasta and tomato sauces of all kinds; also good with meats; this plant yields an essential oil, often substituted in commerce for the oil of the preceding species (Oleum Origani) this variety, which is native to the Mediterranean, makes an attractive edging plant or excellent pot herb; it blooms with little white flowers in summer, but you should keep it trimmed to prevent bloom and encourage leaf production.

Grindelia

Grindelia robusta (G. camporum)

Gumplant, Wild Sunflower, Grindelia Herb, Grindeliakruid, Grindelie, Grindelienkraut, Gummikraut, Korbblutler, Rosinweed, Great Valley Gumweed, Gumweed, Aufrechte Grindelie, Gyantásgyom, Zaplevanka, Mohutná, Mal-me-quer-do-campo, Dogledka wielka

Species

Golden yellow daisies in umbels; of easiest culture; a very nice summer-nosegay-flower for a place in full sun; the name " gum plant " is applied especially to Grindelia robusta on account of the fact that the entire plant is covered with a resinous substance, giving it a gummy, varnished appearance; it is an erect herb with a round, smooth stem; the leaves are green, leathery, rather rigid, and covered with resin; the plant branches freely near the top, each branch terminating in a flower; efficacious for colds, coughs, nasal congestion and bronchial irritations; also utilized as a healing wash for burns, rashes, blisters and poison ivy.

Harmal

Peganum harmala

Esfand, Wild Rue, Syrian Rue, African Rue, Harmal, Steppenraute, Syrische Wijnruit, Szíriai rutafű, Pogoniek rutowaty, Pilviharmikki, Üzerlik



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Urumqui

Once used by Arabic people as a medicinal herb; seeds contain harmaline; likes dry sandy soils and much sun; sprawling plant with yellowish white flowers and sparge leaves; experimented with as a truth serum by the CIA and their predecessors, the Gestapo; speculated by some ethno botanists to be the 'Soma' of Vedic scriptures; the root is used in Asia to treat rheumatism and nervous disorder; the seeds of this plant are used to obtain the dye "Turkish Red" used in Persian (and others) carpets.

Hawaiian Baby Woodrose

Argyreia nervosa (A. speciosa)(Convolvulus s.)

Hawaiian Baby Woodrose, Adhoguda, Vidhara, Elephant Creeper, Woolly Morning Glory, Liane d'argen, Rose des bois, Hawaïianische Holzrose, Ruusunorsukierto

Species

A native medicinal from India and an elegant climber with showy funnel-shaped flowers and handsome heart-shaped leaves; it produces large, rosy purple (6-8 cm.) flowers in long-stalked clusters, followed by attractive brown pods with persistent sepals, the 'wooden rose' valued in dry arrangements; the leaves grow to 30 cm. across and their backs are covered with silvery down, hence the name, which means 'Silken Cord'; the plants are extremely tolerant of being dug up each year, and does not seem to mind severe root-pruning and cutting back; anyone who loves large vines, should be able to grow this one and winter it over easily in a greenhouse; used in ayurvedic medicine, but with little to no psychoactive value; Hawaiian Baby Woodrose seeds may be consumed for their various ergoline alkaloids, such as Lysergic acid amide, which can produce psychedelic effects; the plant is a rare example of a plant whose hallucinogenic properties were not recognized until recent times; despite the fact that the chemical composition of its seeds is nearly identical to those of the two species mentioned above, and the seeds contain the highest concentration of psychoactive compounds in the entire family.

Hedge Garlic

Alliaria petiolata (A. officinalis)(Sisymbrium alliaria)

Garlic Mustard, Hedge Garlic, Garlic Root, Sauce-alone, Jack-in-the-bush, Penny Hedge, Poor Man's Mustard, Jack-by-the-hedge, Alliaire officinale, Herbe à l'ail, Knoblauchskraut, Knoblauchsrauke, Look zonder Look, Almindelig Løgkarse, Kányazsombor, Czosnaczek pospolity, Löktrav

Species

Pot-herb; leaves high in Vitamin C, seed has garlic flavour, roots are made into a condiment resembling horseradish; prefers full sun to light shade; the chopped leaves are used for flavouring in salads and sauces such as pesto, and sometimes the flowers and fruit are included as well; these are best when young, and provide a mild flavour of both garlic and mustard; the seeds are sometimes used to season food directly in France; was once used medicinally; as a disinfectant or diuretic, and was sometimes used to heal wounds.

Herbe-de-Saint-Pierre

Crithmum maritimum

Rock Samphire, Sea Samphire, Criste-Marine, Fenouil marin, Perce-pierre, Herbe-de-Saint-Pierre, Zeevenkel, Meer-Fenchel, Perrexil-do-mar, Funcho-marítimo, Hinojo Marino

Species

Yellowish flower heads; blue-green, feathery foliage; rock samphire has fleshy, divided aromatic leaves that Culpeper described as having a "pleasant, hot and spicy taste"; the stems, leaves and seed pods may be pickled in hot, salted, spiced vinegar, or the leaves used fresh in salads.

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1601 PR

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Holligold

Calendula officinalis

Pot Marigold, Souci officinal, Ringelblume, Goudsbloem, Botón de oro, Corona de rey, Caléndula Flamenquilla o rosa de muertos, Kehäkukka, Ringblomma, Solsocka, Calendule, Gold Bloom, Holligold, Marybud

Nova Vitae,

Vibrant orange, single daisy-like flowers above fresh green foliage; superb grown in drifts in beds and borders and as a cut flower; the plant has anti-septic and many other beneficial properties.

Golde is bitter in savour
Fayre and yelu in his floweir
Ye golde flour is good to sene
Wyscely to loken on his flowris
Draweth out of ye heed wikkid hirores

Huang-Qi

Astragalus mongholicus (A. membranaceus var. mongholicus)

Chinese Milk Vetch, Chinese Astragalus, Hokjespeul, Beg Kei, Buck Qi, Yellow Leader

Huang-Qi

Famous and important Chinese medicinal herb; light yellow flowers in spikes, followed by semi-transparent pods; hardy perennial with pinnate leaves; originally from North-eastern

China, Mongolia; the long flexible roots are in the same category as ginseng and eleuthero; highly valued as 'Qi tonic' - affecting many parts of the body.

"Every sort of wasting or exhausting disease is thought to be benefitted by it" by Pen Tsao of Li Shichen.

Huckleberry

Vaccinium myrtillus (V. canadense)

Whortle Berry, Huckleberry, Common Bilberry, Blue Whortleberry, European Blueberry, Blauwe Bosbes, Blaeberry, Hurtleberry, Winberry, Fraughan, Mirtillo nero, Fekete áfonya, Borówka czarna, Brusnica cucoriedková, Blåbär, Yöresel adlandirma, La Myrtille, l'Airelle

Species

Has been used for nearly 1,000 years in traditional European medicine; herbal supplements of V. myrtillus on the market are used for circulatory problems, as vision aids, and to treat diarrhea and other conditions; in cooking, the bilberry fruit is commonly used for the same purposes as the American blueberry: pies, cakes, jams, muffins, cookies, sauces, syrups, juices, candies and so on; since bilberries are more fragrant, and have more concentrated flavor and vitamins (like all more natural wild fruit varieties), they are especially well suited for making cough syrups and bilberry wine; in traditional medicine, the leaf is used for different conditions, including diabetes; the National Institutes of Health rates it as "possibly effective for problems with the retina of the eye in people with diabetes or high blood pressure.



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1601 PR

Enkhuizen
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Indian Ginseng

Withania somnifera

Kuthmithi, Clustered Winter-Cherry, Indian Ginseng, Schlafbeere, Winterkirsche, Winterkers, Álombogyó, Rohtokoisio

Ashwagandha,

An interesting, ornamental woolly or hoary small shrubby perennial from India with small, colourless flowers; orange-red berries used for shampoo and soap; a valuable medicinal plant, the leaves have marked antibiotic, anti-viral and insecticidal properties; extensively used as a tonic aphrodisiac, hypnotic, diuretic, memory improver, tranquilizer etc.; holding a place similar to that of Ginseng in some traditions; needs more attention from researchers; easy to grow as an annual; has papery husks around the fruits, similar to these of *Physalis*; extremely useful in dry flower arrangements; Ayurvedic medicine.

Kang Kong

Ipomoea aquatica (*Ipomoea reptans*)

Aquatic Morning Glory, Chinese Water Spinach, Creeping Swamp Morning Glory, Entsai, Kang Kong, Pink Convolvulus, Potato-vine, Swamp Cabbage, Swamp Morning Glory, Ung ts'oi, Ung-choi, Water Convolvulus, Liseron d'eau, Patate Aquatique, Patate d'eau, Espinaca Acuática

Species

An herbaceous perennial aquatic or semi-aquatic plant of the tropics and subtropics; trailing vine-like stems are hollow, adapted for floating in aquatic environments; roots readily develop at nodes that are in contact with moist soil or water; it needs lots of water for fast growth; it has a uniquely squishy-chewy texture; the stems are slightly crunchy at the outset, but give way easily because there is nothing in the middle (if too mature, the stems will be tough); the delicate leaves are soft and melt-in-your-mouth tender; the flavour is a bit woody and slightly bitter, a little bit like spinach crossed with chives; when stir-fried, the oil and flavours coat both the exterior and interior of the vegetable, allowing for a slightly greasy burst of flavour in your mouth; with the rich salty tang from the preserved shrimp and the popping heat of the chillies, it is truly divine.

Lady Murasaki

Lithospermum purpureo-caeruleum (*Buglossoides* p.)

Purple Gromwell, Kamejka modronachová, Bjerg-Stenfrø, Blaurote Steinsame, Blaurote Rindszunge, Grémil pourpre bleu, L'erba-perla azzurra, Erdei gyöngyköles, Blauw parelzaad, Nawrot czerwonoblekitny, Murasaki

Dark Rival

A rampant, hardy perennial, for wild shady places; it will grow everywhere, in fact it can be used where nothing else will grow; Dark Rival is an effective dark carpet, with inky, very dark blue flowers, opening from reddish buds; they are lovely and appear from May to July; it has an extended manner of growth, sending out long, adventuring stems clothed with narrow, dark green leaves, which root where they touch the soil, after flinging..... themselves down banks, and over hedges and make small tufted plants, which in turn start their long-arm movement; the plant needs plenty of room and is definitely not desirable for a normal rock garden; it has been cultivated in Japan since the Nara period for its root, which can be used for herbal medicine and to make dyes; one Japanese word for the plant, murasaki, inspired the pen name "Lady Murasaki" for the author of *The Tale of Genji* and is also the source of the general Japanese term for the color purple, murasaki iro; the dyes



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made from its root also had other names, such as shikon, but all of them were difficult to work with because of their requirement for an alum-rich mordant and the resulting colours' extreme vulnerability to photobleaching; during the Heian Period, sumptuary laws restricted murasaki-dyed clothing to the Empress and her ladies in waiting.

La Liquirizia

Glycyrrhiza echinata

Wild Licorice, Russian Licorice, Roemisches oder Russisches Sueszholz, La Liquirizia di Dioscoride, Liquirizia setolosa

Species

A large shrubby plant, the sticky compound leaves of this plant smell like burning rubber; both *G. echinata* and *G. glabra* are held in almost as high esteem as Ginseng by the Chinese. Both species are held to be tonic, alexipharmic, alterative, rejuvenative and expectorant. Racemes of purple flowers; glabrous foliage; licorice roots.

Lily of St. Nicholas

Pancratium maritimum

Sea Daffodil, Sand Daffodil, Sand Lily, Lily of St. Nicholas, Lis maritime, Lis de mer, Lis des sables, Dünen-Trichternarzisse, Strandlilie, Hietamerinarsissi, Strandlilja, Kum zambagi

Species,

A species of bulbous evergreen, handsome plant native to the Mediterranean region and south-western Europe; can also be seen on the south Bulgarian and north Turkish coasts of Black Sea, where it is threatened with extinction; it grows on coastal sands or just above the high tide mark. the Latin *maritimum* means "of the seashore"; first introduced 1579 from South Europe; large tussocks of flat, blue-green leaves with, in early summer, 4-10 beautiful, kind of Daffodil-like, large, fragrant, pure white flowers; they have a pleasing, exotic and very subtle lily scent, which only becomes apparent during still, windless summer nights that allow the delicate fragrance to become perceptible; to can be grown on a dry warm, sunny place but grows to best advantage in a greenhouse.

Lingonberry

Vaccinium vitis-idea

Lingonberry, Cowberry, Csejka berry, Foxberry, Quailberry, Beaverberry, Mountain Cranberry, Red Whortleberry, Bearberry, Lowbush Cranberry, Cougarberry, Mountain Bilberry, Partridgeberry, Brusnice brusinka, Tyttebær, Preißelbeere, Grante, Moosbeere, Riffelbeere, Grestling, L'Airelle rouge, Vörös áfonya, Rode bosbes, Vossenbes, Borówka brusznica, Lingon

Species

a short evergreen shrub in the heath family that bears edible sour, slightly sweet, slightly bitter fruit, the flowers are bell-shaped, white to pale pink and produced in the early summer; the fruit is a red berry ripening in late summer to autumn; native to boreal forest and Arctic tundra throughout the Northern Hemisphere from Eurasia to North America; in the past it was seldom cultivated, but fruit was commonly collected in the wild; recently, commercial cultivation has begun; the berries are quite tart, so they are often cooked and sweetened before eating in the form of lingonberry jam, compote, juice, smoothie or syrup. The raw fruit are also frequently simply mashed with sugar, which preserves most of their nutrients and taste; fruit served as compote often accompany game meats and liver dishes; in Sweden and Norway, reindeer and elk steak is traditionally served with gravy and lingonberry sauce; preserved fruit is commonly eaten with meatballs and potatoes in Sweden and Norway, and also with pork; a traditional Swedish dessert is lingonpårön



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1601 PR

Enkhuizen
The Netherlands

(literally lingonberry pears) which is fresh pears which are peeled and boiled in lingondricka (lingonberry squash) and then preserved in the pear-infused lingonberry squash and not uncommonly eaten during Christmas; this was very common in old times, because it was an easy and tasty way to preserve pears; in Sweden and Russia, when sugar was still a luxury item, the berries were usually preserved simply by putting them whole into bottles of water; this was known as vattlingon (watered lingonberries); the procedure preserved them until next season; this was also a home remedy against scurvy; in Russia this preserve had been known as "lingonberry water" and is a traditional soft drink; in Russian folk medicine, lingonberry water was used as a mild laxative; a traditional Finnish dish is sautéed reindeer (poronkärstys) with mashed potatoes and lingonberries, either cooked or raw with sugar; in Finland, a porridge made from the fruit is also popular; in Poland, the berries are often mixed with pears to create a sauce served with poultry or game; the berries can also be used to replace red currants when creating Cumberland sauce to give it a more sophisticated taste.

Lyciet de Chine

Lycium chinense

Chinese Box Thorn, Chinese Wolfberry, Ko-chi, Goji-berry, Lyciet de Chine, Kolcowój chiniski, Kustovnica čínska, Bredbladigt bocktörne

Gou-Qi-Zi

Is believed to be a native to China and Japan, was domesticated in temperate eastern Asia; perennial plant is a glabrous, thick-stemmed shrub with a semi prostrate branching growth habit and deciduous; blooming with yellow-throated, small, reddish purple flowers from June to September, followed by attractive, elongated, orange-red berries in August to October; it is a graceful arching shrub, with bright green oval leaves; rather hardy in the north. It is a splendid sight in autumn gardens, when its slender branches are laden with the berries; these branches are much valued in Japanese flower arrangements; the young, tender, ovate leaves and shoot tips are eaten in salads or boiled with rice as flavouring and are also drunk as tea; the berries are eaten and medicinal wine is made from them; leaves, roots and fruits are all highly valued in the Chinese medicine.

Makino

Siegesbeckia pubescens

St. Pauls Wort, Xi Xian Cao

Makino

Small daisy-like flowers on this otherwise rather ordinary, sun-loving annual; easy to grow; the whole plant is anodyne, cardiac, febrifuge, salve, stimulates blood circulation; the juice of the plant is used externally in the treatment of ringworm, other parasitic infections and as a protective cover for wounds; a paste of the plant is applied to wounds between the toes that have been caused by prolonged walking barefoot in muddy water; a decoction of the plant is also used in the treatment of rheumatoid arthritis, pains and aches in the legs and sides, hemiplegia, hypertension, sciatica, weeping dermatitis and mastitis; a paste of the root is used in the treatment of indigestion; the juice of the root is applied to wounds.



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Malotira

Sideritis syriaca

Mountain Tea, Cretan Mountain Tea, Ironwort, Tsai tou vounou, Griechischer Bergtee, Bergthee, Syrisches Gliedkraut, Gresk fjell-te, Malotira

Species

For warm, well-drained gardens; low woody stems support rosettes of white woolly leaves from which emerge in midsummer, long, graceful flower heads rather like *Stachys byzantina*, but with small lemon-yellow flowers, tucked among white "cotton wool"; ironwort has been traditionally used to aid digestion, strengthen the immune system and suppress common cold, the flu and other viruses, allergies and shortness of breath, sinus congestion, even pain and mild anxiety.

Menthe de Montagne

Micromeria thymifolia (M. rupestris)(*Satureja rupestris*)(*S. thymifolia*)

Balkan Mint, Mountain Mint, Menthe de montagne, Slowenische Bergminze, Schein-Quendel, Keizersmunt, Issopo del Carso

Species

A perennial winter hardy species with mint-fragrant, narrow, dark green, slightly glossy leaves and upright racemes with numerous small white flowers; leaves may be used for the preparation of herbal teas; from open sites in Hungary and the Balkan region; for any rich, well drained soil in a sunny spot.

Mitsuba

Cryptotaenia japonica (C. canadensis subsp. japonica)

Mitsuba, Japanese Wild Parsley, Stone Parsley, Honeywort, San Ip, San Ye Qin, Dreiblat

Mashimari,

Makes a handsome foliage plant; trifoliate leaves with pointed leaflets; tip sprays of tiny flowers are insignificant; unique flavour of leaves and leafstalks, either fresh or blanched, is pleasing in soups, salads, and fried foods; of easiest culture; prefers moist, partly shady locations; vigorous and quite cold tolerant, bolts quickly in spring, but can be sequentially sown for continuity production.

Morelle douce-amère

Solanum dulcamara

Bittersweet, Bitter Nightshade, Blue Bindweed, Amara Dulcis; Climbing, Nightshade, Fellenwort, Felonwood, Poisonberry, Poisonflower, Scarlet Berry, Snakeberry, Trailing Bittersweet, Trailing Nightshade, Violet bloom, Woody Nightshade, Douce-amère ou Morelle douce-amère, BittersüÙe Nachtschatten, BittersüÙ, Hundbeere, Mäuseholz, Mausholz, Natter(n)holz, Pissranken, Rote Hundbeere, Saurebe, Stinkteufel, SüÙstoff, Teufelsklatten, Waldnachtschatten, Wasserranke, Wolfsbeere, Bitterzoet, Lilek potmechut, Bittersød Natskygge, Hórkoslódke wrónidlo, Slyngsøtvier, Psianka slodkogórz, Lulok sladkohorký, Besksöta

Species

Climbing vine with clusters of violet tomato-like flowers with yellow protruding stamens followed by showy, bright red berries; all parts of the plant should be considered poisonous,



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1601 PR

Enkhuizen
The Netherlands

although it has a long history of folk use to treat skin eruptions as a diuretic and to induce sweat; current scientific study shows anti cancer activity and it is used as starting material for steroids. originally from Eurasia.

Mountain Mint

Pycnanthemum pilosum (Dracocephalum sibiricum)(Koellia pilosa)

American Mountain Mint, Hairy Mountain Mint, Mountain Mint, Pilose Mountain Mint, Amerikanische Bergminze, Behaarte Bergminze

Species

Incredibly fragrant, refreshing minty scent, with fluffy, white to pink flowers with purple spots in July and August, which make beautiful green seedheads in late summer which are good for drying; smallish lance shaped somewhat hairy leaves; a great nectar plant and its honey is much sought after.

Old Woman

Artemisia stelleriana

Beach Wormwood, Dusty Miller, Sagewort, Old Woman, l'Armoise de Steller, Edelruit, Sandmalört

Morris Strain

Bold handsome, attractive foliage resembling that of *Senecio maritima*; sprawls on lax stems to make an effective edging to a dry and sunny border; a strong and healthy grower with a more or less creeping growing habit; attractive!

Orange Scented Thyme

Thymus x citriodorus fragrantissimus (T. pulegoides x T. vulgaris)

Fragrant Thyme, Orange scented Thyme, Sinaasappeltijm

Charm

A lovely aromatic plant and an unusual culinary herb; upright and slender, it bears grey-green leaves with a strong and delicious scent of lemon and oranges; the flavour will vary from one seedling to another; simply choose the ones you like best for your herb garden; the clusters of charming flowers are pale pink on white.

Palommier

Gaultheria procumbens (G. repens) *Brassaea procumbens*

Creeping Wintergreen, Eastern Teaberry, Boxberry, Checkerberry, Gaultherie couchee, Palommier, The de Terre-Neuve, Scheinbeere, Moosbeere, Rebhuhnbeere, Amerikanisches Wintergrün, Wintergrünstrauch, Bergthee

MultiBerry

A stunning improvement; more compact and uniform, with multitudes of bright red berries appearing in fall; is an excellent fall and winter plant for holiday pot sales; wonderfully scented leaves and berries.



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Partridge Berry

Mitchella repens

Partridge Berry, Squaw Vine, Valódi fogolybogyó

Species

An evergreen plant growing as a non-climbing vine, no taller than 6 cm tall with creeping stems 15 to 30 cm long; the evergreen, dark green, shiny leaves are ovate to cordate in shape; adventitious roots may grow at the nodes; and rooting stems may branch and root repeatedly, producing loose spreading mats; small white, fragrant flowers; scarlet berries; delicate groundcover; the plants have been widely collected for Christmas decorations; American Indian women made a tea from the leaves and berries that was consumed during childbirth; the berries are edible but rather tasteless, with a faint flavour of wintergreen, resembling cranberries.

Peek-a-Boo

Spilanthes acmella (Acmella oleracea)

Tooth-ache Plant, Salad Cress, Paragrass, Cresson de Para, Paracress, Husarenknopf, Parakresse, Jambú, Tannpineplante, Peek-a-Boo, Pimenteiro

Thumbs Up

A potherb and salad green consumed for its sharp tasting tops and leaves, especially in south-east Asian countries; an unusual South America plant with ray less flowers, which start off as a flattened, gold ringed red ball, then stretch themselves into the conical form of these chocolates; flowers; spicy leaves are welcome in salads, but moderately, they were chewed long ago to soothe tooth aches, as chewing the leaves produces a most interesting tingling numbness to the entire mouth. Likes full sun.

Peony

Paeonia officinalis ssp. banatica

Peony, Paeony, La pivoine, Pfingstrosen, Pioenroos, Pionit, Bazsarózsa, Peonijas, Peoner, Piwoniowate, Pionsläktet, Sakayik

Species,

Is named after Paeon (also spelled Paeon), a student of Asclepius, the Greek god of medicine and healing; biological activities include antioxidant, antitumor, antipathogenic, immune-system-modulation activities; cardiovascular-system-protective activities and central-nervous-system activities; the herb known as Paeonia (Bai Shao, Radix Paeoniae Lactiflorae), in particular the root of Paeonia lactiflora has been used frequently in traditional medicines of Korea, China and Japan.

Peppermint Candy

Claytonia siberica (C. alsinoides)(Montia siberica)

Russian Purslane, Siberian Purslane, Siberian Spring Beauty, Pink Purslane, Siberian Miner's Lettuce, Roze Winterpostelein, Alaskankleitonia, Vårsköna

Peppermint Candy

Masses of gay, open, pearl-pink, white-striped, star-like, spring flowerets; it is really beautiful when Galium odoratum and Montia siberica grow and bloom pell-mell; they are doing it, that means their flowering, in exactly the same time of the season; early to late spring and it are the real wild, natural pearls of a garden, the foliage of the Siberian purslane is fresh, fleshy and glossy, light green and has when used as a salad or after brief

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boiling a clear purslane-taste; very distinct, useful and one of the best species for moisty places in shadow and half shadow.

Pellitory

Anacyclus pyrethrum (Anthemis pyrethrum)(Pyrethrum officinarum)(A. depressus)(Anacyclus freynii) (Anacyclus officinarum)(Anacyclus pyrethrum)
Pellitory, Spanish Chamomile, Mount Atlas Daisy, Le Pyrèthre d'Afrique, Akkal-Kara, Akkal Kadha, Akkarakaaram, Mehrjährige Bertram, Bertram, Bertram lekarski

Species

Is a perennial herb much like chamomile in habitat and appearance. it is found in North Africa, elsewhere in the Mediterranean region, in the Himalayas, in North India, and in Arabian countries; medicinally, pellitory root has a pungent efficacy in relieving toothache and promoting a free flow of saliva and making it popular as a food spice; it induces heat, tingling and redness when applied to the skin; although one might assume from the pyrethrum suffix that this plant may contain pyrethrins, it does not; the pyrethrum suffix is due to being named prior to the more recent pyrethrum species which do contain pyrenthins, but are not related to Anacyclus pyrethrum; Ayurveda (the ancient Indian medicine system) and Siddha (the medicine system from Tamil-Nadu, a southern state in the country of India) have more uses for this plant root and it has been used for centuries as a medicine; an oil is prepared by a method known as pit extraction; more recently Anacyclus pyrethrum has been noted for its anabolic activity in mice and suggests to give a testosterone-like effect.

Picts and Celts

Isatis tinctoria (Isatis indigotica)

Dyer's Woad, Glastum, Asp of Jerusalem, Waid, Färber-Waid, Wede, Ban Lan Gen, Ch'Ing Tai, Tein-ching, Tien Hua, Vejde, Vaid, Farve-Vajd, Morsinko, Guado, Añil, Glasto, Hierba pastel, Festo csülleng, Urzet Barwierski

Species

Rosettes the first year; bushy stalks with wonderfully attractive, beautiful yellow flowers the second year; ornamental black seed-pods; the entire plant is a source of blue dye, indicum, used by Picts and Celts in ritual body art and dying of fabrics

Pink Pop

Agastache pallidiflora ssp. neomexicana (A. astromontana)

New Mexico Hummingbird Mint, New Mexico Giant Hyssop, Dropplant, Anijsnetel, Pachuli

Pink Pop

This delightfully different Agastache, with its tight spikes of small, fragrant lavender-pink flowers and stiff upright stems, is sure to please; Pink Pop is excellent as a nectar source for bumblebees and butterflies; the mid-summer flowers have a sweet scent with a hint of lavender and are excellent for dried arrangements; a sturdy, easily grown plant that grows wonderfully.



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Poor Man's Ginseng

Codonopsis pilosula

Poor Man's Ginseng, Bastard Ginseng, Glockenwinde, Tojin, Tangsam, Dong Sam, Cordonklokke

Dang Shen

An essential plant for the Chinese pharmacology; the plant increases energy and repairs a disturbed balance of the circulation of the blood; moreover a plant, that strengthen the immune system; the plants have magnificent flowers in the form of small bells and the colour is yellowish-olive green, purple veined; it is a perennial, that is notable because of the vitality in growing and it might even reach 2 meter in height. Some support by wire netting may be a good idea!

Pot Cilantro

Coriandrum sativum compactum

Pot-Coriander, Pot-Cilantro, Pot-Chinese Parsley, Pot-Mexican Parsley, Pot-Koriander, Pot-Ketoembar, Pot-Snies, El cilantro, Coriandro o Culantro

PoCiCo,

A compact selection for potted plant production. Sow direct in pots. Ayurvedic medicine; the fresh leaves are cilantro and the seeds are coriander; the leaves and flowers are edible and add a distinctive flavour to many ethnic dishes, in salsas, salads and soups; the sweet orange flavoured seeds are used in baking; moreover the flowers are loved by butterflies and other insects; Ayurvedic medicine; is common in South Asian, Southeast Asian, Middle Eastern, Central Asian, Mediterranean, Indian, Tex-Mex, Latin American, Portuguese, Chinese, African, and Scandinavian cuisine.

Radis à queue de Rat

Raphanus sativus var. caudatus (R. caudatus)(R. raphanistrum)

Podding Radish, Rat-tail Radish, Radis Serpent, Radis à queue de Rat, Rattenschwanz-Radieschen, Slangenradijs, Javaanse Radijs, Radijs van Madras, Mougri, Radies von Madras Surabaya,

Plants are literally covered with crisp fleshy delicious and colourful tapered seedpods that can be picked at any size for tasty additions to stir-fry & salads; not grown for the roots; whitish flowers.

Ragworts

Senecio polyodon ssp. subglaber (S. elegans)

Wild Cineraria, Lilarosa Kreuzkraut, Groundsels, Ragworts

Rose Roué

Numerous erect stems produce an everlasting display of flowers from early spring until the autumn frosts; a striking new introduction from South Africa; little, glowing purple-fuchsia daisies with yellow centres are beautifully held on delicate, branching stems that dance in the wind; a long and profuse bloomer, it starts flowering in late Spring and continues all the way to fall; shiny, serrated, elongated leaves make a pretty carpeting mat; very easy to grow, it's perfect for the front of the bed and an excellent container subject, as the dense foliage covers the entire surface of the pot; deer proof.



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Ramsons

Allium ursinum

Ramsons, Buckrams, Wild Garlic, Broad-leaved Garlic, Wood Garlic, Bear Leek, Bear's Garlic, Ramsløg, Bärlauch, Knoblauchspinat, Wilder Knoblauch, Waldknoblauch, Hexenzwiebel, Zigeunerlauch, Ramsen, Waldherre, Ail des ours, Ail sauvage, Medvehagyma, Daslook, Czosnek niedzwiedzi, Cesnak medvedi, Karhunlaukka, Ramslök

Species

A wild flower growing in damp woods and shady places, bearing in spring loose umbels of up to 20 pretty, white star-like flowers; a useful plant for naturalising in woods and the like, which, given half a chance, it will carpet eventually completely; the leaves of *A. ursinum* are edible; they can be used as salad, spice; boiled as a vegetable; in soup, or as an ingredient for pesto in lieu of basil; the stems are preserved by salting and eaten as a salad in Russia; the bulbs and flowers are also very tasty; the leaves are also used as fodder; cows that have fed on ramsons give milk that tastes slightly of garlic, and butter made from this milk used to be very popular in 19th-century Switzerland.

Sea Holly

Eryngium maritimum

Sea Holly, Stranddistel, Panicaut maritime, Blauwe zeedistel, Cardo de Mar, Cardo Marino, Strand-mandstro, Strandtistel, Panicaut de mer, Eringio marino, Calcatreppola marina, Mikolajek nadmorski, Mácka přímorská, Eringio maritimo, Panical mari, Martorn

Species

Wide, firm, glaucous leaves make a very distinctive spiny rosette; typical sea holly flowers are pale blue set among those shiny blue-grey bracts. In Elizabethan times in England, these plants were believed to be a strong aphrodisiac; they are named in a speech by Falstaff:

“ Let the sky rain potatoes;
let it thunder to the tune of Green-sleeves,
hail kissing-comfits and snow eringoes [sea-holly],
et there come a tempest of provocation...” ”

Siberian Garlic

Allium x obliquum

Twisted Leaf Garlic, Scharfer Gelblauch, Russische Zwiebel, Siberische Knoflook, Viltune lauk, Tordai hagyma, Siperianlaukka, Iulnysis svogunas

BCL

(For lower blood pressure & cholesterol), an attractive, quirky species originally from Xinjiang, Mongolia, Kazakstan and Southern Russia with tight, spherical umbels of buff yellow pom-poms; flowers in early summer; growing in meadows and wooded slopes; worth growing for their flowers and, unless the foliage is broken, the odour is seldom offensive; easily raised from seed; compared with garlic it contains almost twice the favourable material that lowers cholesterol and blood pressure as they found out in the German Institut für pharmazeutische Biologie der Universität Bonn (Institut fuer Pflanzengenetik und Kulturpflanzenforschung - Gatersleben - Sachsen-Anhalt).



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Smartweed

Polygonum hydropiper fastigiatum (*Persicaria hydropiper fastigiatum*)

Water Pepper, Marshpepper, Knotweed, Smart-Weed, Pilörter, Katkeratatar, Vattenpeppar, Azabu-tade, Daun Senahun, Pimienta Acuatica, Pweve D'Ewe, Subiberi, Yanagi-Tade, Rdesno peprník, Pimienta del agua, La renouée poivre d'eau, Hórka wuroc, Paprac, Górzczzi zabinc, Udenspipars, Piper de balta, Horciak pieprový, Bitterpilört

Species

An interesting plant that is related to smartweeds Japanese culinary herb used for sushi and tempura, the leaves are also much used for flavouring "sashimi" (sliced raw fish), or for mixing with rice; sharp, acrid, hot taste. but does not linger; growing very quick and forming a colourful hedge with drooping pink flowers; the plants like sun and much water; it even grows in water; water pepper being native in a large area of Eurasia, is also used for cooking outside of Japan; its clear pungency makes it stand apart from all other pungent spices (and difficult to substitute), only the leaves of Tasmanian pepper have a comparable taste; since water pepper has not any specific taste beside its pungency, it is well suited for Japanese cookery (see also. Japanese cooks love water pepper for soups and salads, to which it lends certain pungency without masking the subtle flavour of sea weed or fish. Water pepper can also be used to garnish sushi; water pepper seeds, although not used traditionally in any cuisine I know, have a strong, almost anaesthetic, pungency, which makes them an interesting spice and well worth trying; they somewhat remind to the Tasmanian peppercorns; although they lack the latter's sweet flavour, they make an almost perfect substitute; water pepper seeds have been used as a substitute for black pepper in Germany in the years after World War II, but are not commercially available nowadays.

Snake Gourd

Trichosanthes cucumerina (*Trichosanthes cucumerina* var. *anguina*)

Snake Gourd, Serpent Gourd, Chichinga, Padwal, Chichinge, Potlakaaya, Pathola, Pudalankaai, Dhunduli, Paduvalakaayi, Padavalanga, Alayalam

White Serpent

Comes from the Greek for hair and flower, and is referring to the filaments on the petals; the snake gourd is truly unusual; the white flowers are a little over 3 cm wide, with petals that are incredibly fringed; the fruit grows like a snake, long and coiled, and the warmer the climate, the longer the serpent; in handbook of Tropical Gardening, H.F Macmillan writes: "A quick-growing climbing gourd, bearing long cylindrical, green (sometimes greenish-white) fruits, which not infrequently reach the length of 130-150 cm. In an unripe state these pot-like fruits are sliced and cooked in the manner of French beans. Seeds are sown in the monsoons and it is customary to suspend a small stone at the end of each fruit whilst growing, so as to weight it down and induce it to grow straighter". Grow as Cucurbita species.

Sweet Leaf

Stevia rebaudiana

Sugar Plant, Sweet Herb, Sweet Leaf of Paraguay, Caa-he-e, Kaa jhee, Ca-a-jhei, Ca-a-yupi, Azucacaa, Eira-Caa, Capim Doce, Erva Doce, Honingplant

Candy

An incredibly sweet herb, obtained by a natural selective breeding process of the sweetest Stevia parent plants; the sweetener, stevioside, extracted from the plants, is 300 times sweeter than sugar; the fresh leaves have a nice liquorice taste; what makes the Stevia plant so special is that it can be used to replace sugar and contain no calories; for hundreds of



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years, indigenous peoples in Brazil and Paraguay have used the leaves of Stevia as a sweetener; the Guarani Indians of Paraguay call it 'Kaa jhee' and have used it to sweeten other medicinal teas and foods as well as use it medicinally as a hypoglycaemic, hypertensive, diuretic and for obesity, hypertension, heartburn, and help lower uric acid levels; furthermore as a tonic used in cases of diabetes, hypertension and high blood pressure, as well as a cardio tonic.

Tabaco del Diablo

Lobelia tupa

Tabaco del Diablo, Tupa

Species

Long spikes of beautiful blood red, hooded flowers; it flourishes in dry soils and should at least be planted in a sheltered, sunny place; good for tubs; the luxuriant foliage clothes the whole plant with greyish-green elliptic leaves, which contain a respiratory stimulant; Lobelia tupa is a species of Lobelia native to central Chile from Valparaíso south to Los Lagos regions; it is an evergreen perennial plant growing to 4 m tall; its latex is used as an abortifacient, and a hallucinogen, which may explain one of its common names, Tabaco del Diablo (Devil's tobacco); ironically, this plant has been used as a counter effect herb on nicotine addiction because of alkaloid Lobeline, a nicotinic agonist; the Maputo Indians of Southern Chile consider it a sacred plant.; Tupa leaves have also been found to contain chemicals that act as a respiratory stimulant.

Tree Spinach

Chenopodium giganteum (C. album amaranticolor)(C. amaranticolor)

Tree Spinach, Magentaspreen, Lamb's Quarter, Riesengänsefuß, Baumspinat, Boomspinazie

Species

An European species similar in appearance and usage to C. album; the leaves of this plant are a striking combination of lilac, purple and shimmering magenta, turning blue-green as the leaves age; this plant always elicits comments; a nice and tasty addition to salads and a colourful garnish; raw in salads or steamed like spinach; seed can be sown directly into prepared garden soil as soon as the ground can be worked, and throughout the summer; sow 2 seeds per inch; prefers rich loamy soils, but will grow well in sandy soils with enough water; harvesting tips; best when leaves are young; harvest before it goes to seed; this plant, a relative of quinoa, has edible seeds which can be cooked or ground into flour; the plant contains good amounts of vitamins A, C, and K, and calcium, iron, phosphorus, and potassium, as well as saponins, which may have health benefits.

Tuttifrutti

Duchesnea indica (Fragaria indica)

Indian Strawberry, Mock Strawberry

Tuttifrutti

Hardy everywhere; strawberry leaves, yellow flowers, and attractive but tasteless (but the birds love the fruits) strawberries held point upward above the foliage; an evergreen mat, 10-15 cm tall; an easy cover plant, drought tolerant and rampant (faster than ivy); suited to rather wild ground in light to full shade, or to a shady passageway between buildings, with ferns and Solomon's Seal rising through the strawberry carpet



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Vanilla Grass

Hierochloe odorata (H. borealis)(Anthoxanthum nitens)

Holy Grass, Sweetgrass, Manna grass, Mary's grass, Seneca grass, Vanilla grass, Bison grass, Motsé'leonôtse, Duftende Mariengras, Duft-Mariengras, Vanillegras, Süßgras, Bisongras, Lännenmaarianheinä, Foin d'odeur, Avoine odorante, Hiéochloé odorant, Herbe aux bisons

Zubrówka.

Hardy perennial grass, also known as Sweet-grass for the powerful scent of hay it gives off when dried; in Poland it is known as bison grass; it is used in herbal medicine and in the production of distilled beverages (e.g., Zubrówka, Wisent); it owes its distinctive sweet scent to the presence of coumarin; it has been used as an incense by Native Americans and for weaving mats and baskets as they retain the scent for years; inflorescence chestnut-coloured, fragrant, borne in panicles in May to June; in Russia, it was used to flavour tea; it is still used in flavoured vodka as well.

We'wey

Salvia apiana

White Sage, Bee Sage, Sacred Sage, La Sauge blanche, Weiße Salbei, Salvia Blanca, Valkosalvia, Qaashil, Shlhtaay, Pilhtaay, Kasiile, We'wey, Qas'ily, Shalta, Ihtaay

Species

Large white flowers often spotted lavender in huge branched clusters up to 100 cm long, from May to September; suffrutescent herb with whitish, highly aromatic leaves and willow-like stems; an excellent ornamental, a good honey plant and wildlife browse; smoke from the smoldering leaves of white sage is used for smudging; it is the sage most commonly burned for purposes of spiritual purification; a decoction of the leaves was used for colds, coughs, blood tonic and to fumigate homes after illnesses; the leaves were also used as a hair shampoo and dye; a tea from the roots was used by the Cahuilla women for healing and strength after childbirth; the leaves are also burnt by many native American tribes, with the smoke used in different purification rituals.

Wild Dagga

Leonotis leonurus

Lion's Ear, Lion's Tail, Afrikanisches Löwenohr, Großblättriges Löwenohr, Wilder Hanf, Wild Dagga

Staircase

Copper tinged orange flowers in whorls on upright spikes; *Leonotis leonurus* has long been used in traditional African herbal medicine for fevers, headaches, dysentery, flu, chest infections, epilepsy, constipation, delayed menstruation, intestinal worms, spider bites, scorpion stings, hypertension and snakebites; externally, it is often used for haemorrhoids, eczema, skin rashes and boils; one experimental animal study suggests that "the aqueous leaf extract of *Leonotis leonurus* possesses anti conceptive, anti inflammatory, and hypoglycaemic properties; thus lending pharmacological credence to folk usage of the herb in the management and/or control of painful, arthritic, and other inflammatory conditions, as well as for adult-onset, type-2 diabetes mellitus in some communities of South Africa;" the dried leaves and flowers have a mild calming effect when smoked; in some users, the effects have been noted to be similar to the cannabinoid; found in Cannabis, except that it has a much less potent high; it has also been reported to cause mild euphoria, visual changes, dizziness, nausea, sweating, sedation and light headedness; it is sometimes used as a Cannabis substitute by recreational users looking to evade current laws on cannabis and



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other psychoactive plants; the picked and dried leaves are also commonly brewed as a minty tea.

Wild Rocket

Diplotaxis tenuifolia

Perennial Wall Rocket, Wild Rocket, Sand Rocket, Lincoln's weed, White Rocket Wild Arugola, Roquette sauvage, Diplotaxis à feuilles étroites, Roquette jaune, Wilde Rauke, Schmalblättrige Doppelsame, Stinkrauke, Grote Zandkool, Bancikaty wonjeck, Rughetta selvatica, Dwurząd wąskolistny, Sandsenap, Dvoredac

Napoli

Our latest selection of the wild rocket selected for upright habit, easier harvesting and improved airflow in crops, allowing plant densities to be reduced; plants are vigorous, uniform and dark green; can be picked over a long period; slower to bolt than many varieties and maintains high yield potential throughout the season; Treatments for Women mentions "wild rocket cooked in wine" is a remedy for sanious flux in women.

Yauhtli, Estragón mejicano

Tagetes lucida (Tagetes anisata)

Spanish Tarragon, Winter Tarragon, Mexican Mint, Mexican Tarragon, Texas Tarragon, SweetMace, Pericon, Winterestragon, Wolkenkraut, Wolkenpflanze, Mexicaanse Dragon, Yauhtli, Estragón mejicano

MaxiMari

Its fresh herbage is made into a tea to treat stomach pains and abdominal cramps; in Mexico, it is believed that it promotes lactation, and it is also added to bath water to help relieve the symptoms of rheumatism; in India, juice from its freshly pressed leaves is administered to treat eczema; in Argentina, a decoction of the leaves is drunk for coughs, and when applied topically on the skin, it is well known as an insect repellent; in Mexico, juice that has been pressed from the herbage or crushed leaves are mixed with water or wine and drunk as an aphrodisiac.; a tea of the plant is also used as a stimulant; it has been recognized since Spanish Colonial times that *Tagetes lucida* has aphrodisiac effects; it was also believed to treat the clinically insane; the Aztecs referred to *Tagetes lucida* as yauhtli, 'plant of the clouds'.

Prices on request