



NEW! -
Indoor Plants



Catalogue

SEPTEMBER, 2025

Buy Online: <https://hadassahemetarchitects.com.ng>

Visit Us: Abubakar Koko Avenue, Off Aliyu Mohammed road, Life Camp Junction, Abuja

Email: design@hadassahemetarchitects.com.ng

Phone: +2347014019875



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FOOD SECURITY

“Let Your food be your medicine”

Food security has become a trending topic of discussion in our modern world. Food security is a constant state in which a person has food that is readily available, economically accessible and can be utilized effectively by the body in order to meet the persons dietary requirements. ***An individual needs to be able to utilize the food that they eat; hence our emphasis on Nutrition and our belief that food is your Medicine. At Hadassah Emet Architects (HEA) Market Garden we promote and sell healthy, Organic and nutritious products such as; Herbs, Exotic fruits, Vegetables, Edible Flowers, Raw Honey and Fresh/Smoked Catfish.*** Furthermore, we believe that our customers need to take informed decisions based on the knowledge they will get, by browsing through our monthly Catalogue which highlights the name of our products, their uses, benefits, tips on how to grow or use the products and their prices. We have also summarized our products under different categories of ailments that the products can be used to cure or prevent. We strongly believe and emphasis on the need for individuals and families to grow some of their food right where they live. It doesn't matter whether you are staying in a rented house or your own house; with very little space you can grow most of your basic herbs, fruits and vegetables which will provide your basic nutritional needs and help you maintain a healthy life. To make it easier for our customers we also offer **Edible landscape designs** as well as **Architectural design services** that incorporate space for food production right from the conceptual stages of the design. We also sell Organic Fertilizers to our customers to ensure that they are growing their food using fertilizers that are 100% safe.



Food is Medicine

Anti-Cancer - Diabetes - Skin

ANTI- CANCER

- Guava leaf
- Lemon Juice
- Orange Juice
- Avocado
- Papaya
- Sweet Sop
- Sour sop
- Moringa
- Strawberries
- Sweet Basil
- African Curry leaf
- Oregano
- Lemon Grass
- Stevia
- Ginger
- Turmeric
- Garlic
- Strawberries
- Grapes
- Marigold
- Snails
- Mulberries
- Passion Fruit
- Roselle
- Water Leaf
- Fluted Pumpkin (Ugu)
- Scotch Bonnet Pepper
- Cherry Tomatoes
- Deric Tomatoes
- Beetroot
- Sweet potatoes
- Cucumber
- Malabar Spinach
- Chives
- Hibiscus
- Jasmine
- Periwinkle
- Okra
- Jute (Ewedu)
- Sweet corn
- Pop corn
- Green Roselle
- Pineapple

DIABETES

- Mango leaves
- Guava Leaves
- Sour sop
- Cashew
- Neem
- Moringa
- Sweet Basil
- African Curry leaf
- Rosemary
- Stevia
- Cilantro
- Ginger
- Turmeric
- Garlic
- Oregano
- Aloe Vera
- Strawberries
- Grapes
- Pomegranate
- HEA Raw Honey
- Mulberries
- Passion Fruit
- Water Leaf
- Bitter Leaf
- Fluted Pumpkin(Ugu)
- Cayenne Pepper
- Deric Tomatoes
- Sweet potatoes
- Cucumber
- Malabar Spinach
- Hibiscus
- Jasmine
- Okra
- Pop corn
- Coconut
- Miracle Leaf

SKIN

- Mango fruit
- Guava fruit
- Avocado
- Papaya
- Oil palm- kernel Oil
- Sweet Sop
- Neem
- Moringa
- Thyme
- Peppermint
- Mint
- Oregano
- Garlic
- Aloe Vera
- Strawberries
- Grapes
- Pomegranate
- Lavender
- Rose
- Marigold
- HEA Raw Honey
- HEA Catfish (Smoked /Fresh)
- Snails
- Mulberries
- Passion Fruit
- Roselle
- Bitter Leaf
- Bell Pepper
- Sweet potatoes
- Cucumber
- Malabar Spinach
- Hibiscus
- Jasmine
- Coconut
- Green Roselle
- Pineapple
- Jatropha



Food is Medicine

Anti-inflammatory - Digestion - Heart Health

ANTI-INFLAMMATORY

- Orange Juice
- Soursop
- Neem
- Moringa
- Sweet Basil
- African Basil-(scent leaf)
- Thyme
- Thyme
- African Curry leaf
- Lemon Grass
- Rosemary
- Stevia
- Turmeric
- Garlic
- Strawberries
- Pomegranate
- Rose
- Marigold
- HEA Catfish (Smoked /Fresh)
- Snails
- Roselle
- Water Leaf
- Bitter Leaf
- Fluted Pumpkin(Ugu)
- Scotch Bonnet Pepper
- Hibiscus
- Periwinkle
- Jute (Ewedu)
- Amaranth
- Coconut
- Green Roselle
- Pineapple
- Jatropha
- Jatropha
- Plantain
- Banana

DIGESTION / GUT HEALTH

- Guava leaves
- Lemon Juice
- Orange Juice
- Avocado
- Papaya
- Sweet Sop
- Marjoram
- Dill
- Peppermint
- Oregano
- Rosemary
- Lemon Balm
- Ginger
- Garlic
- Catnip
- Aloe Vera
- Strawberries
- Pomegranate
- Lavender
- Rose
- Marigold
- HEA Raw Honey
- HEA Catfish (Smoked /Fresh)
- Mulberries
- Passion Fruit
- Roselle
- Water Leaf
- Bitter Leaf
- Cherry Tomatoes
- Derica Tomatoes
- Beetroot
- Sweet potatoes
- Cucumber
- Malabar Spinach
- Hibiscus
- Sweet corn
- Green Roselle
- Pineapple
- Jatropha
- Miracle Leaf
- Plantain
- Banana

HEART HEALTH

- Guava Leaves
- Lemon Juice
- Avocado
- Papaya
- Oil palm- Red Oil
- Cashew
- Marjoram
- African Curry leaf
- Rosemary
- Ginger
- Turmeric
- Garlic
- Strawberries
- Grapes
- HEA Raw Honey
- HEA Catfish (Smoked /Fresh)
- Snails
- Cherry Tomatoes
- Derica Tomatoes
- Beetroot
- Sweet potatoes
- Cucumber
- Malabar Spinach
- Chives
- Hibiscus
- Jasmine
- Okra
- Sweet corn
- Pop corn
- Jatropha
- Plantain
- Banana



Food is Medicine

Eyes - Immune System - High Blood Pressure
Diarrhea - Nails - Appetite

EYES

- Oil palm- Red Oil
- Sweet Sop
- Moringa
- Mint
- Parsley
- Rosemary
- Turmeric
- Strawberries
- Grapes
- Pomegranate
- Water Leaf
- Bell Pepper
- Cayenne Pepper
- Cherry Tomatoes
- Derica Tomatoes
- Beetroot
- Sweet potatoes
- Cucumber
- Malabar Spinach
- Chives
- Hibiscus
- Jute (Ewedu)
- Amaranth
- Sweet corn
- Pop corn
- Coconut
- Jatropha

IMMUNE SYSTEM

- Guava fruit
- Lemon Juice
- Orange Juice
- Avocado
- Papaya
- Sweet Sop
- Cashew
- Moringa
- Thyme
- Oregano
- Parsley
- Aloe Vera
- Grapes
- Rose
- Marigold
- HEA Raw Honey
- Snails
- Mulberries
- Passion Fruit
- Roselle
- Cayenne Pepper
- Derica Tomatoes
- Beetroot
- Sweet potatoes
- Malabar Spinach
- Chives
- Jute (Ewedu)
- Sweet corn
- Green Roselle
- Pineapple

HIGH BLOOD PRESSURE

- Mango Baby leaves
- Orange Juice
- Sweet Sop
- Moringa
- Sweet Basil
- Thyme
- Ginger
- Garlic
- Beetroot
- African Curry leaf
- Parsley
- Stevia
- Passion Fruit
- Roselle
- Water Leaf
- Bitter Leaf
- Derica Tomatoes
- Malabar Spinach
- Hibiscus
- Periwinkle
- Amaranth
- Sweet corn
- Green Roselle
- Jatropha
- Miracle Leaf
- Plantain
- Banana

DIARRHEA

- Peppermint
- Aloe Vera
- Ginger
- Guava
- Avocado
- Coconut
- Miracle Leaf

NAILS

- Rose
- Bell Pepper
- Rosemary

APPETITE

- Dill
- Peppermint
- Mint
- Ginger
- Cilantro
- Rosemary
- Lavender
- Turmeric



Food is Medicine

Infection - Hair - Bone Health

Arthritis - Ulcer - Mosquito Repellent

INFECTION

- Sweet Basil
- Sour sop
- Thyme
- Dill
- Peppermint
- Parsley
- Stevia
- Lemon Balm
- Ginger
- Catnip
- Grapes
- Pomegranate
- Rose
- HEA Raw Honey
- Roselle
- Bitter Leaf
- Hibiscus
- Coconut
- Green Roselle
- Miracle Leaf
- Plantain
- Banana

HAIR

- Mango leaves
- Guava leaves
- Avocado
- Papaya
- Oil palm- kernel Oil
- Neem
- Moringa
- Marjoram
- Mint
- Rosemary
- Cilantro
- Peppermint
- Aloe Vera
- Lavender
- Rose
- HEA Raw Honey
- Bitter Leaf
- Ginger
- Bell Pepper
- Hibiscus
- Jasmine
- Coconut

BONE HEALTH

- Avocado
- Cashew
- Strawberries
- Mulberries
- Passion Fruit
- Turmeric
- Ginger
- Lemon grass
- Water Leaf
- Fluted Pumpkin(Ugu)
- Cayenne Pepper
- Cherry Tomatoes
- Dericia Tomatoes
- Beetroot
- Cucumber
- Malabar Spinach
- Chives
- Okra
- Jute (Ewedu)
- Amaranth
- Sweet corn
- Pop corn
- Jatropha

ARTHRITIS

- Orange Juice
- Moringa
- Turmeric
- Catnip
- Aloe Vera
- Ginger
- Thyme
- Garlic
- Cayenne pepper
- Pineapple
- Miracle Leaf

ULCER

- Mango leaves
- Garlic
- Marigold
- HEA Raw Honey
- Aloe Vera
- Turmeric

STROKE

- Oregano
- Garlic
- Pomegranate
- Thyme
- Rosemary
- Turmeric
- Chives
- Ginger



Food is Medicine

Antioxidant - Pregnancy - Brain Health
Menstrual Cramps - Anti-ageing - Cold

ANTIOXIDANT

- Oil palm- Red Oil
- Sweet Sop
- Sour sop
- Neem
- African Basil- (Scent leaf)
- Lemon Grass
- Aloe Vera
- Grapes
- Pomegranate
- Marigold
- HEA Raw Honey
- Snails
- Water Leaf
- Cayenne Pepper
- Cherry Tomatoes
- Derica Tomatoes
- Malabar Spinach
- Hibiscus
- Jasmine
- Sweet corn
- Coconut
- Pineapple

HEALTHY PREGNANCY AND FERTILITY

- Avocado
- Ginger
- Rose
- Roselle
- Water Leaf
- Bitter Leaf
- Fluted Pumpkin(Ugu)
- Cayenne Pepper
- Cherry Tomatoes
- Derica Tomatoes
- Beetroot
- Malabar Spinach
- Okra
- Jute (Ewedu)
- Green Roselle
- Pineapple
- Jatropha

BRAIN HEALTH

- Cashew
- Rosemary
- Ginger
- Garlic
- Strawberries
- Grapes
- Pomegranate
- HEA Catfish (Smoked /Fresh)
- Snails
- Mulberries
- Beetroot
- Sweet potatoes
- Malabar Spinach
- Jasmine
- Sweet corn
- Pop corn
- Coconut

MENSTRUAL CRAMPS

- Guava leaves
- Moringa
- Dill
- Peppermint
- Oregano
- Lemon Grass
- Lemon Balm
- Ginger
- Turmeric
- Catnip
- Rose
- Marigold
- Roselle
- Hibiscus
- Coconut
- Green Roselle

ANTI AGEING

- Mango
- Orange Juice
- Avocado
- Strawberries
- Sweet Basil
- Turmeric
- Aloe Vera
- Grapes
- Rose
- HEA Catfish (Smoked /Fresh)
- Beetroot
- Hibiscus
- Amaranth
- Pop corn
- Pineapple

COLD/COUGH

- Lemon Juice
- African Basil- (Scent leaf)
- Thyme
- Dill
- Peppermint
- Lemon grass
- Lemon Balm
- Ginger
- Catnip
- HEA Raw Honey
- Green Roselle
- Pineapple
- Jatropha
- Miracle Leaf
- Plantain



Food is Medicine

Liver - Malaria - Memory

Cell Repair - Kidney - Cardiovascular Health

LIVER

- Neem
- Moringa
- African Curry leaf
- HEA Catfish (Smoked /Fresh)
- Mulberries
- Roselle
- Bitter Leaf
- Derica Tomatoes
- Beetroot
- Hibiscus
- Green Roselle
- Peppermint
- Pineapple

MALARIA

- Soursop leaves
- Mango leaves
- Guava leaves
- Neem leaves
- Lemon Grass
- Neem
- African Basil- (Scent leaf)
- Bitter Leaf
- Jatropha

MEMORY

- Rosemary
- Cilantro
- Lemon Balm
- Pomegranate
- HEA Catfish (Smoked /Fresh)
- Water Leaf
- Fluted Pumpkin(Ugu)
- Beetroot
- Periwinkle

CELL REPAIR AND REGENERATION

- Strawberries
- Pomegranate
- Mulberries
- Grapes
- Marigold
- Beetroot
- Malabar Spinach
- Jute (Ewedu)
- Ginger
- Turmeric
- Plantain
- Banana

KIDNEY / GALLSTONES

- Mango leaves
- Neem
- Moringa
- Marjoram
- Parsley
- Stevia
- Turmeric
- Bitter Leaf
- Coconut
- Grapes
- Strawberries
- Lemon
- Pineapple
- Miracle Leaf
- Plantain
- Banana

CARDIOVASCULAR HEALTH

- Orange Juice
- Avocado
- Moringa
- Sweet Basil
- African Basil- (Scent leaf)
- Garlic
- Strawberries
- Pomegranate
- Bell Pepper
- Scotch Bonnet Pepper
- Cherry Tomatoes
- Derica Tomatoes
- Beetroot
- Jatropha
- Miracle Leaf



Food is Medicine

Detoxification - Anxiety - Weight Loss
Fever - Typhoid - Stomach Pain

DETOXIFICATION

- Cilantro
- Bitter Leaf
- Bell Pepper
- Malabar Spinach
- Turmeric
- Pineapple
- Coconut
- Pomegranate
- Papaya
- Lemon
- Strawberries
- Mulberries
- Orange
- Sweet potatoes
- Avocado
- Beetroot
- Lemon Grass
- Mint
- Green Roselle
- Parsley
- Pineapple

ANXIETY AND DEPRESSION

- Avocado
- Sweet Sop
- Moringa
- African Curry leaf
- Peppermint
- Cilantro
- Lemon Balm
- Catnip
- Grapes
- Lavender
- Rose
- Marigold
- Roselle
- Beetroot
- Chives
- Pop corn
- Green Roselle

WEIGHT LOSS

- Mango leaves
- Guava leaf
- Lemon Juice
- Cashew
- Marjoram
- African Curry leaf
- Lemon Grass
- Stevia
- Ginger
- Turmeric
- Aloe Vera
- HEA Catfish (Smoked /Fresh)
- Roselle
- Water Leaf
- Bell Pepper
- Scotch Bonnet Pepper
- Cherry Tomatoes
- Beetroot
- Cucumber
- Malabar Spinach
- Hibiscus
- Jasmine
- Amaranth
- Green Roselle
- Oregano
- Avocado
- Coconut
- Soursop
- Passion fruit

FEVER

- Catnip
- Roselle
- Bitter Leaf
- Cilantro
- Garlic
- HEA Raw Honey
- Miracle Leaf
- Jatropha
- Plantain
- Banana

TYPHOID

- Neem
- Cilantro
- Lemon Balm
- Papaya
- Moringa
- Lemon
- African Basil

STOMACH PAIN

- Moringa
- Lavender
- Malabar Spinach
- Peppermint
- Mint
- Ginger



Food is Medicine

Wounds - Parasites - Body Pains - Alzheimer - Nausea
Energy Booster - Heartburn - Allergies - Edema

WOUNDS

- Neem
- Aloe Vera
- Lavender
- HEA Raw Honey
- Periwinkle
- Jatropha
- Miracle Leaf

PARASITES-(WORMS)

- Papaya
- HEA Raw Honey
- Bitter Leaf
- Bell Pepper
- Garlic
- Turmeric
- Ginger
- Neem
- Miracle Leaf

BODY PAINS

- Ginger
- Turmeric
- Scotch Bonnet Pepper
- Periwinkle
- Rosemary
- Lavender
- Peppermint
- Coconut

ALZHEIMERS

- Papaya
- Cilantro
- Ginger
- Pomegranate
- Water Leaf
- Periwinkle
- Lemon Balm
- Turmeric
- Garlic
- Rosemary
- Peppermint
- Thyme

NAUSEA / VOMITING

- Mint
- Lemon Balm
- Ginger
- Aloe Vera
- Peppermint
- Chamomile
- Lemon
- Lavender
- Marigold
- Bitter Leaf

ENERGY BOOSTER

- Cashew
- Malabar Spinach
- Sweet corn
- Rosemary
- Peppermint
- Moringa
- Avocado
- Cayenne
- Orange
- Strawberries
- Jatropha

HEARTBURN

- Aloe Vera
- Peppermint
- Ginger
- Catnip
- Papaya
- Lemon Balm
- Turmeric
- Aloevera

ALLERGIES AND HAYFEVER

- Mint
- Lemon Grass
- Lemon
- Orange

EDEMA

- Moringa
- Parsley
- Catnip
- Ginger
- Parsley



Food is Medicine

Asthma - Hormones - Headache - Oral Health
Sleep Disorder - Anemia - Aromatherapy - Air Purifiers

ASTHMA

- Orange Juice
- Moringa
- Mint
- Oregano
- Passion Fruit
- Scotch Bonnet Pepper
- Cayenne Pepper
- Turmeric
- Garlic
- HEA Raw Honey

REGULATES HORMONES

- Marjoram
- Garlic
- Aloe Vera
- Rose
- Fluted Pumpkin(Ugu)
- Avocado
- Coconut
- Strawberries
- Sweet potatoes
- Ginger
- Turmeric

HEADACHE / MIGRAINE

- African Basil- (Scent leaf)
- Rose
- Marigold
- Lavender
- Oregano
- Lemon Balm
- Turmeric
- Mulberries
- Strawberries
- Avocado
- Sweet potatoes
- Cucumber
- Jatropha
- Miracle Plant

ORAL HEALTH

- Lemon Juice
- Neem
- Mint
- Turmeric
- Garlic
- Lemon Balm
- Aloe Vera
- Fluted Pumpkin(Ugu)
- Jasmine
- Periwinkle
- Peppermint

SLEEP DISORDER

- Dill
- Lemon Balm
- Catnip
- Lavender
- Marigold
- Passion Fruit
- Water Leaf
- Cucumber
- Jasmine

ANEMIA

- Moringa
- Snails
- Water Leaf
- Fluted Pumpkin(Ugu)
- Malabar Spinach
- Amaranth
- Pop corn
- Jatropha
- Plantain

AROMATHERAPY

- Lavender
- Beeswax Candles
- Jasmine
- Rosemary
- Peppermint
- Lemon balm

AIR PURIFIERS

- Indoor Plants
- Cactus
- Succulents
- Aloevera

MOSQUITO REPELLENT

- Lavender
- African Basil
- Marigold
- Mint
- Lemon grass
- Catnip
- Rosemary



Edible Flowers

Seedlings



Edible Flowers

Lavender - Roses - Marigold

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
1	Lavender  <i>Perennial</i>	➤Tea	✓Treats Acne and heals wounds ✓Nausea and Vomiting ✓Bloating and intestinal Gas ✓Depression and Anxiety ✓Aromatherapy and Sleep Disorder ✓Mosquito repellent ✓Treats Hair Loss	▪Plant outdoors in full sun ▪Lavender prefers fast draining soil with poor nutrient content ▪Prune plant to prolong the life of the plant.	3000
2	Roses  <i>Perennial</i>	➤Tea	✓Produces Collagen ✓Anti-inflammatory ✓Antibacterial ✓Healthy Hair and Nails ✓Reduces Breakout on skin and Treats Eczema ✓Menstrual pain and Anxiety ✓Immune system and Digestion	▪Plant outdoors in full sun ▪Fertilize with Worm castings or Vermi-compost. ▪Prune to prolong the life of the plant.	4000
3	Marigold  <i>Annual</i>	➤Tea ➤Salad	✓Mosquito Repellent ✓Anti-cancer ✓Reduces Menstrual cramps ✓Relieves Digestive Issues ✓Reduces Nausea ✓Treats Stomach Ulcer ✓Headache and sleep disorder ✓Protects Cells ✓Healthy Skin	▪Plant outdoors in full sun ▪Fertilize with Fish water, Vermi-compost or Worm-castings. ▪Harvest Flower s to stimulate new growth.	3000



Edible Flowers

Hibiscus - Jasmine - Periwinkle

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
4	Hibiscus  <i>Perennial</i>	➤Tea	✓Prevents Cancer ✓Weight loss ✓High Blood pressure ✓Boost Mental Health ✓Anti-inflammatory ✓Diabetes ✓Liver ✓Skin and hair	▪Plant outdoors in full sun; preferably on the ground. ▪Fertilize with Vermi-compost, fish water or Worm-castings	3500
5	Jasmine  <i>Perennial</i>	➤Tea	✓Heart health ✓Weight loss ✓Oral health ✓Boost Brain function ✓Alzheimer ✓Diabetes ✓Anti-cancer ✓Skin and hair	▪Plant outdoors in full sun; preferably on the ground. ▪Fertilize with Worm castings or Vermi-compost.	4000
6	Periwinkle  <i>Perennial</i>	➤Tea	✓High blood pressure ✓Wounds and Toothache ✓Anti-cancer ✓Anti-inflammatory ✓Sore throat ✓Improves memory ✓Reduces Chest pain	▪Plant outdoors in full sun ▪Fertilize with Vermi-compost or Worm-castings.	3000



Culinary Herbs

Seedlings





Culinary Herbs

Sweet Basil - African Basil - Marjoram

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
1	Sweet Basil  <i>Perennial</i>	➤Soups ➤Stews ➤Sauces ➤Salads ➤Tea	✓Prevents Cancer ✓Anti-Ageing ✓Reduces High Blood sugar ✓Boost Mental Health ✓Anti-inflammatory ✓Combats Infection ✓Supports Cardiovascular Health	▪Plant indoors or outdoors in Partial shade (South or Southwest ▪Fertilize with Vermi-compost, fish water or Worm-castings ▪Cut off seeds to prolong the life of the plant.	3500
2	African Basil (Scent leaf)  <i>Perennial</i>	➤Soups ➤Stews ➤Sauces ➤Tea	✓Antimicrobial ✓Anti-inflammatory ✓Antioxidant ✓Reduces Headaches ✓Coughs ✓Malaria ✓Promotes Cardiovascular Health	▪Plant outdoors in full sun; preferably on the ground. ▪Fertilize with Worm castings or Vermi-compost. ▪Cut off seeds to prolong the life of the plant.	3000
3	Marjoram  <i>Perennial</i>	➤Soups ➤Stews ➤Salads ➤Sauces ➤Tea	✓Relieves Digestive Issues ✓Regulates Hormones ✓Weight loss ✓Promotes Heart Health ✓Healthy Hair ✓Kidney Health	▪Plant outdoors in full sun ▪Fertilize with Vermi-compost or Worm-castings. ▪Cut off Flower buds to stimulate new growth. ▪Drought Resistant	3000



Culinary Herbs

Thyme - Dill - Curry (Lemon Basil)

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
4	Thyme  <i>Perennial</i>	➤Soups ➤Stews ➤Sauces ➤Salads ➤Tea	✓Anti-bacterial ✓Lowers Blood pressure ✓Relieves Cough ✓Fights Acne ✓Anti-inflammatory ✓Repels Pest ✓Boost Immunity	▪ Plant outdoors in full sun ▪Fertilize with Vermicompost, fish water or Worm-castings ▪Harvest and trim off overgrown leaves to contain the plant. ▪Drought resistant	4000
5	Curry  <i>Perennial</i>	➤Soups ➤Stews ➤Sauces ➤Tea	✓Protects the liver ✓Anti-inflammatory ✓Helps in Weight loss ✓Prevents Cancer ✓Controls Blood Sugar ✓Improves Heart Health ✓Promotes Mental health	▪Plant outdoors in full sun; preferably in containers. ▪Fertilize with Worm castings or Vermicompost. ▪Cut off seeds and harvest leaves to prolong the life of the plant	2500
6	Dill  <i>Annual</i>	➤Soups ➤Stews ➤Sauces ➤Tea	✓Relieves Intestinal gas flatulence ✓Improves appetite ✓Helps issues with sleep disorder ✓Treats Urinary Tract Infections ✓Relieves Menstrual Cramps ✓Relieves Digestive Issues ✓Treatment of colds and Fever	▪Plant indoors or outdoors. ▪Fertilize with Worm castings or Vermicompost. ▪Cut off seeds and harvest leaves to prolong the life of the plant.	2000



Culinary Herbs

Mint - Oregano - Peppermint

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
7	Mint  <i>Perennial</i>	➤Cakes ➤Smoothies ➤Cold Drinks ➤Yoghurt ➤Salads ➤Stew ➤Sauces ➤Tea	✓Promotes healthy vision and Relieves Stress ✓Reduce Symptoms of Allergies and hay fever ✓Soothes Sunburn and insect Bites ✓Fights Oral Bacteria and bad Breath	▪Plant indoors or outdoors in Partial shade using planters or containers. ▪Fertilize with Worm castings or Vermicompost. ▪Harvest and trim off overgrown leaves to contain the plant.	3000
8	Oregano Greek  <i>Perennial</i>	➤Soups ➤Stews ➤Sauces ➤Tea	✓Relieves Digestive Issues ✓Treats skin sores ✓Boost immune System ✓Treats Asthma ✓Reduces muscle aches ✓Relieves menstrual cramps ✓Prevents Cancer	▪Plant outdoors in full sun using planters or containers. ▪Fertilize with Vermicompost or Worm-castings. ▪Harvest and trim off overgrown leaves to contain the plant.	Small - 2000 Large- 3000
9	Peppermint  <i>Perennial</i>	➤Smoothies ➤Cold Drinks ➤Sauces ➤Tea	✓Aids Digestion ✓Treats Anxiety and depression ✓Treats Diarrhea ✓Reduces symptoms of cold ✓Relieves Menstrual Cramps ✓Combats Infections ✓Treats skin irritation	▪Plant indoors or outdoors in Partial shade using planters or containers. ▪Fertilize with Vermicompost, fish water or Worm-castings. ▪Harvest and trim off overgrown leaves to contain the plant.	3500



Culinary Herbs

Parsley - Lemon Grass - Rosemary

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
10	Parsley  <i>Biennial</i>	➤ Smoothies ➤ Stews ➤ Sauces ➤ Salads ➤ Tea	✓ Treats urinary tract infection ✓ Strengthens immune system ✓ Reduces High Blood pressure ✓ Promotes eye health and vision ✓ Prevents and treats Anemia ✓ Prevents Kidney stones ✓ Treats fluid retention	▪ Plant indoors or outdoors in Partial shade ▪ Fertilize with Vermicompost, fish water or Worm-castings. ▪ Harvest outer leaves at the bottom of the plant to prolong the life of the plant.	2000
11	Lemon Grass  <i>Perennial</i>	➤ Tea	✓ Combats' symptoms of Cold and allergies. ✓ Anti-inflammatory ✓ Acts as a diuretic ✓ Antioxidant ✓ Reduces cramps and bloating ✓ Weight loss ✓ Reduces Cancer risk	▪ Plant outdoors in full sun; preferably on the ground. ▪ Fertilize with Worm castings or Vermi-compost. ▪ Harvest leaves and Cut off dead leaves to prolong plant life	3000
12	Rosemary  <i>Perennial</i>	➤ Soups ➤ Stews ➤ Salads ➤ Sauces ➤ Tea	✓ Improves memory and Supports Brain Health ✓ Regulates Blood Sugar ✓ Anti-inflammatory ✓ Improves eye health and vision ✓ Relieves Digestive Issues ✓ Supports Heart Health ✓ Improves hair growth	▪ Plant outdoors in partial sun ▪ Fertilize with Vermi compost, fish water or Worm-castings. ▪ Harvest plant by trimming just above the woody part to ensure healthy growth.	Small- 2000 Medium-3000 Large-7000



Culinary Herbs

Stevia - Cilantro - Lemon Balm

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
13	Stevia  <i>Perennial</i>	➤ Tea ➤ Smoothies ➤ Yoghurt	✓ Anti-diabetic ✓ Anti-cancer ✓ Anti-inflammatory ✓ Anti-hypertension ✓ Anti-obesity ✓ Combats Infection ✓ Improves Kidney function	▪ Plant outdoors in full sun ▪ Fertilize with Vermicompost, fish water or Worm-castings ▪ Harvest leaves and cut off seeds to prolong the life of the plant.	5000
14	Cilantro  <i>Annual</i>	➤ Soups ➤ Stews ➤ Salads ➤ Sauces ➤ Smoothies ➤ Tea	✓ Removes metals such as Mercury, lead and aluminum from the body ✓ Reduces Anxiety ✓ Improves memory ✓ Reduces symptoms of Alzheimer's and Parkinson's disease ✓ Promotes hair growth ✓ Controls Blood Sugar ✓ Prevents food borne illnesses like Typhoid	▪ Plant indoors or outdoors in Partial shade. ▪ Fertilize with Worm castings or Vermicompost. ▪ Harvest leaves to prolong the life of the plant.	3000
15	Lemon Balm  <i>Perennial</i>	➤ Tea	✓ Relieves menstrual cramps ✓ Nausea and Digestion ✓ Combats infection ✓ Toothache and Headache ✓ Sleep disorder ✓ Memory and anxiety	▪ Plant outdoors in partial sun ▪ Fertilize with Worm castings or Vermicompost. ▪ Harvest leaves to prolong the life of the plant.	3000



Culinary Herbs

Ginger - Turmeric - Garlic

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
16	Ginger  <i>Perennial</i>	➤Soups ➤Stews ➤Sauces ➤Salads ➤Tea ➤Smoothies ➤Drinks	✓Prevents Cancer ✓Nausea and Pregnancy ✓Weight loss and Body Pain ✓Brain and Alzheimer's ✓Digestion and Menstrual cramps ✓Combats Infection and colds ✓Diabetes and Heart Health	▪Plant indoors or outdoors in Partial shade ▪Fertilize with Vermi-compost, fish water or Worm-castings ▪There may be no need to replant after harvest; Ginger grows back every season.	2500
17	Turmeric  <i>Perennial</i>	➤Soups ➤Stews ➤Sauces ➤Tea	✓Anti-Cancer and Diabetes ✓Anti-inflammatory ✓Reduces Anxiety ✓Reduces Body Pain ✓Arthritis and Kidney Health ✓Eye and Heart Health ✓Anti-Ageing	▪Plant outdoors in partial sun ▪Fertilize with Worm castings or Vermi-compost. ▪No need to replant after harvest; Turmeric grows back every season.	2000
18	Garlic  <i>Perennial</i>	➤Soups ➤Stews ➤Sauces ➤Tea	✓Diabetes and Digestion ✓Brain Health and Skin ✓Heart and Hormones ✓Anti-inflammatory ✓Cardiovascular Health ✓Promotes Heart Health ✓Ulcer and Cancer	▪Plant outdoors in full sun. ▪Fertilize with Worm castings or Vermi-compost.	2000



Culinary Herbs

Aloe Vera - Catnip - Miracle Leaf

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
19	Aloe Vera  <i>Perennial</i>	➤Soups ➤Stews ➤Sauces ➤Salads ➤Tea	✓Wounds ✓Anti-Ageing and weight loss ✓Boost immune system ✓Hair and skin ✓Detoxification ✓Digestion ✓Nausea and Heart Burn	▪Plant indoors or outdoors in Partial shade. ▪Fertilize with Vermi-compost, fish water or Worm-castings	X small- 500 Small -2000 Medium -3000 Large- 5000
20	Catnip  <i>Perennial</i>	➤Soups ➤Smoothies ➤Stews ➤Sauces ➤Salads ➤Tea	✓Arthritis and Edema ✓Diabetes ✓Sleep Disorder ✓Coughs and Fever ✓Digestion issues and viruses ✓Menstrual Cramps ✓Anxiety and Depression ✓Regulates Hormones	▪Plant outdoors in full sun ▪Fertilize with Vermi-compost, fish water or Worm-castings ▪Cut off seeds to prolong the life of the plant.	3000
21	Miracle Leaf 	➤Juice ➤Tea ➤Salad	✓Anti-inflammatory ✓Arthritis ✓Kidney stones ✓Relieves Fever and Headache ✓Treats Hypertension ✓Diabetes ✓Wounds and Coughs ✓Diarrhea and Infection	▪Plant outdoors in partial shade ▪Fertilize with Vermi-compost, fish water or Worm-castings.	3000



Vegetables

Seedlings





Vegetables

Water Leaf - Bitter leaf - Pumpkin (Ugu)

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
1	Water leaf  <i>Perennial</i>	➤Soups ➤Stew	✓Good for Pregnancy ✓Anti-inflammatory ✓Sleep disorder ✓Memory ✓Anemia ✓Eyes ✓Bone health	▪Plant outdoors in Partial shade. ▪Fertilize with Vermi-compost, fish water or Worm-castings	1500
2	Bitter Leaf  <i>Perennial</i>	➤Soups ➤Smoothies ➤Tea	✓Malaria and Nausea ✓Diabetes ✓Anti-inflammatory ✓Promotes Kidney and Liver function ✓Digestive issues and parasites ✓Hair and Skin ✓Fertility inducer ✓Detoxification	▪Plant outdoors in full sun ▪Fertilize with Vermi-compost, fish water or Worm-castings ▪Harvest regularly to promote plant yield.	2000
3	Fluted Pumpkin (Ugu)  <i>Perennial</i>	➤Tea ➤Soups ➤Smoothies	✓Balances Hormones ✓Anemia ✓Diabetes ✓Healthy Bones and Teeth ✓Promotes Fertility ✓Improves Memory ✓Digestive issues	▪Plant outdoors in full sun ▪Fertilize with Vermi-compost, fish water or Worm-castings	3000



Vegetables

Bell Pepper - Scotch Bonnet Pepper -Cayenne Pepper

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
4	Bell pepper  <i>Annual</i>	➤Soups ➤Stews ➤Sauces ➤Salads	✓Eyes and Skin ✓Weight loss ✓Boost immune system ✓Cardiovascular Health ✓Detoxification ✓Hair and Nails	▪Plant indoors or outdoors in full sun ▪Fertilize with Vermi-compost, fish water or Wormcasting regularly.	2500
5	Scotch Bonnet  <i>Annual</i>	➤Soups ➤Stews ➤Sauces	✓Weight Loss ✓Cardiovascular Health ✓Anti-Cancer ✓Asthma ✓Anti-inflammatory	▪Plant indoors or outdoors in full sun ▪Fertilize with Vermi-compost, fish water or Wormcastings regularly.	2000
6	Cayenne Pepper  <i>Annual</i>	➤Soups ➤Stews ➤Sauces	✓Immune system ✓Eyes ✓Reproductive Health ✓Healthy Bones ✓Diabetes ✓Antioxidant	▪Plant indoors or outdoors in full sun ▪Fertilize with Vermi-compost, fish water or Worm-castings regularly.	2000



Vegetables

Cherry Tomatoes - Derica Tomatoes - Beetroot

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
7	Cherry Tomatoes  <i>Annual</i>	➤Soups ➤Stews ➤Sauces ➤Salads	✓Anti-cancer ✓Cardiovascular health ✓Weight loss ✓Bone health ✓Digestion and Healthy gut ✓Healthy Eyes and Heart Health ✓Healthy Pregnancy	▪Plant indoors or outdoors in Partial shade. ▪Fertilize with Vermi-compost, fish water or Worm-castings	2500
8	Derica Tomatoes  <i>Annual</i>	➤Soups ➤Stews ➤Sauces ➤Salads	✓Reduces Blood pressure ✓Cardiovascular health ✓Healthy Pregnancy ✓Healthy Bones and teeth ✓Immune system ✓Diabetes and Anti-cancer ✓Healthy Eyes and Liver ✓Digestion issues	▪Plant outdoors in full sun ▪Fertilize with Vermi-compost, fish water or Worm-castings	2500
9	Beetroot  <i>Annual</i>	➤Tea ➤Drinks ➤Smoothies ➤Salads	✓Anti-cancer ✓Improves Heart and bone Health ✓Treats cancer ✓Boost Immune system ✓Healthy Eyes and liver ✓Digestion and healthy pregnancy ✓Memory and brain health	▪Plant outdoors in full sun ▪Fertilize with Vermi-compost, fish water or Worm-castings	2000



Vegetables

Sweet Potatoes - Cucumber - Malabar Spinach

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
10	Sweet Potatoes  <i>Annual</i>	➤Stews ➤Sauces	✓Healthy Heart ✓Healthy brain ✓Healthy skin ✓Immune system ✓Diabetes and Anti-cancer ✓Healthy Eyes ✓Digestion issues	■Plant outdoors in full sun. ■Fertilize with Vermi-compost, fish water or Worm-castings	2500
11	Cucumber  <i>Annual</i>	➤Smoothies ➤Salads	✓Anti cancer ✓Healthy Eyes ✓Cell repair and Bone health ✓Weight loss ✓Digestion issue ✓Diabetes ✓Heart health ✓Healthy Skin	■Plant indoors or outdoors in full sun ■Fertilize with Vermi-compost, fish water or Worm-castings	2000
12	Malabar Spinach  <i>Perennial</i>	➤Stews ➤Sauces	✓Brain, Eyes, Bones and Heart ✓Anti-cancer, Detoxification ✓Stomach ache and digestion ✓Weight loss and energy boost ✓Immune system and Anemia ✓Diabetes and high Blood pressure ✓Forms Red blood cells ✓Healthy skin and pregnancy	■Plant outdoors in full sun ■Fertilize with Vermi-compost, fish water or Worm-castings	Green -2500 Red - 3000



Vegetables

Chives - Jatropa

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
13	Chives  <i>Perennial</i>	➤Soups ➤Stews ➤Sauces	✓Healthy Eyes ✓Anti-cancer ✓Heart health ✓Immune system ✓Depression and anxiety ✓Healthy Bones	▪Plant indoors or outdoors in Partial shade. ▪Fertilize with Vermi-compost, fish water or Worm-castings	3000
14	Jatropa 	➤Soups ➤Stews ➤Juice	✓Coughs and Respiratory Health ✓Anti-Inflammatory ✓Wounds ✓Healthy Pregnancy ✓Healthy Skin ✓Digestion ✓Anemia ✓Cancer	▪Plant outdoors in full sun. ▪Fertilize with Vermi-compost, fish water or Worm-castings	2500



Fruit Trees

Seedlings





Fruit Trees- Dwarf

Julie Mango - Dausa Mango - Guava (Jumbo)

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
1	Mango (Julie)  <i>Perennial</i>	➤Fruit Salad ➤Smoothies ➤Yoghurt ➤Juice ➤Tea	✓Diabetes ✓Anti-inflammatory ✓High blood pressure ✓Weight loss ✓Stomach Ulcers ✓Improves Hair and Skin ✓Anti-ageing	▪Plant outdoors in full sun ▪Fertilize with HEA Organic Fertilizer	5000
2	Mango (Dausa)  <i>Perennial</i>	➤Fruit Salad ➤Smoothies ➤Yoghurt ➤Juice ➤Tea	✓Diabetes ✓Anti-inflammatory ✓High blood pressure ✓Weight loss ✓Stomach Ulcers ✓Improves Hair and Skin ✓Anti-ageing	▪Plant outdoors in full sun ▪Fertilize with HEA Organic Fertilizer	5000
3	Guava (Jumbo)  <i>Perennial</i>	➤Smoothies ➤Yoghurt ➤Juice ➤Tea	✓Boost immune system ✓Menstrual cramps and Digestion ✓Regulates Blood Sugar ✓Anti-Cancer ✓Weight loss ✓Skin and Hair ✓Promotes Heart Health	▪Plant outdoors in full sun ▪Fertilize with HEA Organic Fertilizer	5000



Fruit Trees- Dwarf

Indian Lemon - Orange (Sweet) - Orange (Valencia)

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
1	Indian Lemon  <i>Perennial</i>	➤ Tea ➤ Smoothies ➤ Yoghurt ➤ Juice ➤ Garnish ➤ Sauce ➤ Dessert	✓ Anti-cancer ✓ Oral Health ✓ Cold and Cough ✓ Weight loss ✓ Combats Infection ✓ Heart Health ✓ Boost immune system	▪ Plant outdoors in full sun ▪ Fertilize with HEA Organic Fertilizer	5000
2	Orange (Sweet)  <i>Perennial</i>	➤ Smoothies ➤ Yoghurt ➤ Juice	✓ Boost immune system ✓ Anti-inflammatory ✓ Cardiovascular health ✓ Prevents Asthma and Arthritis ✓ Anti-ageing ✓ Lowers blood pressure ✓ Digestion	▪ Plant outdoors in full sun ▪ Fertilize with HEA Organic Fertilizer	5000
3	Orange (Valencia)  <i>Perennial</i>	➤ Smoothies ➤ Yoghurt ➤ Juice	✓ Boost immune system ✓ Anti-inflammatory ✓ Cardiovascular health ✓ Prevents Asthma and Arthritis ✓ Anti-ageing ✓ Lowers blood pressure ✓ Digestion	▪ Plant outdoors in full sun ▪ Fertilize with HEA Organic Fertilizer	5000



Fruit Trees- Dwarf

Tangelo - Avocado - Papaya

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
7	Tangelo  <i>Perennial</i>	➤Smoothies ➤Yoghurt ➤Juice	✓Boost immune system ✓Anti-inflammatory ✓Cardiovascular health ✓Prevents Asthma and Arthritis ✓Anti-ageing ✓Lowers blood pressure ✓Digestion	▪Plant outdoors in full sun ▪Fertilize with HEA Organic Fertilizer	5000
8	Avocado  <i>Perennial</i>	➤Salad ➤Smoothies ➤Juice ➤Guacamole	✓Bone Health ✓Heart Health ✓Improves vision ✓Anti-Cancer ✓Promotes hair growth ✓Controls Blood Sugar ✓Healthy pregnancy and Digestion ✓Mental Health	▪Plant outdoors in full sun ▪Fertilize with HEA Organic Fertilizer	5000
9	Papaya  <i>Perennial</i>	➤Fruit Salad ➤Smoothies ➤Yoghurt ➤Juice ➤Salsa ➤Jam	✓Slows Alzheimer's progression ✓Improves Skin and Hair ✓Improves eye health ✓Anti-Cancer ✓Kills Parasites ✓Digestive Issues ✓Promotes Heart Health	▪Plant outdoors in full sun ▪Fertilize with HEA Organic Fertilizer	5000



Fruit Trees- Dwarf

Oil Palm - Coconut - Soursop

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
10	Oil Palm  <i>Perennial</i>	➤ Soup ➤ Sauce ➤ Pastries ➤ Butter ➤ Stew	✓ Healthy Skin ✓ Hair growth ✓ Improve vision ✓ Improves Brain health ✓ Heart Health ✓ Antioxidant	▪ Plant outdoors in full sun ▪ Fertilize with HEA Organic Fertilizer	5000
11	Coconut  <i>Perennial</i>	➤ Fruit Salad ➤ Smoothies ➤ Yoghurt ➤ Juice ➤ Pastries	✓ Anti-inflammatory ✓ Diarrhea ✓ Infection ✓ Kidney Disease ✓ Skin, Hair, Eyes and Brain ✓ Body Pains ✓ Diabetes	▪ Plant outdoors in full sun. ▪ Fertilize with HEA Organic Fertilizer ▪ Ensure that the ground is treated against termite infestation before planting	20000
12	Soursop  <i>Perennial</i>	➤ Smoothies ➤ Juice	✓ Anti-inflammatory ✓ Anti-bacterial ✓ Regulates Blood Sugar ✓ Anti-cancer ✓ Antioxidant ✓ Fights Malaria	▪ Plant outdoors in full sun ▪ Fertilize with HEA Organic Fertilizer	5000



Normal Trees

Cashew - Neem - Moringa

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
13	Cashew  <i>Perennial</i>	➤ Juice ➤ Oatmeal ➤ Yoghurt ➤ Butter	✓ Regulates blood sugar ✓ Healthy Heart ✓ Weight loss ✓ Healthy Bones ✓ Improves immune system ✓ Brain Health ✓ Increases Energy	▪ Plant outdoors in full sun ▪ Fertilize with HEA Organic Fertilizer	4000
14	Neem  <i>Perennial</i>	➤ Tea ➤ Oil	✓ Anti-Malaria and Typhoid ✓ Anti Diabetes ✓ Oral Health ✓ Fights lice and Dandruff in Hair ✓ Healthy Liver and Kidney ✓ Combats Acne on skin ✓ Heals wounds	▪ Plant outdoors in full sun ▪ Fertilize with HEA Organic Fertilizer	4000
15	Moringa  <i>Perennial</i>	➤ Tea ➤ Soups ➤ Salads ➤ Sauces	✓ Treats Diabetes and high Blood pressure ✓ Treats Edema ✓ Prevents Cancer ✓ Fights stomach pain ✓ Treats anxiety ✓ Prevents Arthritis ✓ Treats Asthma and Anemia ✓ Healthy skin and Hair	▪ Plant outdoors in full sun ▪ Fertilize with HEA Organic Fertilizer	4000



Exotic Fruits

Seedlings





Exotic Fruits

Strawberries -Grapes- Pomegranate

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
1	Strawberries  <i>Perennial</i>	➤Fruit Salad ➤Smoothies ➤Yoghurt ➤Juice	✓Regulates Blood sugar ✓Anti-cancer ✓Anti-inflammatory ✓Healthy Bones ✓Cardiovascular health ✓Improves skin and Eyes ✓Healthy Heart and Brain	▪Plant indoor or outdoor in partial sun ▪Fertilize with HEA Organic Fertilizer or Worm-castings	3500
2	Grapes  <i>Perennial</i>	➤Fruit Salad ➤Smoothies ➤Yoghurt ➤Juice ➤Drinks	✓Regulates Blood sugar ✓Combats infection and Cancer ✓Antioxidant and Anti-ageing ✓Memory and Anxiety ✓Improves skin and eyes ✓Healthy Heart and Brain ✓Boost immune system	▪Plant outdoors in full sun ▪Fertilize with HEA Organic Fertilizer or Worm-castings ▪Provide support for climbing.	4000
3	Pomegranate  <i>Perennial</i>	➤Drinks ➤Smoothies ➤Yoghurt ➤Juice	✓Brain Health and memory ✓Digestion and Cell repair ✓Antioxidant and skin ✓Regulates Blood Sugar ✓Anti-inflammatory ✓Promotes Eyes and Heart Health ✓Combats infection	▪Plant outdoors in full sun ▪Fertilize with Vermicompost, fish water or Worm-castings ▪Provide support for branches.	5000



Exotic Fruits

Mulberries - Passion Fruit - Sweet Sop

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
4	Mulberries  <i>Perennial</i>	➤Fruit Salad ➤Smoothies ➤Yoghurt ➤Juice	✓Cell Regeneration ✓Liver Health ✓Healthy Skin ✓Brain Health ✓Improves Immune system ✓Controls Blood Sugar ✓Anti cancer ✓Improves Digestion and Bone Health	▪Plant outdoors in full sun ▪Fertilize with HEA Organic Fertilizer, fish water or Worm-castings	5000
5	Passion Fruit  <i>Perennial</i>	➤Fruit Salad ➤Smoothies ➤Yoghurt ➤Juice	✓Controls Blood Pressure ✓Treats Asthma ✓Healthy Skin ✓Improves Sleep ✓Improves Immune system ✓Controls Blood Sugar ✓Anti cancer ✓Improves Digestion and Bone Health	▪Plant outdoors in partial or full sun. ▪Fertilize with Worm castings or HEA Organic Fertilizer. ▪Provide support for climbing.	5000
6	Sweet Sop  <i>Perennial</i>	➤Smoothies ➤Juice	✓Antioxidant ✓Mental Health ✓Eye Health ✓High blood pressure ✓Digestion ✓Anti-cancer ✓Immune system	▪Plant outdoors in full sun ▪Fertilize with HEA Organic Fertilizer	5000



Exotic Fruits

Pineapple

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
7	Pineapple  <i>Perennial</i>	➤Fruit Salad ➤Smoothies ➤Yoghurt ➤Juice	✓Arthritis ✓Liver Health ✓Healthy Skin ✓Detoxification ✓Improves Immune system ✓Anti-Inflammatory ✓Anti cancer ✓Improves Digestion	▪Plant outdoors in full sun ▪Fertilize with HEA Organic Fertilizer, fish water or Worm-castings	4000
8	Plantain 	➤Meals ➤Chips	✓Heals Wounds ✓Heart Health ✓Respiratory Health ✓Fights Infections ✓Anemia ✓Anti-Inflammatory ✓Antioxidant ✓Improves Digestion	▪Plant outdoors in full sun ▪Fertilize with HEA Organic Fertilizer.	20000
9	Banana 	➤Fruit Salad ➤Smoothies ➤Yoghurt ➤Juice	✓Fever ✓Heart Health ✓Kidney Stones ✓Antimicrobial ✓Anemia ✓Anti-Inflammatory ✓Antioxidant ✓Improves Digestion	▪Plant outdoors in full sun ▪Fertilize with HEA Organic Fertilizer.	15000



Seeds





Seeds

Okra - Jute (Ewedu) - Amaranth (Alefu)

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
1	Okra  <i>Perennial</i>	➤ Soup ➤ Sauce	✓ Heart health ✓ Diabetes ✓ Healthy bones ✓ Anti-cancer ✓ Pregnancy	▪ Plant outdoors in full sun ▪ Fertilize with HEA Organic Fertilizer.	1500
2	Jute (Ewedu)  <i>Perennial</i>	➤ Soup	✓ Cell protection ✓ Improve fertility ✓ Healthy eyes ✓ Healthy bones ✓ Anti-inflammatory ✓ Immune system ✓ Anti cancer	▪ Plant outdoors in full sun ▪ Fertilize with Vermicompost, fish water or Worm-castings	1500
3	Amaranth (Alefu) 	➤ Sauce ➤ Stew ➤ Soup ➤ smoothies	✓ Anti-ageing ✓ Improve fertility ✓ Healthy eyes ✓ Healthy bones ✓ Anti-inflammatory ✓ High blood pressure ✓ Weight loss	▪ Plant outdoors in full sun ▪ Fertilize with Vermicompost, fish water or Worm-castings	1500



Seeds

Sweetcorn - Pop Corn - Roselle (Zobo)

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
4	Sweet Corn  <i>Perennial</i>	➤Salads	✓Healthy Eyes ✓Healthy Heart ✓Brain Health ✓Improves Immune system ✓Controls Blood Sugar ✓Anti cancer ✓Improves Digestion	▪Plant outdoors in full sun ▪Fertilize with HEA Organic Fertilizer.	1500
5	Pop Corn  <i>Perennial</i>	➤Popcorn	✓Healthy heart ✓High blood pressure ✓Antioxidant and Anti-ageing ✓Anemia ✓Controls Blood Sugar ✓Bone health ✓Energy boost ✓Depression	▪Plant outdoors in full sun. ▪Fertilize with HEA Organic Fertilizer.	2000
6	Roselle  <i>Perennial</i>	➤Tea ➤Drinks	✓Cough and colds ✓Antibacterial and weight loss ✓Pregnancy and immune system ✓Healthy skin and Liver ✓Anti-inflammatory and Anti-cancer ✓Digestion and High blood pressure ✓Menstrual Cramps and Depression	▪Plant outdoors in full sun ▪Fertilize with Vermi-compost, fish water or Worm-castings	1500



Seeds

Green Roselle

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
7	Green Roselle  <i>Perennial</i>	➤Soup	>Weight loss >Healthy Pregnancy >Promotes immune system >Treats sleep disorder >Aids Digestion >Controls High blood pressure >Relieves Menstrual Cramps >Treats Infection >Treats Anemia	■Plant outdoors in full sun ■Fertilize with HEA Organic Fertilizer.	1500



Other Products





Other Products

Raw Honey - Organic Fertilizer - Worm Castings

No.	Description	Uses	Benefits	How to use	Cost (Naira)
1	HEA Raw Honey (1Kg) 	➤Teas ➤Smoothies ➤Yoghurt ➤Juice ➤Drinks ➤Spread	✓Anti-diabetic ✓Heart Health ✓Antioxidant ✓Burns and Wound Healing ✓Reduces Cough ✓Healthy Gut and combats infection ✓Boost Energy, healthy skin.	▪Add Honey to your Tea after the Tea has cooled down to ensure that the nutrients are still intact. ▪ Note: Honey will destabilize the protein in Hot tea, that contains milk and cause the Tea to curdle.	10000
2	Organic Fertilizer (5Kg)  Vermicompost+Wormacasting+Treated Poultry waste	➤Fruit Trees ➤Vegetables ➤Herbs ➤General plants use	✓Promotes fruiting of fruit Trees. ✓Encourages strong root formation and growth in plants ✓Improves moisture retention and drainage in soil.	▪Add a hand full of Organic Fertilizer on top of the soil around the base of you plant when required.	7000
3	Worm Castings (1Kg) 	➤Fruit Trees ➤Vegetables ➤Herbs ➤General Plant use	✓Improves soil structure and Plant Health. ✓Protects plants against disease and boost yield.	▪Add 2 Tablespoons of Worm castings on top of the soil around the base of you plant when required.	5000



Other Products

Smoked Catfish- Fresh Catfish- Beeswax Scented Candles

No.	Description	Uses	Benefits	How to use	Cost (Naira)
7	HEA Smoked Catfish (500g) 	➤ Soup ➤ Sauce ➤ Stew	✓ Brain Health ✓ Improves skin ✓ Heart Health ✓ Metabolism ✓ Anti-inflammatory ✓ Omega 3 and Omega 6 Fatty acids	▪ Soak in Hot water and salt and wash after 5 minutes. ▪ Remove bones or cook whole as required.	15000
8	Fresh Catfish (1Kg) 	➤ Barbeques ➤ Soup ➤ Sauce ➤ Stew	✓ Brain Health ✓ Improves skin ✓ Heart Health ✓ Metabolism ✓ Anti-inflammatory ✓ Omega 3 and Omega 6 Fatty acids	▪ Clean catfish with Hot water, Salt and lime to remove slime. ▪ Cut Fish open and remove internal organs	4000
9	HEA Scented Candles  Made from Honey comb produced by Honey Bees	➤ Relaxation ➤ Lighting ➤ Aesthetics ➤ Aromatherapy ➤ Sleeping ➤ Celebrations	✓ 100% Natural ✓ Non- Toxic, Cleans the air of pollutants. ✓ Long lasting Bright light ✓ Improves Wellness and relaxation ✓ Dripleless and Smokeless ✓ Improves memory	▪ Light Candle when required.	50g- 5000



Other Products

Snails - Garden Soil - Potting Mix

No.	Description	Uses	Benefits	How to use	Cost (Naira)
10	Snails (1Kg) 	➤ Barbeque ➤ Soup	✓ Anti-cancer ✓ Anti-inflammatory ✓ Antioxidant ✓ Immune system ✓ Improves Anemia ✓ Improves Heart, Brain and Skin.	▪ Soak snails in Hot Water and salt and pull out snails from the shells or crack shells and carefully remove and wash out slime with lime.	7000
11	Garden Soil (20Kg) 	➤ Garden Bed ➤ Outdoor Plants	✓ Improves soil structure ✓ Increase water retention ✓ Provides essential nutrients ✓ Resilience against, pest and diseases.	▪ Add to Garden Bed ▪ Use it in outdoor plant pots.	2000
12	Potting Mix (10kg) 	➤ Indoor Plants	✓ Healthy plant roots ✓ Nutrient absorption ✓ Consistent Plant growth ✓ Promotes the right balance of Water retention, aeration and drainage. ✓ Light weight	▪ Use it for indoor plants.	15,000



Plant Pots



Plant Pots

Traditional Clay Pots

No.	Description	Uses	Benefits	How to use	Cost (Naira)
1	Traditional Clay Pot XX Large  <i>Painted</i>	➤ Flowers ➤ Vegetables ➤ Herbs ➤ Fruits	✓ Accommodates plants with deep roots. ✓ Excellent for outdoor and Indoor use ✓ Promotes Airflow and removes excess moisture	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	13000
2	Traditional Clay Pot X Large  <i>Painted</i>	➤ Flowers ➤ Vegetables ➤ Herbs ➤ Fruits	✓ Accommodates plants with deep roots. ✓ Excellent for outdoor and Indoor use ✓ Promotes Air flow and removes excess moisture	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	11000
3	Traditional Clay Pot Large  <i>Painted</i>	➤ Flowers ➤ Vegetables ➤ Herbs ➤ Fruits	✓ Accommodates plants with deep roots. ✓ Excellent for outdoor and Indoor use ✓ Promotes Air flow and removes excess moisture	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	9000



Plant Pots

Traditional Clay Pots

No.	Description	Uses	Benefits	How to use	Cost (Naira)
4	Traditional Clay Pot Small  <i>Painted</i>	➤ Flowers ➤ Vegetables ➤ Herbs	✓ Accommodates plants with shallow roots. ✓ Excellent for outdoor and in Indoor use ✓ Promotes Air flow and removes excess moisture	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	5000
5	Traditional Clay Pot X Large  <i>Plain</i>	➤ Flowers ➤ Vegetables ➤ Herbs	✓ Accommodates plants with deep roots. ✓ Excellent for outdoor and indoor use ✓ Promotes Air flow and removes excess moisture	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	10000
6	Traditional Clay Pot Large  <i>Plain</i>	➤ Flowers ➤ Vegetables ➤ Herbs	✓ Accommodates plants with deep roots. ✓ Excellent for outdoor and indoor use ✓ Promotes Air flow and removes excess moisture	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	8000



Plant Pots

Modern Clay Pots

No.	Description	Uses	Benefits	How to use	Cost (Naira)
1	Modern Clay Pot Small  <i>Plain</i>	➤ Flowers ➤ Vegetables ➤ Herbs	✓ Accommodates plants with shallow roots. ✓ Excellent for outdoor and in indoor use	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	4000
2	Modern Clay Pot Large  <i>Plain</i>	➤ Flowers ➤ Vegetables ➤ Herbs	✓ Accommodates plants with shallow roots. ✓ Excellent for outdoor and indoor use	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	8000
3	Modern Clay Pot XX Large  <i>Plain</i>	➤ Flowers ➤ Vegetables ➤ Herbs	✓ Accommodates plants with shallow roots. ✓ Excellent for outdoor and indoor use	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	12000



Plant Pots

Modern Clay Pots

No.	Description	Uses	Benefits	How to use	Cost (Naira)
4	Modern Clay X Large  <i>Plain</i>	➤ Flowers ➤ Vegetables ➤ Herbs	✓ Accommodates plants with shallow roots. ✓ Excellent for outdoor and indoor use	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	10000
5	Modern Clay Pot Large  <i>Plain</i>	➤ Flowers ➤ Vegetables ➤ Herbs	✓ Accommodates plants with shallow roots. ✓ Excellent for outdoor and indoor use	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	8000
6	Modern Clay Pot Large  <i>Plain</i>	➤ Flowers ➤ Vegetables ➤ Herbs	✓ Accommodates plants with Shallow roots. ✓ Excellent for outdoor and indoor use	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	8000



Plant Pots

Modern Clay Pots

No.	Description	Uses	Benefits	How to use	Cost (Naira)
7	Modern Clay Small  <i>Plain</i>	➤ Flowers ➤ Vegetables ➤ Herbs	✓ Accommodates plants with Shallow roots. ✓ Excellent for outdoor and indoor use	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	4000



Plant Pots

Plastic Pots

No.	Description	Uses	Benefits	How to use	Cost (Naira)
1	Ringed Plastic Pot X Large 	➤ Flowers ➤ Vegetables ➤ Herbs	✓ Accommodates plants with shallow roots. ✓ Excellent for outdoor and in indoor use	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	9000
2	Ringed Plastic Pot Large 	➤ Flowers ➤ Vegetables ➤ Herbs	✓ Accommodates plants with shallow roots. ✓ Excellent for outdoor and indoor use	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	8000
3	Ringed Plastic Pot Medium 	➤ Flowers ➤ Vegetables ➤ Herbs	✓ Accommodates plants with Shallow roots. ✓ Excellent for outdoor and indoor use	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	6000



Plant Pots

Plastic Pots

No.	Description	Uses	Benefits	How to use	Cost (Naira)
4	Ringed Plastic Pot Small 	➤ Flowers ➤ Vegetables ➤ Herbs	✓ Accommodates plants with shallow roots. ✓ Excellent for outdoor and in indoor use	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	4500
5	Regular Plastic Pot Large 	➤ Flowers ➤ Vegetables ➤ Herbs	✓ Accommodates plants with shallow roots. ✓ Excellent for outdoor and indoor use	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	6500
6	Regular Plastic Pot Medium 	➤ Flowers ➤ Vegetables ➤ Herbs	✓ Accommodates plants with Shallow roots. ✓ Excellent for outdoor and indoor use	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	5500



Plant Pots

Plastic Pots

No.	Description	Uses	Benefits	How to use	Cost (Naira)
7	Regular Plastic Pot Small 	➤ Flowers ➤ Vegetables ➤ Herbs	✓ Accommodates plants with shallow roots. ✓ Excellent for outdoor and indoor use	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	4000
8	Hanging Pots 	➤ Flowers ➤ Vegetables ➤ Herbs	✓ Accommodates plants with shallow roots. ✓ Excellent for outdoor and indoor use	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	7000
9	Hanging Pots 	➤ Flowers ➤ Vegetables ➤ Herbs	✓ Accommodates plants with Shallow roots. ✓ Excellent for outdoor and indoor use	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	7000



Plant Pots

Plastic Pots

No.	Description	Uses	Benefits	How to use	Cost (Naira)
10	White Plastic Pot  <i>Plain</i>	➤ Flowers ➤ Vegetables ➤ Herbs	✓ Accommodates plants with Shallow roots. ✓ Excellent for outdoor and indoor use ✓ Reduces heat absorption.	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	9000



Plant Pots

Plastic Pots

No.	Description	Uses	Benefits	How to use	Cost (Naira)
1	Papilon Plastic Pot small 	➤ Flowers ➤ Vegetables ➤ Herbs	✓ Accommodates plants with shallow roots. ✓ Excellent for outdoor and in indoor use	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	4500
2	Papilon Plastic Pot Medium 	➤ Flowers ➤ Vegetables ➤ Herbs	✓ Accommodates plants with Deep roots. ✓ Excellent for outdoor and indoor use	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	7000
3	Papilon Plastic Large 	➤ Flowers ➤ Vegetables ➤ Herbs	✓ Accommodates plants with Deep roots. ✓ Excellent for outdoor and indoor use	▪ Pour well draining soil in pot, top-up with vermi-compost ▪ Use potting mix to amend your soil when necessary ▪ Place Pot on Tray to collect drained water	9000



Culinary Herbs

Processed Leaves



Processed Culinary Herbs

Mint - Oregano - Moringa

No.	Description	Uses	Benefits	Tips on how to use	Cost (Naira)
1	Mint 	➤Cakes ➤Smoothies ➤Cold Drinks ➤Yoghurt ➤Salads ➤Stew ➤Sauces ➤Tea	✓Promotes healthy vision and Relieves Stress ✓Reduce Symptoms of Allergies and hay fever ✓Soothes Sunburn and insect Bites ✓Fights Oral Bacteria and bad Breath	▪Shake bottle and sprinkle as required. ▪Always use a dry spoon to scoop to prevent spoilage due to moisture. ▪Close bottle lid firmly after use, to prevent contamination.	50g- 3000
2	Oregano 	➤Soups ➤Stews ➤Sauces ➤Tea	✓Relieves Digestive Issues ✓Treats skin sores ✓Boost immune System ✓Treats Asthma ✓Reduces muscle aches ✓Relieves menstrual cramps ✓Prevents Cancer	▪Shake bottle and sprinkle as required. ▪Always use a dry spoon to scoop to prevent spoilage due to moisture. ▪Close bottle lid firmly after use, to prevent contamination.	50g - 3000 100g- 5000
3	Moringa 	➤Tea ➤Soups ➤Salads ➤Sauces	✓Treats Diabetes and high Blood pressure ✓Treats Edema ✓Prevents Cancer ✓Fights stomach pain ✓Treats anxiety ✓Prevents Arthritis ✓Treats Asthma and Anemia ✓Healthy skin and Hair	▪Shake bottle and sprinkle as required. ▪Always use a dry spoon to scoop to prevent spoilage due to moisture. ▪Close bottle lid firmly after use, to prevent contamination.	50g - 3000



Processed Culinary Herbs

Sweet Basil - African Basil - Catnip

No.	Description	Uses	Benefits	Tips on how to use	Cost (Naira)
4	Sweet Basil 	➤Soups ➤Stews ➤Sauces ➤Salads	✓Prevents Cancer ✓Anti-Ageing ✓Reduces High Blood sugar ✓Boost Mental Health ✓Anti-inflammatory ✓Combats Infection ✓Supports Cardiovascular Health	▪Shake bottle and sprinkle as required. ▪Always use a dry spoon to scoop to prevent spoilage due to moisture. ▪Close bottle lid firmly after use, to prevent contamination.	50g -3000 100g- 5000
5	African Basil 	➤Soups ➤Stews ➤Sauces ➤Tea	✓Antimicrobial ✓Anti-inflammatory ✓Antioxidant ✓Reduces Headaches ✓Coughs ✓Malaria ✓Promotes Cardiovascular Health	▪Shake bottle and sprinkle as required. ▪Always use a dry spoon to scoop to prevent spoilage due to moisture. ▪Close bottle lid firmly after use, to prevent contamination.	50g- 3000 100g- 5000
6	Catnip 	➤Soups ➤Smoothies ➤Stews ➤Sauces ➤Salads ➤Tea	✓Arthritis and Edema ✓Diabetes ✓Sleep Disorder ✓Coughs and Fever ✓Digestion issues and viruses ✓Menstrual Cramps ✓Anxiety and Depression ✓Regulates Hormones	▪Shake bottle and sprinkle as required. ▪Always use a dry spoon to scoop to prevent spoilage due to moisture. ▪Close bottle lid firmly after use, to prevent contamination.	50g- 3000



Processed Culinary Herbs

Mixed Herbs - Curry - Rosemary

No.	Description	Uses	Benefits	Tips on how to use	Cost (Naira)
7	Mixed Herbs  <i>Thyme+Marjoram+ Sweet Basil+Parsley</i>	➤Soup ➤Stew ➤Sauces	✓Promotes Kidney Health ✓Boost Immune system ✓Controls Edema ✓Prevents Cancer ✓Fights Acne ✓Antioxidant ✓Healthy Liver	▪Shake bottle and sprinkle as required. ▪Always use a dry spoon to scoop to prevent spoilage due to moisture. ▪Close bottle lid firmly after use, to prevent contamination.	50g- 4000
8	Curry 	➤Soups ➤Stews ➤Sauces ➤Tea	✓Protects the liver ✓Anti-inflammatory ✓Helps in Weight loss ✓Prevents Cancer ✓Controls Blood Sugar ✓Improves Heart Health ✓Promotes Mental health	▪Shake bottle and sprinkle as required. ▪Always use a dry spoon to scoop to prevent spoilage due to moisture. ▪Close bottle lid firmly after use, to prevent contamination.	50g- 3000
9	Rosemary 	➤Soups ➤Stews ➤Salads ➤Sauces ➤Tea	✓Improves memory and Supports Brain Health ✓Regulates Blood Sugar ✓Anti-inflammatory ✓Improves eye health and vision ✓Relieves Digestive Issues ✓Supports Heart Health ✓Improves hair growth	▪Shake bottle and sprinkle as required. ▪Always use a dry spoon to scoop to prevent spoilage due to moisture. ▪Close bottle lid firmly after use, to prevent contamination.	50g- 3000 100g- 5000



Processed Culinary Herbs

Bitter Leaf

No.	Description	Uses	Benefits	Tips on how to use	Cost (Naira)
10	Bitter Leaf 	➤ Soup ➤ Tea ➤ Smoothies	✓ Malaria and Nausea ✓ Diabetes ✓ Anti-inflammatory ✓ Promotes Kidney and Liver function ✓ Digestion issues and parasites ✓ Hair and Skin ✓ Fertility inducer ✓ Detoxification	▪ Shake bottle and sprinkle as required. ▪ Always use a dry spoon to scoop to prevent spoilage due to moisture. ▪ Close bottle lid firmly after use, to prevent contamination. ▪ Be mindful of the fact that the leaves are extremely bitter.	50g - 3500



TEAS

Loose Leaf



Teas

Mint & Lemon Balm - African Basil - Lemon Balm

No.	Description	Uses	Benefits	Tips on how to use	Cost (Naira)
1	Mint & Lemon Balm 	➤Tea	✓Combats infection ✓Relieves menstrual cramps ✓Nausea and Digestion ✓Toothache and Headache ✓Sleep disorder ✓Memory and anxiety ✓Fights Oral Bacteria and bad Breath	▪Boil 1-2 Table spoons of Leaves for 5 minutes at medium heat or insert leaves in a hot water kettle for 10 minutes then strain and add Honey. ▪Do not add Milk	20g - 4000
2	African Basil Tea 	➤Tea	✓Antimicrobial ✓Anti-inflammatory ✓Antioxidant ✓Reduces Headaches ✓Coughs ✓Malaria ✓Promotes Cardiovascular Health	▪Boil 2-3 Leaves for 5 minutes at medium heat or insert leaves in a hot water kettle for 10 minutes then strain and add Honey. ▪Do not add Milk	25g - 4000
3	Lemon Balm Tea 	➤Tea	✓Relieves menstrual cramps ✓Nausea and Digestion ✓Combats infection ✓Toothache and Headache ✓Sleep disorder ✓Memory and anxiety	▪Boil 1-2 Table spoons of Leaves for 5 minutes at medium heat or insert leaves in a hot water kettle for 10 minutes then strain and add Honey. ▪Do not add Milk	20g - 4000



Teas

Detox - Neem - Soursop

No.	Description	Uses	Benefits	Tips on how to use	Cost (Naira)
4	Detox Tea  <i>Neem+Soursop+Guava+Mangoe+Lemon Grass</i>	➤Tea	✓Treats Malaria ✓Prevents Typhoid ✓Treats Infection ✓Boost Immune System	▪Boil 5 -10 Leaves for 15 minutes at medium heat then strain and add Honey. ▪Do not add Milk	50g - 3000
5	Neem Tea 	➤Tea	✓Relieves Digestive Issues ✓Treats skin sores ✓Boost immune System ✓Treats Asthma ✓Reduces muscle aches ✓Relieves menstrual cramps ✓Prevents Cancer	▪Boil 5 -10 Leaves for 15 minutes at medium heat then strain and add Honey. ▪Do not add Milk	50g - 2500
6	Soursop Tea 	➤Tea	✓Aids Digestion ✓Treats Anxiety and depression ✓Treats Diarrhea ✓Reduces symptoms of cold ✓Relieves Menstrual Cramps ✓Combats Infections ✓Treats skin irritation	▪Boil 2-3 Leaves for 15 minutes at medium heat then strain and add Honey. ▪Do not add Milk	30g - 5000



Vegetables

Processed Leaves



Processed Vegetables

Bitter Leaf

No.	Description	Uses	Benefits	Tips on how to use	Cost (Naira)
1	Bitter Leaf  <i>Washed Leaves</i>	➤ Soup	✓ Malaria and Nausea ✓ Diabetes ✓ Anti-inflammatory ✓ Promotes Kidney and Liver function ✓ Digestion issues and parasites ✓ Hair and Skin ✓ Fertility inducer ✓ Detoxification	▪ Soak leaves in Hot water for 10 minutes and strain before use	100g - 3000



Indoor Plants





Indoor Plants

White Dumb Cane - String of Hearts - Indoor Plant

No.	Description	Uses	Benefits	Tips For Planting	Cost (Naira)
1		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	25000
2		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	15000
3		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	15000



Indoor Plants

Prayer Plant - Golden Palm - Rex Begonia

No.	Description	Uses	Benefits	Tips on how to use	Cost (Naira)
4		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	15000
5		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	35000
6		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	25000



Indoor Plants

Indoor Plant - Spider Plant - Lily

No.	Description	Uses	Benefits	Tips on how to use	Cost (Naira)
7		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	15000
8		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	15000
9		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	25000



Indoor Plants

Dumb cane - Indoor Plant - Indoor plant

No.	Description	Uses	Benefits	Tips on how to use	Cost (Naira)
10		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	20000
11		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	15000
12		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	20000



Indoor Plants

Indoor Plant - Red Caladium - Green Caladium

No.	Description	Uses	Benefits	Tips on how to use	Cost (Naira)
13		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	20000
14		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	10000
15		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	10000



Indoor Plants

Green Dumb Cane - Indoor Plant - Happiness

No.	Description	Uses	Benefits	Tips on how to use	Cost (Naira)
16		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	20000
17		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	15000
18		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	15000



Indoor Plants

Fern - Lucky Bamboo - Snake Plant

No.	Description	Uses	Benefits	Tips on how to use	Cost (Naira)
19		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	15000
20		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	25000
21		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	10000



Indoor Plants

Indoor Plant

No.	Description	Uses	Benefits	Tips on how to use	Cost (Naira)
22		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	15000

No.	Description	Uses	Benefits	Tips on how to use	Cost (Naira)
1		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	25000
2		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	15000
3		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	25000

No.	Description	Uses	Benefits	Tips on how to use	Cost (Naira)
4		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	20000
5		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	20000
6		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	25000

No.	Description	Uses	Benefits	Tips on how to use	Cost (Naira)
7		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	25000
8		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	25000
9		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	25000

Succulents

No.	Description	Uses	Benefits	Tips on how to use	Cost (Naira)
1		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	20000
2		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	25000
3		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	25000



Succulents

No.	Description	Uses	Benefits	Tips on how to use	Cost (Naira)
4		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	20000
5		➤Ornamentals	✓Air Purification ✓Reduce Fatigue ✓Improve Sleep ✓Increase Humidity ✓Reduces Anxiety and Depression	▪Plant Indoors in Pots using potting mix. ▪ Place saucers under Pots to collect water. ▪Fertilize Vermi-compost. ▪Prune to prolong the life of the plant. ▪Do not use Garden Soil	25000