



NEW



# Catalogue

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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
- Isy Snails
- Mulberries
- Passion Fruit
- Roselle
- Water Leaf
- Fluted Pumpkin (Ugu)
- Scotch Bonnet Pepper
- Cherry Tomatoes
- Derica Tomatoes
- Beetroot
- Sweet potatoes
- Cucumber
- Malabar Spinach
- Chives
- Hibiscus
- Jasmine
- Periwinkle
- Okra
- Jute (Ewedu)
- Sweet corn
- Pop corn
- Green Roselle

### 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
- Derica Tomatoes
- Sweet potatoes
- Cucumber
- Malabar Spinach
- Hibiscus
- Jasmine
- Okra
- Pop corn
- Coconut

### 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)
- Isy Snails
- Mulberries
- Passion Fruit
- Roselle
- Bitter Leaf
- Bell Pepper
- Sweet potatoes
- Cucumber
- Malabar Spinach
- Hibiscus
- Jasmine
- Coconut
- Green Roselle



# 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)
- Isy Snails
- Roselle
- Water Leaf
- Bitter Leaf
- Fluted Pumpkin(Ugu)
- Scotch Bonnet Pepper
- Hibiscus
- Periwinkle
- Jute (Ewedu)
- Amaranth
- Coconut
- Green Roselle

### 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

### 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)
- Isy Snails
- Cherry Tomatoes
- Derica Tomatoes
- Beetroot
- Sweet potatoes
- Cucumber
- Malabar Spinach
- Chives
- Hibiscus
- Jasmine
- Okra
- Sweet corn
- Pop corn



# 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

## 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
- Isy Snails
- Mulberries
- Passion Fruit
- Roselle
- Cayenne Pepper
- Derica Tomatoes
- Beetroot
- Sweet potatoes
- Malabar Spinach
- Chives
- Jute (Ewedu)
- Sweet corn
- Green Roselle

## 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

## DIARRHEA

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

## 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

#### 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

#### ARTHRITIS

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

#### ULCER

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

#### MOSQUITO REPELLENT

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



# 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
- Isy Snails
- Water Leaf
- Cayenne Pepper
- Cherry Tomatoes
- Derica Tomatoes
- Malabar Spinach
- Hibiscus
- Jasmine
- Sweet corn
- Coconut

## 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

## BRAIN HEALTH

- Cashew
- Rosemary
- Ginger
- Garlic
- Strawberries
- Grapes
- Pomegranate
- HEA Catfish (Smoked /Fresh)
- Isy 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

## COLD/COUGH

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





# 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

## MALARIA

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

## 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
- Pomegranate
- Marigold
- Mulberries
- Beetroot
- Malabar Spinach
- Jute (Ewedu)

## KIDNEY / GALLSTONES

- Mango leaves
- Neem
- Moringa
- Marjoram
- Parsley
- Stevia
- Turmeric
- Bitter Leaf
- Coconut

## 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



# Food is Medicine

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

## DETOXIFICATION

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

## 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

## FEVER

- Catnip
- Roselle
- Bitter Leaf
- Cilantro
- Garlic
- HEA Raw Honey

## 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

## PARASITES-(WORMS)

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

## 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

## 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

## 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

## 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
- Isy Snails
- Water Leaf
- Fluted Pumpkin(Ugu)
- Malabar Spinach
- Amaranth
- Pop corn

## AROMATHERAPY

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






# Edible Flowers

## Seedlings



# Edible Flowers




## Lavender - Roses - Marigold

| No. | Description  | Uses           | Benefits   | Tips For Planting  | Cost (Naira) |
|-----|--|----------------|--|--|--------------|
| 1   | <b>Lavender</b><br><br><i>Perennial</i> | ➤Tea           | <ul style="list-style-type: none"> <li>✓Treats Acne and heals wounds</li> <li>✓Nausea and Vomiting</li> <li>✓Bloating and intestinal Gas</li> <li>✓Depression and Anxiety</li> <li>✓Aromatherapy and Sleep Disorder</li> <li>✓Mosquito repellent</li> <li>✓Treats Hair Loss</li> </ul>                           | <ul style="list-style-type: none"> <li>▪Plant outdoors in full sun</li> <li>▪Lavender prefers fast draining soil with poor nutrient content</li> <li>▪Prune plant to prolong the life of the plant.</li> </ul> | 2500         |
| 2   | <b>Roses</b><br><br><i>Perennial</i>    | ➤Tea           | <ul style="list-style-type: none"> <li>✓Produces Collagen</li> <li>✓Anti-inflammatory</li> <li>✓Antibacterial</li> <li>✓Healthy Hair and Nails</li> <li>✓Reduces Breakout on skin and Treats Eczema</li> <li>✓Menstrual pain and Anxiety</li> <li>✓Immune system and Digestion</li> </ul>                        | <ul style="list-style-type: none"> <li>▪Plant outdoors in full sun</li> <li>▪Fertilize with Worm castings or Vermi-compost.</li> <li>▪Prune to prolong the life of the plant.</li> </ul>                       | 4000         |
| 3   | <b>Marigold</b><br><br><i>Annual</i>   | ➤Tea<br>➤Salad | <ul style="list-style-type: none"> <li>✓Mosquito Repellent</li> <li>✓Anti-cancer</li> <li>✓Reduces Menstrual cramps</li> <li>✓Relieves Digestive Issues</li> <li>✓Reduces Nausea</li> <li>✓Treats Stomach Ulcer</li> <li>✓Headache and sleep disorder</li> <li>✓Protects Cells</li> <li>✓Healthy Skin</li> </ul> | <ul style="list-style-type: none"> <li>▪Plant outdoors in full sun</li> <li>▪Fertilize with Fish water, Vermi-compost or Worm-castings.</li> <li>▪Harvest Flower s to stimulate new growth.</li> </ul>         | 2500         |



# Edible Flowers

## Hibiscus - Jasmine - Periwinkle

| No. | Description  | Uses  | Benefits  | Tips For Planting  | Cost (Naira) |
|-----|--|-------|---|--|--------------|
| 4   | <b>Hibiscus</b><br><br><i>Perennial</i>     | ➤ Tea | <ul style="list-style-type: none"> <li>✓ Prevents Cancer</li> <li>✓ Weight loss</li> <li>✓ High Blood pressure</li> <li>✓ Boost Mental Health</li> <li>✓ Anti-inflammatory</li> <li>✓ Diabetes</li> <li>✓ Liver</li> <li>✓ Skin and hair</li> </ul> | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun; preferably on the ground.</li> <li>▪ Fertilize with Vermi-compost, fish water or Worm-castings</li> </ul> | 3000         |
| 5   | <b>Jasmine</b><br><br><i>Perennial</i>      | ➤ Tea | <ul style="list-style-type: none"> <li>✓ Heart health</li> <li>✓ Weight loss</li> <li>✓ Oral health</li> <li>✓ Boost Brain function</li> <li>✓ Alzheimer</li> <li>✓ Diabetes</li> <li>✓ Anti-cancer</li> <li>✓ Skin and hair</li> </ul>             | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun; preferably on the ground.</li> <li>▪ Fertilize with Worm castings or Vermi-compost.</li> </ul>            | 3000         |
| 6   | <b>Periwinkle</b><br><br><i>Perennial</i> | ➤ Tea | <ul style="list-style-type: none"> <li>✓ High blood pressure</li> <li>✓ Wounds and Toothache</li> <li>✓ Anti-cancer</li> <li>✓ Anti-inflammatory</li> <li>✓ Sore throat</li> <li>✓ Improves memory</li> <li>✓ Reduces Chest pain</li> </ul>         | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun</li> <li>▪ Fertilize with Vermi-compost or Worm-castings.</li> </ul>                                       | 2500         |



# Culinary Herbs

## Seedlings










# Culinary Herbs




## Sweet Basil - African Basil - Marjoram

| No. | Description  | Uses   | Benefits   | Tips For Planting  | Cost (Naira) |
|-----|--|--|--|--|--------------|
| 1   | <b>Sweet Basil</b><br><br><i>Perennial</i>                | <ul style="list-style-type: none"> <li>➤Soups</li> <li>➤Stews</li> <li>➤Sauces</li> <li>➤Salads</li> <li>➤Tea</li> </ul> | <ul style="list-style-type: none"> <li>✓Prevents Cancer</li> <li>✓Anti-Ageing</li> <li>✓Reduces High Blood sugar</li> <li>✓Boost Mental Health</li> <li>✓Anti-inflammatory</li> <li>✓Combats Infection</li> <li>✓Supports Cardiovascular Health</li> </ul> | <ul style="list-style-type: none"> <li>▪Plant indoors or outdoors in Partial shade ( South or Southwest</li> <li>▪Fertilize with Vermi-compost, fish water or Worm-castings</li> <li>▪Cut off seeds to prolong the life of the plant.</li> </ul> | 3500         |
| 2   | <b>African Basil (Scent leaf)</b><br><br><i>Perennial</i> | <ul style="list-style-type: none"> <li>➤Soups</li> <li>➤Stews</li> <li>➤Sauces</li> <li>➤Tea</li> </ul>                  | <ul style="list-style-type: none"> <li>✓Antimicrobial</li> <li>✓Anti-inflammatory</li> <li>✓Antioxidant</li> <li>✓Reduces Headaches</li> <li>✓Coughs</li> <li>✓Malaria</li> <li>✓Promotes Cardiovascular Health</li> </ul>                                 | <ul style="list-style-type: none"> <li>▪Plant outdoors in full sun; preferably on the ground.</li> <li>▪Fertilize with Worm castings or Vermi-compost.</li> <li>▪Cut off seeds to prolong the life of the plant.</li> </ul>                      | 2500         |
| 3   | <b>Marjoram</b><br><br><i>Perennial</i>                 | <ul style="list-style-type: none"> <li>➤Soups</li> <li>➤Stews</li> <li>➤Salads</li> <li>➤Sauces</li> <li>➤Tea</li> </ul> | <ul style="list-style-type: none"> <li>✓Relieves Digestive Issues</li> <li>✓Regulates Hormones</li> <li>✓Weight loss</li> <li>✓Promotes Heart Health</li> <li>✓Healthy Hair</li> <li>✓Kidney Health</li> </ul>   | <ul style="list-style-type: none"> <li>▪Plant outdoors in full sun</li> <li>▪Fertilize with Vermi-compost or Worm-castings.</li> <li>▪Cut off Flower buds to stimulate new growth.</li> <li>▪Drought Resistant</li> </ul>                        | 3000         |



# Culinary Herbs




## Thyme - Dill - Curry (Lemon Basil)

| No. | Description   | Uses   | Benefits  | Tips For Planting   | Cost (Naira) |
|-----|---|--|---|---|--------------|
| 4   | <b>Thyme</b><br><br><i>Perennial</i> | <ul style="list-style-type: none"> <li>➤Soups</li> <li>➤Stews</li> <li>➤Sauces</li> <li>➤Salads</li> <li>➤Tea</li> </ul> | <ul style="list-style-type: none"> <li>✓Anti-bacterial</li> <li>✓Lowers Blood pressure</li> <li>✓Relieves Cough</li> <li>✓Fights Acne</li> <li>✓Anti-inflammatory</li> <li>✓Repels Pest</li> <li>✓Boost Immunity</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun</li> <li>▪Fertilize with Vermicompost, fish water or Worm-castings</li> <li>▪Harvest and trim off overgrown leaves to contain the plant.</li> <li>▪Drought resistant</li> </ul> | 3000         |
| 5   | <b>Curry</b><br><br><i>Perennial</i> | <ul style="list-style-type: none"> <li>➤Soups</li> <li>➤Stews</li> <li>➤Sauces</li> <li>➤Tea</li> </ul>                  | <ul style="list-style-type: none"> <li>✓Protects the liver</li> <li>✓Anti-inflammatory</li> <li>✓Helps in Weight loss</li> <li>✓Prevents Cancer</li> <li>✓Controls Blood Sugar</li> <li>✓Improves Heart Health</li> <li>✓Promotes Mental health</li> </ul>  | <ul style="list-style-type: none"> <li>▪Plant outdoors in full sun; preferably in containers.</li> <li>▪Fertilize with Worm castings or Vermicompost.</li> <li>▪Cut off seeds and harvest leaves to prolong the life of the plant</li> </ul>        | 2000         |
| 6   | <b>Dill</b><br><br><i>Annual</i>   | <ul style="list-style-type: none"> <li>➤Soups</li> <li>➤Stews</li> <li>➤Sauces</li> <li>➤Tea</li> </ul>                  | <ul style="list-style-type: none"> <li>✓Relieves Intestinal gas flatulence</li> <li>✓Improves appetite</li> <li>✓Helps issues with sleep disorder</li> <li>✓Treats Urinary Tract Infections</li> <li>✓Relieves Menstrual Cramps</li> <li>✓Relieves Digestive Issues</li> <li>✓Treatment of colds and Fever</li> </ul> | <ul style="list-style-type: none"> <li>▪Plant indoors or outdoors.</li> <li>▪Fertilize with Worm castings or Vermicompost.</li> <li>▪Cut off seeds and harvest leaves to prolong the life of the plant.</li> </ul>                                  | 2000         |



# Culinary Herbs




## Mint - Oregano - Peppermint

| No. | Description   | Uses  | Benefits   | Tips For Planting   | Cost (Naira)                                  |
|-----|---|---|--|---|---|
| 7   | <b>Mint</b><br><br><i>Perennial</i>          | <ul style="list-style-type: none"> <li>➤Cakes</li> <li>➤Smoothies</li> <li>➤Cold Drinks</li> <li>➤Yoghurt</li> <li>➤Salads</li> <li>➤Stew</li> <li>➤Sauces</li> <li>➤Tea</li> </ul> | <ul style="list-style-type: none"> <li>✓Promotes healthy vision and Relieves Stress</li> <li>✓Reduce Symptoms of Allergies and hay fever</li> <li>✓Soothes Sunburn and insect Bites</li> <li>✓Fights Oral Bacteria and bad Breath</li> </ul>                             | <ul style="list-style-type: none"> <li>▪Plant indoors or outdoors in Partial shade using planters or containers.</li> <li>▪Fertilize with Worm castings or Vermicompost.</li> <li>▪Harvest and trim off overgrown leaves to contain the plant.</li> </ul>             | <b>2500</b>                                   |
| 8   | <b>Oregano Greek</b><br><br><i>Perennial</i> | <ul style="list-style-type: none"> <li>➤Soups</li> <li>➤Stews</li> <li>➤Sauces</li> <li>➤Tea</li> </ul>   | <ul style="list-style-type: none"> <li>✓Relieves Digestive Issues</li> <li>✓Treats skin sores</li> <li>✓Boost immune System</li> <li>✓Treats Asthma</li> <li>✓Reduces muscle aches</li> <li>✓Relieves menstrual cramps</li> <li>✓Prevents Cancer</li> </ul>              | <ul style="list-style-type: none"> <li>▪Plant outdoors in full sun using planters or containers.</li> <li>▪Fertilize with Vermicompost or Worm-castings.</li> <li>▪Harvest and trim off overgrown leaves to contain the plant.</li> </ul>                             | <b>Small - 2000</b><br><br><b>Large- 3000</b> |
| 9   | <b>Peppermint</b><br><br><i>Perennial</i>  | <ul style="list-style-type: none"> <li>➤Smoothies</li> <li>➤Cold Drinks</li> <li>➤Sauces</li> <li>➤Tea</li> </ul>   | <ul style="list-style-type: none"> <li>✓Aids Digestion</li> <li>✓Treats Anxiety and depression</li> <li>✓Treats Diarrhea</li> <li>✓Reduces symptoms of cold</li> <li>✓Relieves Menstrual Cramps</li> <li>✓Combats Infections</li> <li>✓Treats skin irritation</li> </ul> | <ul style="list-style-type: none"> <li>▪Plant indoors or outdoors in Partial shade using planters or containers.</li> <li>▪Fertilize with Vermicompost, fish water or Worm-castings.</li> <li>▪Harvest and trim off overgrown leaves to contain the plant.</li> </ul> | <b>3000</b>                                   |



# Culinary Herbs




## Parsley - Lemon Grass - Rosemary

| No. | Description   | Uses  | Benefits   | Tips For Planting  | Cost (Naira)                             |
|-----|---|---|--|--|--|
| 10  | <b>Parsley</b><br><br><i>Biennial</i>      | <ul style="list-style-type: none"> <li>➤ Smoothies</li> <li>➤ Stews</li> <li>➤ Sauces</li> <li>➤ Salads</li> <li>➤ Tea</li> </ul> | <ul style="list-style-type: none"> <li>✓ Treats urinary tract infection</li> <li>✓ Strengthens immune system</li> <li>✓ Reduces High Blood pressure</li> <li>✓ Promotes eye health and vision</li> <li>✓ Prevents and treats Anemia</li> <li>✓ Prevents Kidney stones</li> <li>✓ Treats fluid retention</li> </ul> | <ul style="list-style-type: none"> <li>▪ Plant indoors or outdoors in Partial shade</li> <li>▪ Fertilize with Vermicompost, fish water or Worm-castings.</li> <li>▪ Harvest outer leaves at the bottom of the plant to prolong the life of the plant.</li> </ul> | 2000                                     |
| 11  | <b>Lemon Grass</b><br><br><i>Perennial</i> | <ul style="list-style-type: none"> <li>➤ Tea</li> </ul>   | <ul style="list-style-type: none"> <li>✓ Combats' symptoms of Cold and allergies.</li> <li>✓ Anti-inflammatory</li> <li>✓ Acts as a diuretic</li> <li>✓ Antioxidant</li> <li>✓ Reduces cramps and bloating</li> <li>✓ Weight loss</li> <li>✓ Reduces Cancer risk</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun; preferably on the ground.</li> <li>▪ Fertilize with Worm castings or Vermi-compost.</li> <li>▪ Harvest leaves and Cut off dead leaves to prolong plant life</li> </ul>                      | 2500                                     |
| 12  | <b>Rosemary</b><br><br><i>Perennial</i>  | <ul style="list-style-type: none"> <li>➤ Soups</li> <li>➤ Stews</li> <li>➤ Salads</li> <li>➤ Sauces</li> <li>➤ Tea</li> </ul>     | <ul style="list-style-type: none"> <li>✓ Improves memory and Supports Brain Health</li> <li>✓ Regulates Blood Sugar</li> <li>✓ Anti-inflammatory</li> <li>✓ Improves eye health and vision</li> <li>✓ Relieves Digestive Issues</li> <li>✓ Supports Heart Health</li> <li>✓ Improves hair growth</li> </ul>        | <ul style="list-style-type: none"> <li>▪ Plant outdoors in partial sun</li> <li>▪ Fertilize with Vermi compost, fish water or Worm-castings.</li> <li>▪ Harvest plant by trimming just above the woody part to ensure healthy growth.</li> </ul>                 | Small- 2000<br>Medium-3000<br>Large-7000 |



# Culinary Herbs




## Stevia - Cilantro - Lemon Balm

| No. | Description  | Uses   | Benefits   | Tips For Planting  | Cost (Naira) |
|-----|--|--|--|--|--------------|
| 13  | <b>Stevia</b><br><br><i>Perennial</i>       | <ul style="list-style-type: none"> <li>➤ Tea</li> <li>➤ Smoothies</li> <li>➤ Yoghurt</li> </ul>  | <ul style="list-style-type: none"> <li>✓ Anti-diabetic</li> <li>✓ Anti-cancer</li> <li>✓ Anti-inflammatory</li> <li>✓ Anti-hypertension</li> <li>✓ Anti-obesity</li> <li>✓ Combats Infection</li> <li>✓ Improves Kidney function</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun</li> <li>▪ Fertilize with Vermicompost, fish water or Worm-castings</li> <li>▪ Harvest leaves and cut off seeds to prolong the life of the plant.</li> </ul> | 4000         |
| 14  | <b>Cilantro</b><br><br><i>Annual</i>        | <ul style="list-style-type: none"> <li>➤ Soups</li> <li>➤ Stews</li> <li>➤ Salads</li> <li>➤ Sauces</li> <li>➤ Smoothies</li> <li>➤ Tea</li> </ul> | <ul style="list-style-type: none"> <li>✓ Removes metals such as Mercury, lead and aluminum from the body</li> <li>✓ Reduces Anxiety</li> <li>✓ Improves memory</li> <li>✓ Reduces symptoms of Alzheimer's and Parkinson's disease</li> <li>✓ Promotes hair growth</li> <li>✓ Controls Blood Sugar</li> <li>✓ Prevents food borne illnesses like Typhoid</li> </ul> | <ul style="list-style-type: none"> <li>▪ Plant indoors or outdoors in Partial shade.</li> <li>▪ Fertilize with Worm castings or Vermicompost.</li> <li>▪ Harvest leaves to prolong the life of the plant.</li> </ul>             | 2500         |
| 15  | <b>Lemon Balm</b><br><br><i>Perennial</i> | <ul style="list-style-type: none"> <li>➤ Tea</li> </ul>  | <ul style="list-style-type: none"> <li>✓ Relieves menstrual cramps</li> <li>✓ Nausea and Digestion</li> <li>✓ Combats infection</li> <li>✓ Toothache and Headache</li> <li>✓ Sleep disorder</li> <li>✓ Memory and anxiety</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Plant outdoors in partial sun</li> <li>▪ Fertilize with Worm castings or Vermicompost.</li> <li>▪ Harvest leaves to prolong the life of the plant.</li> </ul>                           | 2500         |



# Culinary Herbs



## Ginger - Turmeric - Garlic

| No. | Description  | Uses  | Benefits   | Tips For Planting  | Cost (Naira) |
|-----|--|---|--|--|--------------|
| 16  | <b>Ginger</b><br><br><i>Perennial</i>   | <ul style="list-style-type: none"> <li>➤Soups</li> <li>➤Stews</li> <li>➤Sauces</li> <li>➤Salads</li> <li>➤Tea</li> <li>➤Smoothies</li> <li>➤Drinks</li> </ul> | <ul style="list-style-type: none"> <li>✓Prevents Cancer</li> <li>✓Nausea and Pregnancy</li> <li>✓Weight loss and Body Pain</li> <li>✓Brain and Alzheimer's</li> <li>✓Digestion and Menstrual cramps</li> <li>✓Combats Infection and colds</li> <li>✓Diabetes and Heart Health</li> </ul> | <ul style="list-style-type: none"> <li>▪Plant indoors or outdoors in Partial shade</li> <li>▪Fertilize with Vermi-compost, fish water or Worm-castings</li> <li>▪There may be no need to replant after harvest; Ginger grows back every season.</li> </ul> | 1500         |
| 17  | <b>Turmeric</b><br><br><i>Perennial</i> | <ul style="list-style-type: none"> <li>➤Soups</li> <li>➤Stews</li> <li>➤Sauces</li> <li>➤Tea</li> </ul>   | <ul style="list-style-type: none"> <li>✓Anti-Cancer and Diabetes</li> <li>✓Anti-inflammatory</li> <li>✓Reduces Anxiety</li> <li>✓Reduces Body Pain</li> <li>✓Arthritis and Kidney Health</li> <li>✓Eye and Heart Health</li> <li>✓Anti-Ageing</li> </ul>                                 | <ul style="list-style-type: none"> <li>▪Plant outdoors in partial sun</li> <li>▪Fertilize with Worm castings or Vermi-compost.</li> <li>▪No need to replant after harvest; Turmeric grows back every season.</li> </ul>                                    | 2000         |
| 18  | <b>Garlic</b><br><br><i>Perennial</i> | <ul style="list-style-type: none"> <li>➤Soups</li> <li>➤Stews</li> <li>➤Sauces</li> <li>➤Tea</li> </ul>   | <ul style="list-style-type: none"> <li>✓Diabetes and Digestion</li> <li>✓Brain Health and Skin</li> <li>✓Heart and Hormones</li> <li>✓Anti-inflammatory</li> <li>✓Cardiovascular Health</li> <li>✓Promotes Heart Health</li> <li>✓Ulcer and Cancer</li> </ul>                            | <ul style="list-style-type: none"> <li>▪Plant outdoors in full sun.</li> <li>▪Fertilize with Worm castings or Vermi-compost.</li> </ul>  | 1500         |



# Culinary Herbs

## Aloe Vera - Catnip - Roselle

| No. | Description   | Uses   | Benefits  | Tips For Planting   | Cost (Naira)   |
|-----|---|--|---|---|--|
| 19  | <b>Aloe Vera</b><br><br><i>Perennial</i> | <ul style="list-style-type: none"> <li>➤Soups</li> <li>➤Stews</li> <li>➤Sauces</li> <li>➤Salads</li> <li>➤Tea</li> </ul>                     | <ul style="list-style-type: none"> <li>✓Wounds</li> <li>✓Anti-Ageing and weight loss</li> <li>✓Boost immune system</li> <li>✓Hair and skin</li> <li>✓Detoxification</li> <li>✓Digestion</li> <li>✓Nausea and Heart Burn</li> </ul>  | <ul style="list-style-type: none"> <li>▪Plant indoors or outdoors in Partial shade.</li> <li>▪Fertilize with Vermi-compost, fish water or Worm-castings</li> </ul>  | <b>X small- 500</b><br><b>Small -2000</b><br><b>Medium -3000</b><br><b>Large- 5000</b> |
| 20  | <b>Catnip</b><br><br><i>Perennial</i>    | <ul style="list-style-type: none"> <li>➤Soups</li> <li>➤Smoothies</li> <li>➤Stews</li> <li>➤Sauces</li> <li>➤Salads</li> <li>➤Tea</li> </ul> | <ul style="list-style-type: none"> <li>✓Arthritis and Edema</li> <li>✓Diabetes</li> <li>✓Sleep Disorder</li> <li>✓Coughs and Fever</li> <li>✓Digestion issues and viruses</li> <li>✓Menstrual Cramps</li> <li>✓Anxiety and Depression</li> <li>✓Regulates Hormones</li> </ul> | <ul style="list-style-type: none"> <li>▪Plant outdoors in full sun</li> <li>▪Fertilize with Vermi-compost, fish water or Worm-castings</li> <li>▪Cut off seeds to prolong the life of the plant.</li> </ul> | <b>3000</b>  |



# Vegetables




## Seedlings





# Vegetables




## Water Leaf- Bitter leaf - Pumpkin (Ugu)

| No. | Description  | Uses   | Benefits  | Tips For Planting   | Cost (Naira) |
|-----|--|--|---|---|--------------|
| 1   | <b>Water leaf</b><br><br><i>Perennial</i>             | <ul style="list-style-type: none"> <li>➤Soups</li> <li>➤Stew</li> </ul>                    | <ul style="list-style-type: none"> <li>✓Good for Pregnancy</li> <li>✓Anti-inflammatory</li> <li>✓Sleep disorder</li> <li>✓Memory</li> <li>✓Anemia</li> <li>✓Eyes</li> <li>✓Bone health</li> </ul>   | <ul style="list-style-type: none"> <li>▪Plant outdoors in Partial shade.</li> <li>▪Fertilize with Vermi-compost, fish water or Worm-castings</li> </ul>   | 1500         |
| 2   | <b>Bitter Leaf</b><br><br><i>Perennial</i>            | <ul style="list-style-type: none"> <li>➤Soups</li> <li>➤Smoothies</li> <li>➤Tea</li> </ul> | <ul style="list-style-type: none"> <li>✓Malaria and Nausea</li> <li>✓Diabetes</li> <li>✓Anti-inflammatory</li> <li>✓Promotes Kidney and Liver function</li> <li>✓Digestive issues and parasites</li> <li>✓Hair and Skin</li> <li>✓Fertility inducer</li> <li>✓Detoxification</li> </ul> | <ul style="list-style-type: none"> <li>▪Plant outdoors in full sun</li> <li>▪Fertilize with Vermi-compost, fish water or Worm-castings</li> <li>▪Harvest regularly to promote plant yield.</li> </ul> | 2000         |
| 3   | <b>Fluted Pumpkin (Ugu)</b><br><br><i>Perennial</i> | <ul style="list-style-type: none"> <li>➤Tea</li> <li>➤Soups</li> <li>➤Smoothies</li> </ul> | <ul style="list-style-type: none"> <li>✓Balances Hormones</li> <li>✓Anemia</li> <li>✓Diabetes</li> <li>✓Healthy Bones and Teeth</li> <li>✓Promotes Fertility</li> <li>✓Improves Memory</li> <li>✓Digestive issues</li> </ul>  | <ul style="list-style-type: none"> <li>▪Plant outdoors in full sun</li> <li>▪Fertilize with Vermi-compost, fish water or Worm-castings</li> </ul>   | 2000         |



# Vegetables




## Bell Pepper - Scotch Bonnet Pepper -Cayenne Pepper

| No. | Description   | Uses   | Benefits   | Tips For Planting   | Cost (Naira) |
|-----|---|--|--|---|--------------|
| 4   | <b>Bell pepper</b><br><br><i>Annual</i>      | <ul style="list-style-type: none"> <li>➤Soups</li> <li>➤Stews</li> <li>➤Sauces</li> <li>➤Salads</li> </ul> | <ul style="list-style-type: none"> <li>✓Eyes and Skin</li> <li>✓Weight loss</li> <li>✓Boost immune system</li> <li>✓Cardiovascular Health</li> <li>✓Detoxification</li> <li>✓Hair and Nails</li> </ul> | <ul style="list-style-type: none"> <li>▪Plant indoors or outdoors in full sun</li> <li>▪Fertilize with Vermi-compost, fish water or Wormcasting regularly.</li> </ul>   | 2500         |
| 5   | <b>Scotch Bonnet</b><br><br><i>Annual</i>    | <ul style="list-style-type: none"> <li>➤Soups</li> <li>➤Stews</li> <li>➤Sauces</li> </ul>                  | <ul style="list-style-type: none"> <li>✓Weight Loss</li> <li>✓Cardiovascular Health</li> <li>✓Anti-Cancer</li> <li>✓Asthma</li> <li>✓Anti-inflammatory</li> </ul>                                      | <ul style="list-style-type: none"> <li>▪Plant indoors or outdoors in full sun</li> <li>▪Fertilize with Vermi-compost, fish water or Wormcastings regularly.</li> </ul>  | 2000         |
| 6   | <b>Cayenne Pepper</b><br><br><i>Annual</i> | <ul style="list-style-type: none"> <li>➤Soups</li> <li>➤Stews</li> <li>➤Sauces</li> </ul>                  | <ul style="list-style-type: none"> <li>✓Immune system</li> <li>✓Eyes</li> <li>✓Reproductive Health</li> <li>✓Healthy Bones</li> <li>✓Diabetes</li> <li>✓Antioxidant</li> </ul>                         | <ul style="list-style-type: none"> <li>▪Plant indoors or outdoors in full sun</li> <li>▪Fertilize with Vermi-compost, fish water or Worm-castings regularly.</li> </ul> | 2000         |



# Vegetables




## Cherry Tomatoes - Derica Tomatoes - Beetroot

| No. | Description  | Uses   | Benefits   | Tips For Planting  | Cost (Naira) |
|-----|--|--|--|--|--------------|
| 7   | <b>Cherry Tomatoes</b><br><br><i>Annual</i> | <ul style="list-style-type: none"> <li>➤Soups</li> <li>➤Stews</li> <li>➤Sauces</li> <li>➤Salads</li> </ul>   | <ul style="list-style-type: none"> <li>✓Anti-cancer</li> <li>✓Cardiovascular health</li> <li>✓Weight loss</li> <li>✓Bone health</li> <li>✓Digestion and Healthy gut</li> <li>✓Healthy Eyes and Heart Health</li> <li>✓Healthy Pregnancy</li> </ul>   | <ul style="list-style-type: none"> <li>▪Plant indoors or outdoors in Partial shade.</li> <li>▪Fertilize with Vermi-compost, fish water or Worm-castings</li> </ul> | 2500         |
| 8   | <b>Derica Tomatoes</b><br><br><i>Annual</i> | <ul style="list-style-type: none"> <li>➤Soups</li> <li>➤Stews</li> <li>➤Sauces</li> <li>➤Salads</li> </ul>   | <ul style="list-style-type: none"> <li>✓Reduces Blood pressure</li> <li>✓Cardiovascular health</li> <li>✓Healthy Pregnancy</li> <li>✓Healthy Bones and teeth</li> <li>✓Immune system</li> <li>✓Diabetes and Anti-cancer</li> <li>✓Healthy Eyes and Liver</li> <li>✓Digestion issues</li> </ul> | <ul style="list-style-type: none"> <li>▪Plant outdoors in full sun</li> <li>▪Fertilize with Vermi-compost, fish water or Worm-castings</li> </ul>                  | 2500         |
| 9   | <b>Beetroot</b><br><br><i>Annual</i>      | <ul style="list-style-type: none"> <li>➤Tea</li> <li>➤Drinks</li> <li>➤Smoothies</li> <li>➤Salads</li> </ul> | <ul style="list-style-type: none"> <li>✓Anti-cancer</li> <li>✓Improves Heart and bone Health</li> <li>✓Treats cancer</li> <li>✓Boost Immune system</li> <li>✓Healthy Eyes and liver</li> <li>✓Digestion and healthy pregnancy</li> <li>✓Memory and brain health</li> </ul>                     | <ul style="list-style-type: none"> <li>▪Plant outdoors in full sun</li> <li>▪Fertilize with Vermi-compost, fish water or Worm-castings</li> </ul>                  | 2000         |



# Vegetables


## Sweet Potatoes - Cucumber - Malabar Spinach

| No. | Description   | Uses  | Benefits   | Tips For Planting  | Cost (Naira) |
|-----|---|---|--|--|--------------|
| 10  | <b>Sweet Potatoes</b><br><br><i>Annual</i>       | <ul style="list-style-type: none"> <li>➤ Stews</li> <li>➤ Sauces</li> </ul>     | <ul style="list-style-type: none"> <li>✓ Healthy Heart</li> <li>✓ Healthy brain</li> <li>✓ Healthy skin</li> <li>✓ Immune system</li> <li>✓ Diabetes and Anti-cancer</li> <li>✓ Healthy Eyes</li> <li>✓ Digestion issues</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun.</li> <li>▪ Fertilize with Vermi-compost, fish water or Worm-castings</li> </ul>           | 2500         |
| 11  | <b>Cucumber</b><br><br><i>Annual</i>             | <ul style="list-style-type: none"> <li>➤ Smoothies</li> <li>➤ Salads</li> </ul> | <ul style="list-style-type: none"> <li>✓ Anti cancer</li> <li>✓ Healthy Eyes</li> <li>✓ Cell repair and Bone health</li> <li>✓ Weight loss</li> <li>✓ Digestion issue</li> <li>✓ Diabetes</li> <li>✓ Heart health</li> <li>✓ Healthy Skin</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Plant indoors or outdoors in full sun</li> <li>▪ Fertilize with Vermi-compost, fish water or Worm-castings</li> </ul> | 2000         |
| 12  | <b>Malabar Spinach</b><br><br><i>Perennial</i> | <ul style="list-style-type: none"> <li>➤ Stews</li> <li>➤ Sauces</li> </ul>     | <ul style="list-style-type: none"> <li>✓ Brain, Eyes, Bones and Heart</li> <li>✓ Anti-cancer, Detoxification</li> <li>✓ Stomach ache and digestion</li> <li>✓ Weight loss and energy boost</li> <li>✓ Immune system and Anemia</li> <li>✓ Diabetes and high Blood pressure</li> <li>✓ Forms Red blood cells</li> <li>✓ Healthy skin and pregnancy</li> </ul> | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun</li> <li>▪ Fertilize with Vermi-compost, fish water or Worm-castings</li> </ul>            | 2500         |



# Vegetables

## Chives

| No. | Description  | Uses  | Benefits   | Tips For Planting   | Cost (Naira) |
|-----|--|---|--|---|--------------|
| 13  | <b>Chives</b><br><br><i>Perennial</i> | <ul style="list-style-type: none"><li>➤Soups</li><li>➤Stews</li><li>➤Sauces</li></ul> | <ul style="list-style-type: none"><li>✓Healthy Eyes</li><li>✓Anti-cancer</li><li>✓Heart health</li><li>✓Immune system</li><li>✓Depression and anxiety</li><li>✓Healthy Bones</li></ul> | <ul style="list-style-type: none"><li>▪Plant indoors or outdoors in Partial shade.</li><li>▪Fertilize with Vermi-compost, fish water or Worm-castings</li></ul> | <b>2500</b>  |



# Fruit Trees




## Seedlings





# Fruit Trees- Dwarf




## Julie Mango - Dausa Mango - Guava Mango

| No. | Description   | Uses  | Benefits   | Tips For Planting   | Cost (Naira) |
|-----|---|---|--|---|--------------|
| 1   | <b>Mango (Julie)</b><br><br><i>Perennial</i>   | <ul style="list-style-type: none"> <li>➤ Fruit Salad</li> <li>➤ Smoothies</li> <li>➤ Yoghurt</li> <li>➤ Juice</li> <li>➤ Tea</li> </ul> | <ul style="list-style-type: none"> <li>✓ Diabetes</li> <li>✓ Anti-inflammatory</li> <li>✓ High blood pressure</li> <li>✓ Weight loss</li> <li>✓ Stomach Ulcers</li> <li>✓ Improves Hair and Skin</li> <li>✓ Anti-ageing</li> </ul>                         | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun</li> <li>▪ Fertilize with HEA Organic Fertilizer</li> </ul> | 3500         |
| 2   | <b>Mango (Dausa)</b><br><br><i>Perennial</i>   | <ul style="list-style-type: none"> <li>➤ Fruit Salad</li> <li>➤ Smoothies</li> <li>➤ Yoghurt</li> <li>➤ Juice</li> <li>➤ Tea</li> </ul> | <ul style="list-style-type: none"> <li>✓ Diabetes</li> <li>✓ Anti-inflammatory</li> <li>✓ High blood pressure</li> <li>✓ Weight loss</li> <li>✓ Stomach Ulcers</li> <li>✓ Improves Hair and Skin</li> <li>✓ Anti-ageing</li> </ul>                         | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun</li> <li>▪ Fertilize with HEA Organic Fertilizer</li> </ul> | 3500         |
| 3   | <b>Guava (Jumbo)</b><br><br><i>Perennial</i> | <ul style="list-style-type: none"> <li>➤ Smoothies</li> <li>➤ Yoghurt</li> <li>➤ Juice</li> <li>➤ Tea</li> </ul>                        | <ul style="list-style-type: none"> <li>✓ Boost immune system</li> <li>✓ Menstrual cramps and Digestion</li> <li>✓ Regulates Blood Sugar</li> <li>✓ Anti-Cancer</li> <li>✓ Weight loss</li> <li>✓ Skin and Hair</li> <li>✓ Promotes Heart Health</li> </ul> | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun</li> <li>▪ Fertilize with HEA Organic Fertilizer</li> </ul> | 3500         |



# Fruit Trees- Dwarf

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




| No. | Description   | Uses  | Benefits  | Tips For Planting   | Cost (Naira) |
|-----|---|---|---|---|--------------|
| 1   | <b>Indian Lemon</b><br><br><i>Perennial</i>        | <ul style="list-style-type: none"> <li>➤ Tea</li> <li>➤ Smoothies</li> <li>➤ Yoghurt</li> <li>➤ Juice</li> <li>➤ Garnish</li> <li>➤ Sauce</li> <li>➤ Dessert</li> </ul> | <ul style="list-style-type: none"> <li>✓ Anti-cancer</li> <li>✓ Oral Health</li> <li>✓ Cold and Cough</li> <li>✓ Weight loss</li> <li>✓ Combats Infection</li> <li>✓ Heart Health</li> <li>✓ Boost immune system</li> </ul>                                 | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun</li> <li>▪ Fertilize with HEA Organic Fertilizer</li> </ul> | 3500         |
| 2   | <b>Orange (Sweet)</b><br><br><i>Perennial</i>      | <ul style="list-style-type: none"> <li>➤ Smoothies</li> <li>➤ Yoghurt</li> <li>➤ Juice</li> </ul>   | <ul style="list-style-type: none"> <li>✓ Boost immune system</li> <li>✓ Anti-inflammatory</li> <li>✓ Cardiovascular health</li> <li>✓ Prevents Asthma and Arthritis</li> <li>✓ Anti-ageing</li> <li>✓ Lowers blood pressure</li> <li>✓ Digestion</li> </ul> | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun</li> <li>▪ Fertilize with HEA Organic Fertilizer</li> </ul> | 3500         |
| 3   | <b>Orange (Valencia)</b><br><br><i>Perennial</i> | <ul style="list-style-type: none"> <li>➤ Smoothies</li> <li>➤ Yoghurt</li> <li>➤ Juice</li> </ul>   | <ul style="list-style-type: none"> <li>✓ Boost immune system</li> <li>✓ Anti-inflammatory</li> <li>✓ Cardiovascular health</li> <li>✓ Prevents Asthma and Arthritis</li> <li>✓ Anti-ageing</li> <li>✓ Lowers blood pressure</li> <li>✓ Digestion</li> </ul> | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun</li> <li>▪ Fertilize with HEA Organic Fertilizer</li> </ul> | 3500         |





# Fruit Trees- Dwarf




## Tangelo - Avocado - Papaya

| No. | Description  | Uses   | Benefits  | Tips For Planting   | Cost (Naira) |
|-----|--|--|---|---|--------------|
| 7   | <b>Tangelo</b><br><br><i>Perennial</i>  | <ul style="list-style-type: none"> <li>➤ Smoothies</li> <li>➤ Yoghurt</li> <li>➤ Juice</li> </ul>  | <ul style="list-style-type: none"> <li>✓ Boost immune system</li> <li>✓ Anti-inflammatory</li> <li>✓ Cardiovascular health</li> <li>✓ Prevents Asthma and Arthritis</li> <li>✓ Anti-ageing</li> <li>✓ Lowers blood pressure</li> <li>✓ Digestion</li> </ul>                   | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun</li> <li>▪ Fertilize with HEA Organic Fertilizer</li> </ul> | 3500         |
| 8   | <b>Avocado</b><br><br><i>Perennial</i>  | <ul style="list-style-type: none"> <li>➤ Salad</li> <li>➤ Smoothies</li> <li>➤ Juice</li> <li>➤ Guacamole</li> </ul>                                     | <ul style="list-style-type: none"> <li>✓ Bone Health</li> <li>✓ Heart Health</li> <li>✓ Improves vision</li> <li>✓ Anti-Cancer</li> <li>✓ Promotes hair growth</li> <li>✓ Controls Blood Sugar</li> <li>✓ Healthy pregnancy and Digestion</li> <li>✓ Mental Health</li> </ul> | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun</li> <li>▪ Fertilize with HEA Organic Fertilizer</li> </ul> | 3500         |
| 9   | <b>Papaya</b><br><br><i>Perennial</i> | <ul style="list-style-type: none"> <li>➤ Fruit Salad</li> <li>➤ Smoothies</li> <li>➤ Yoghurt</li> <li>➤ Juice</li> <li>➤ Salsa</li> <li>➤ Jam</li> </ul> | <ul style="list-style-type: none"> <li>✓ Slows Alzheimer's progression</li> <li>✓ Improves Skin and Hair</li> <li>✓ Improves eye health</li> <li>✓ Anti-Cancer</li> <li>✓ Kills Parasites</li> <li>✓ Digestive Issues</li> <li>✓ Promotes Heart Health</li> </ul>             | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun</li> <li>▪ Fertilize with HEA Organic Fertilizer</li> </ul> | 3500         |



# Fruit Trees- Dwarf




## Oil Palm - Sweet Sop - Sour sop

| No | Description   | Uses   | Benefits   | Tips For Planting   | Cost (Naira) |
|----|---|--|--|---|--------------|
| 10 | <b>Oil Palm</b><br><br><i>Perennial</i>  | <ul style="list-style-type: none"> <li>➤ Soup</li> <li>➤ Sauce</li> <li>➤ Pastries</li> <li>➤ Butter</li> <li>➤ Stew</li> </ul>              | <ul style="list-style-type: none"> <li>✓ Healthy Skin</li> <li>✓ Hair growth</li> <li>✓ Improve vision</li> <li>✓ Improves Brain health</li> <li>✓ Heart Health</li> <li>✓ Antioxidant</li> </ul>                        | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun</li> <li>▪ Fertilize with HEA Organic Fertilizer</li> </ul>   | 3500         |
| 11 | <b>Coconut</b><br><br><i>Perennial</i>   | <ul style="list-style-type: none"> <li>➤ Fruit Salad</li> <li>➤ Smoothies</li> <li>➤ Yoghurt</li> <li>➤ Juice</li> <li>➤ Pastries</li> </ul> | <ul style="list-style-type: none"> <li>✓ Anti-inflammatory</li> <li>✓ Diarrhea</li> <li>✓ Infection</li> <li>✓ Kidney Disease</li> <li>✓ Skin, Hair, Eyes and Brain</li> <li>✓ Body Pains</li> <li>✓ Diabetes</li> </ul> | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun.</li> <li>▪ Fertilize with HEA Organic Fertilizer</li> <li>▪ Ensure that the ground is treated against termite infestation before planting</li> </ul> | 10000        |
| 12 | <b>Soursop</b><br><br><i>Perennial</i> | <ul style="list-style-type: none"> <li>➤ Smoothies</li> <li>➤ Juice</li> </ul>   | <ul style="list-style-type: none"> <li>✓ Anti-inflammatory</li> <li>✓ Anti-bacterial</li> <li>✓ Regulates Blood Sugar</li> <li>✓ Anti-cancer</li> <li>✓ Antioxidant</li> <li>✓ Fights Malaria</li> </ul>                 | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun</li> <li>▪ Fertilize with HEA Organic Fertilizer</li> </ul>   | 3500         |



# Normal Trees

## Cashew - Neem - Moringa

| No. | Description   | Uses  | Benefits   | Tips For Planting   | Cost (Naira) |
|-----|---|---|--|---|--------------|
| 13  | <b>Cashew</b><br><br><i>Perennial</i>    | <ul style="list-style-type: none"> <li>➤ Juice</li> <li>➤ Oatmeal</li> <li>➤ Yoghurt</li> <li>➤ Butter</li> </ul> | <ul style="list-style-type: none"> <li>✓ Regulates blood sugar</li> <li>✓ Healthy Heart</li> <li>✓ Weight loss</li> <li>✓ Healthy Bones</li> <li>✓ Improves immune system</li> <li>✓ Brain Health</li> <li>✓ Increases Energy</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun</li> <li>▪ Fertilize with HEA Organic Fertilizer</li> </ul> | 3500         |
| 14  | <b>Neem</b><br><br><i>Perennial</i>      | <ul style="list-style-type: none"> <li>➤ Tea</li> <li>➤ Oil</li> </ul>  | <ul style="list-style-type: none"> <li>✓ Anti-Malaria and Typhoid</li> <li>✓ Anti Diabetes</li> <li>✓ Oral Health</li> <li>✓ Fights lice and Dandruff in Hair</li> <li>✓ Healthy Liver and Kidney</li> <li>✓ Combats Acne on skin</li> <li>✓ Heals wounds</li> </ul>                                       | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun</li> <li>▪ Fertilize with HEA Organic Fertilizer</li> </ul> | 3500         |
| 15  | <b>Moringa</b><br><br><i>Perennial</i> | <ul style="list-style-type: none"> <li>➤ Tea</li> <li>➤ Soups</li> <li>➤ Salads</li> <li>➤ Sauces</li> </ul>      | <ul style="list-style-type: none"> <li>✓ Treats Diabetes and high Blood pressure</li> <li>✓ Treats Edema</li> <li>✓ Prevents Cancer</li> <li>✓ Fights stomach pain</li> <li>✓ Treats anxiety</li> <li>✓ Prevents Arthritis</li> <li>✓ Treats Asthma and Anemia</li> <li>✓ Healthy skin and Hair</li> </ul> | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun</li> <li>▪ Fertilize with HEA Organic Fertilizer</li> </ul> | 3500         |



# Exotic Fruits




## Seedlings





# Exotic Fruits

## Strawberries -Grapes- Pomegranate

| No. | Description   | Uses  | Benefits  | Tips For Planting  | Cost (Naira) |
|-----|---|---|---|--|--------------|
| 1   | <b>Strawberries</b><br><br><i>Perennial</i>  | <ul style="list-style-type: none"> <li>➤Fruit Salad</li> <li>➤Smoothies</li> <li>➤Yoghurt</li> <li>➤Juice</li> </ul>                  | <ul style="list-style-type: none"> <li>✓Regulates Blood sugar</li> <li>✓Anti-cancer</li> <li>✓Anti-inflammatory</li> <li>✓Healthy Bones</li> <li>✓Cardiovascular health</li> <li>✓Improves skin and Eyes</li> <li>✓Healthy Heart and Brain</li> </ul>                               | <ul style="list-style-type: none"> <li>▪Plant indoor or outdoor in partial sun</li> <li>▪Fertilize with HEA Organic Fertilizer or Worm-castings</li> </ul>                               | 3500         |
| 2   | <b>Grapes</b><br><br><i>Perennial</i>        | <ul style="list-style-type: none"> <li>➤Fruit Salad</li> <li>➤Smoothies</li> <li>➤Yoghurt</li> <li>➤Juice</li> <li>➤Drinks</li> </ul> | <ul style="list-style-type: none"> <li>✓Regulates Blood sugar</li> <li>✓Combats infection and Cancer</li> <li>✓Antioxidant and Anti-ageing</li> <li>✓Memory and Anxiety</li> <li>✓Improves skin and eyes</li> <li>✓Healthy Heart and Brain</li> <li>✓Boost immune system</li> </ul> | <ul style="list-style-type: none"> <li>▪Plant outdoors in full sun</li> <li>▪Fertilize with HEA Organic Fertilizer or Worm-castings</li> <li>▪Provide support for climbing.</li> </ul>   | 4000         |
| 3   | <b>Pomegranate</b><br><br><i>Perennial</i> | <ul style="list-style-type: none"> <li>➤Drinks</li> <li>➤Smoothies</li> <li>➤Yoghurt</li> <li>➤Juice</li> </ul>                       | <ul style="list-style-type: none"> <li>✓Brain Health and memory</li> <li>✓Digestion and Cell repair</li> <li>✓Antioxidant and skin</li> <li>✓Regulates Blood Sugar</li> <li>✓Anti-inflammatory</li> <li>✓Promotes Eyes and Heart Health</li> <li>✓Combats infection</li> </ul>      | <ul style="list-style-type: none"> <li>▪Plant outdoors in full sun</li> <li>▪Fertilize with Vermicompost, fish water or Worm-castings</li> <li>▪Provide support for branches.</li> </ul> | 4000         |



# Exotic Fruits

## Mulberries - Passion Fruit - Coconut

| No. | Description   | Uses   | Benefits  | Tips For Planting  | Cost (Naira) |
|-----|---|--|---|--|--------------|
| 4   | <b>Mulberries</b><br><br><i>Perennial</i>    | <ul style="list-style-type: none"> <li>➤ Fruit Salad</li> <li>➤ Smoothies</li> <li>➤ Yoghurt</li> <li>➤ Juice</li> </ul> | <ul style="list-style-type: none"> <li>✓ Cell Regeneration</li> <li>✓ Liver Health</li> <li>✓ Healthy Skin</li> <li>✓ Brain Health</li> <li>✓ Improves Immune system</li> <li>✓ Controls Blood Sugar</li> <li>✓ Anti cancer</li> <li>✓ Improves Digestion and Bone Health</li> </ul>          | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun</li> <li>▪ Fertilize with HEA Organic Fertilizer, fish water or Worm-castings</li> </ul>   | 4000         |
| 5   | <b>Passion Fruit</b><br><br><i>Perennial</i> | <ul style="list-style-type: none"> <li>➤ Fruit Salad</li> <li>➤ Smoothies</li> <li>➤ Yoghurt</li> <li>➤ Juice</li> </ul> | <ul style="list-style-type: none"> <li>✓ Controls Blood Pressure</li> <li>✓ Treats Asthma</li> <li>✓ Healthy Skin</li> <li>✓ Improves Sleep</li> <li>✓ Improves Immune system</li> <li>✓ Controls Blood Sugar</li> <li>✓ Anti cancer</li> <li>✓ Improves Digestion and Bone Health</li> </ul> | <ul style="list-style-type: none"> <li>▪ Plant outdoors in partial or full sun.</li> <li>▪ Fertilize with Worm castings or HEA Organic Fertilizer.</li> <li>▪ Provide support for climbing.</li> </ul> | 3500         |
| 6   | <b>Sweet Sop</b><br><br><i>Perennial</i>   | <ul style="list-style-type: none"> <li>➤ Smoothies</li> <li>➤ Juice</li> </ul>   | <ul style="list-style-type: none"> <li>✓ Antioxidant</li> <li>✓ Mental Health</li> <li>✓ Eye Health</li> <li>✓ High blood pressure</li> <li>✓ Digestion</li> <li>✓ Anti-cancer</li> <li>✓ Immune system</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun</li> <li>▪ Fertilize with HEA Organic Fertilizer</li> </ul>  | 4000         |






# Seeds





# Seeds




## Okra - Jute (Ewedu) - Amaranth (Alefu)

| No. | Description  | Uses   | Benefits   | Tips For Planting  | Cost (Naira) |
|-----|--|--|--|--|--------------|
| 4   | <b>Okra</b><br><br><i>Perennial</i>         | <ul style="list-style-type: none"> <li>➤ Soup</li> <li>➤ Sauce</li> </ul>                                      | <ul style="list-style-type: none"> <li>✓ Heart health</li> <li>✓ Diabetes</li> <li>✓ Healthy bones</li> <li>✓ Anti-cancer</li> <li>✓ Pregnancy</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun</li> <li>▪ Fertilize with HEA Organic Fertilizer.</li> </ul>                   | 1500         |
| 5   | <b>Jute (Ewedu)</b><br><br><i>Perennial</i> | <ul style="list-style-type: none"> <li>➤ Soup</li> </ul>   | <ul style="list-style-type: none"> <li>✓ Cell protection</li> <li>✓ Improve fertility</li> <li>✓ Healthy eyes</li> <li>✓ Healthy bones</li> <li>✓ Anti-inflammatory</li> <li>✓ Immune sytem</li> <li>✓ Anti cancer</li> </ul>    | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun</li> <li>▪ Fertilize with Vermicompost, fish water or Worm-castings</li> </ul> | 1500         |
| 6   | <b>Amaranth (Alefu)</b><br>               | <ul style="list-style-type: none"> <li>➤ Sauce</li> <li>➤ Stew</li> <li>➤ Soup</li> <li>➤ smoothies</li> </ul> | <ul style="list-style-type: none"> <li>✓ Anti-ageing</li> <li>✓ Improve fertility</li> <li>✓ Healthy eyes</li> <li>✓ Healthy bones</li> <li>✓ Anti-inflammatory</li> <li>✓ High blood pressure</li> <li>✓ Weight loss</li> </ul> | <ul style="list-style-type: none"> <li>▪ Plant outdoors in full sun</li> <li>▪ Fertilize with Vermicompost, fish water or Worm-castings</li> </ul> | 1500         |



# Seeds

## Sweetcorn - Pop Corn

| No. | Description  | Uses  | Benefits  | Tips For Planting   | Cost (Naira) |
|-----|--|---|---|---|--------------|
| 4   | <b>Sweet Corn</b><br><br><i>Perennial</i> | ➤Salads   | <ul style="list-style-type: none"> <li>✓Healthy Eyes</li> <li>✓Healthy Heart</li> <li>✓Brain Health</li> <li>✓Improves Immune system</li> <li>✓Controls Blood Sugar</li> <li>✓Anti cancer</li> <li>✓Improves Digestion</li> </ul>   | <ul style="list-style-type: none"> <li>▪Plant outdoors in full sun</li> <li>▪Fertilize with HEA Organic Fertilizer.</li> </ul>                    | 1500         |
| 5   | <b>Pop Corn</b><br><br><i>Perennial</i>   | ➤Popcorn  | <ul style="list-style-type: none"> <li>✓Healthy heart</li> <li>✓High blood pressure</li> <li>✓Antioxidant and Anti-ageing</li> <li>✓Anemia</li> <li>✓Controls Blood Sugar</li> <li>✓Bone health</li> <li>✓Energy boost</li> <li>✓Depression</li> </ul>  | <ul style="list-style-type: none"> <li>▪Plant outdoors in full sun.</li> <li>▪Fertilize with HEA Organic Fertilizer.</li> </ul>                   | 2000         |
| 6   | <b>Roselle</b><br><br><i>Perennial</i>  | <ul style="list-style-type: none"> <li>➤Tea</li> <li>➤Drinks</li> </ul> | <ul style="list-style-type: none"> <li>✓Cough and colds</li> <li>✓Antibacterial and weight loss</li> <li>✓Pregnancy and immune system</li> <li>✓Healthy skin and Liver</li> <li>✓Anti-inflammatory and Anti-cancer</li> <li>✓Digestion and High blood pressure</li> <li>✓Menstrual Cramps and Depression</li> </ul> | <ul style="list-style-type: none"> <li>▪Plant outdoors in full sun</li> <li>▪Fertilize with Vermi-compost, fish water or Worm-castings</li> </ul> | 1500         |



# Seeds

## Green Roselle

| No. | Description   | Uses   | Benefits  | Tips For Planting   | Cost (Naira) |
|-----|---|--------|---|---|--------------|
| 4   | <b>Green Roselle</b><br><br><i>Perennial</i> | ➤ Soup | <ul style="list-style-type: none"><li>&gt;Weight loss</li><li>&gt;Healthy Pregnancy</li><li>&gt;Promotes immune system</li><li>&gt;Treats sleep disorder</li><li>&gt;Aids Digestion</li><li>&gt;Controls High blood pressure</li><li>&gt;Relieves Menstrual Cramps</li><li>&gt;Treats Infection</li><li>&gt;Treats Anemia</li></ul> | <ul style="list-style-type: none"><li>▪Plant outdoors in full sun</li><li>▪Fertilize with HEA Organic Fertilizer.</li></ul> | <b>1500</b>  |






# Other Products



# Other Products




## Raw Honey - Organic Fertilizer - Worm Castings

| No. | Description   | Uses  | Benefits  | How to use  | Cost (Naira) |
|-----|---|---|---|---|--------------|
| 1   | <b>HEA Raw Honey (1Kg)</b><br>   | <ul style="list-style-type: none"> <li>➤Teas</li> <li>➤Smoothies</li> <li>➤Yoghurt</li> <li>➤Juice</li> <li>➤Drinks</li> <li>➤Spread</li> </ul> | <ul style="list-style-type: none"> <li>✓Anti-diabetic</li> <li>✓Heart Health</li> <li>✓Antioxidant</li> <li>✓Burns and Wound Healing</li> <li>✓Reduces Cough</li> <li>✓Healthy Gut and combats infection</li> <li>✓Boost Energy, healthy skin.</li> </ul> | <ul style="list-style-type: none"> <li>▪Add Honey to your Tea after the Tea has cooled down to ensure that the nutrients are still intact.</li> <li>▪ <b>Note:</b> <i>Honey will destabilize the protein in Hot tea, that contains milk and cause the Tea to curdle.</i></li> </ul> | 7000         |
| 2   | <b>Organic Fertilizer (5Kg)</b><br><br>Vermicompost+Wormcasting+Treated Poultry waste | <ul style="list-style-type: none"> <li>➤Fruit Trees</li> <li>➤Vegetables</li> <li>➤Herbs</li> <li>➤General plants use</li> </ul>                | <ul style="list-style-type: none"> <li>✓Promotes fruiting of fruit Trees.</li> <li>✓Encourages strong root formation and growth in plants</li> <li>✓Improves moisture retention and drainage in soil.</li> </ul>  | <ul style="list-style-type: none"> <li>▪Add a hand full of Organic Fertilizer on top of the soil around the base of you plant when required.</li> </ul>   | 5000         |
| 3   | <b>Worm Castings (1Kg)</b><br>   | <ul style="list-style-type: none"> <li>➤Fruit Trees</li> <li>➤Vegetables</li> <li>➤Herbs</li> <li>➤General Plant use</li> </ul>                 | <ul style="list-style-type: none"> <li>✓Improves soil structure and Plant Health.</li> <li>✓Protects plants against disease and boost yield.</li> </ul>   | <ul style="list-style-type: none"> <li>▪Add 2 Tablespoons of Worm castings on top of the soil around the base of you plant when required.</li> </ul>  | 3000         |



# Other Products


## Smoked Catfish- Fresh Catfish- Beeswax Scented Candles

| No. | Description   | Uses   | Benefits  | How to use   | Cost (Naira) |
|-----|---|--|---|--|--------------|
| 1   | <b>HEA Smoked Catfish (500g)</b><br>   | <ul style="list-style-type: none"> <li>➤ Soup</li> <li>➤ Sauce</li> <li>➤ Stew</li> </ul>  | <ul style="list-style-type: none"> <li>✓ Brain Health</li> <li>✓ Improves skin</li> <li>✓ Heart Health</li> <li>✓ Metabolism</li> <li>✓ Anti-inflammatory</li> <li>✓ Omega 3 and Omega 6 Fatty acids</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Soak in Hot water and salt and wash after 5 minutes.</li> <li>▪ Remove bones or cook whole as required.</li> </ul>          | 15000        |
| 2   | <b>Fresh Catfish (1Kg)</b><br>   | <ul style="list-style-type: none"> <li>➤ Barbeques</li> <li>➤ Soup</li> <li>➤ Sauce</li> <li>➤ Stew</li> </ul>   | <ul style="list-style-type: none"> <li>✓ Brain Health</li> <li>✓ Improves skin</li> <li>✓ Heart Health</li> <li>✓ Metabolism</li> <li>✓ Anti-inflammatory</li> <li>✓ Omega 3 and Omega 6 Fatty acids</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Clean catfish with Hot water, Salt and lime to remove slime.</li> <li>▪ Cut Fish open and remove internal organs</li> </ul> | 4000         |
| 3   | <b>HEA Scented Candles</b><br><br><i>Made from Honey comb produced by Honey Bees</i> | <ul style="list-style-type: none"> <li>➤ Relaxation</li> <li>➤ Lighting</li> <li>➤ Aesthetics</li> <li>➤ Aromatherapy</li> <li>➤ Sleeping</li> <li>➤ Celebrations</li> </ul> | <ul style="list-style-type: none"> <li>✓ 100% Natural</li> <li>✓ Non- Toxic, Cleans the air of pollutants.</li> <li>✓ Long lasting Bright light</li> <li>✓ Improves Wellness and relaxation</li> <li>✓ Dripleless and Smokeless</li> <li>✓ Improves memory</li> </ul> | <ul style="list-style-type: none"> <li>▪ Light Candle when required.</li> </ul>  | 50g- 5000    |



# Other Products

## Snails

| No. | Description  | Uses  | Benefits  | How to use   | Cost (Naira) |
|-----|--|---|---|--|--------------|
| 7   | <b>Isy Snails (1Kg)</b><br> | <ul style="list-style-type: none"><li>➤ Barbeque</li><li>➤ Soup</li></ul> | <ul style="list-style-type: none"><li>✓ Anti-cancer</li><li>✓ Anti-inflammatory</li><li>✓ Antioxidant</li><li>✓ Immune system</li><li>✓ Improves Anemia</li><li>✓ Improves Heart, Brain and Skin.</li></ul> | <ul style="list-style-type: none"><li>▪ 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.</li></ul> | <b>7000</b>  |






# Plant Pots



# Plant Pots




## Traditional Clay Pots

| No. | Description   | Uses   | Benefits  | How to use   | Cost (Naira) |
|-----|---|--|---|--|--------------|
| 1   | <b>Traditional Clay Pot XX Large</b><br><br><i>Painted</i> | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> <li>➤ Fruits</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with deep roots.</li> <li>✓ Excellent for outdoor and Indoor use</li> <li>✓ Promotes Airflow and removes excess moisture</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | 13000        |
| 2   | <b>Traditional Clay Pot X Large</b><br><br><i>Painted</i>  | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> <li>➤ Fruits</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with deep roots.</li> <li>✓ Excellent for outdoor and Indoor use</li> <li>✓ Promotes Air flow and removes excess moisture</li> </ul> | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | 11000        |
| 3   | <b>Traditional Clay Pot Large</b><br><br><i>Painted</i>  | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> <li>➤ Fruits</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with deep roots.</li> <li>✓ Excellent for outdoor and Indoor use</li> <li>✓ Promotes Air flow and removes excess moisture</li> </ul> | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | 9000         |



# Plant Pots


## Traditional Clay Pots

| No. | Description  | Uses   | Benefits  | How to use   | Cost (Naira) |
|-----|--|--|---|--|--------------|
| 4   | <b>Traditional Clay Pot Small</b><br><br><i>Painted</i> | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with shallow roots.</li> <li>✓ Excellent for outdoor and in Indoor use</li> <li>✓ Promotes Air flow and removes excess moisture</li> </ul> | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | 5000         |
| 5   | <b>Traditional Clay Pot X Large</b><br><br><i>Plain</i> | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with deep roots.</li> <li>✓ Excellent for outdoor and indoor use</li> <li>✓ Promotes Air flow and removes excess moisture</li> </ul>       | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | 10000        |
| 6   | <b>Traditional Clay Pot Large</b><br><br><i>Plain</i> | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with deep roots.</li> <li>✓ Excellent for outdoor and indoor use</li> <li>✓ Promotes Air flow and removes excess moisture</li> </ul>       | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | 8000         |



# Plant Pots




## Modern Clay Pots

| No. | Description  | Uses   | Benefits   | How to use   | Cost (Naira) |
|-----|--|--|--|--|--------------|
| 1   | <b>Modern Clay Pot Small</b><br><br><i>Plain</i>      | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with shallow roots.</li> <li>✓ Excellent for outdoor and in indoor use</li> </ul> | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | 4000         |
| 2   | <b>Modern Clay Pot Large</b><br><br><i>Plain</i>      | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with shallow roots.</li> <li>✓ Excellent for outdoor and indoor use</li> </ul>    | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | 8000         |
| 3   | <b>Modern Clay Pot XX Large</b><br><br><i>Plain</i> | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with shallow roots.</li> <li>✓ Excellent for outdoor and indoor use</li> </ul>    | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | 12000        |



# Plant Pots


## Modern Clay Pots

| No. | Description   | Uses   | Benefits   | How to use   | Cost (Naira) |
|-----|---|--|--|--|--------------|
| 4   | <b>Modern Clay X Large</b><br><br><i>Plain</i>     | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with shallow roots.</li> <li>✓ Excellent for outdoor and in indoor use</li> </ul> | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | 10000        |
| 5   | <b>Modern Clay Pot Large</b><br><br><i>Plain</i>   | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with shallow roots.</li> <li>✓ Excellent for outdoor and indoor use</li> </ul>    | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | 8000         |
| 6   | <b>Modern Clay Pot Large</b><br><br><i>Plain</i> | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with Shallow roots.</li> <li>✓ Excellent for outdoor and indoor use</li> </ul>    | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | 8000         |



# Plant Pots

## Modern Clay Pots

| No. | Description   | Uses   | Benefits   | How to use   | Cost (Naira) |
|-----|---|--|--|--|--------------|
| 7   | <b>Modern Clay Small</b><br><br><i>Plain</i> | <ul style="list-style-type: none"><li>➤ Flowers</li><li>➤ Vegetables</li><li>➤ Herbs</li></ul> | <ul style="list-style-type: none"><li>✓ Accommodates plants with Shallow roots.</li><li>✓ Excellent for outdoor and indoor use</li></ul> | <ul style="list-style-type: none"><li>▪ Pour well draining soil in pot, top-up with vermi-compost</li><li>▪ Use potting mix to amend your soil when necessary</li><li>▪ Place Pot on Tray to collect drained water</li></ul> | <b>4000</b>  |




# Plant Pots

## Plastic Pots

| No. | Description   | Uses   | Benefits   | How to use   | Cost (Naira) |
|-----|---|--|--|--|--------------|
| 1   | <b>Ringed Plastic Pot X Large</b><br>  | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with shallow roots.</li> <li>✓ Excellent for outdoor and in indoor use</li> </ul> | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | 4000         |
| 2   | <b>Ringed Plastic Pot Large</b><br>    | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with shallow roots.</li> <li>✓ Excellent for outdoor and indoor use</li> </ul>    | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | 3000         |
| 3   | <b>Ringed Plastic Pot Medium</b><br> | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with Shallow roots.</li> <li>✓ Excellent for outdoor and indoor use</li> </ul>    | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | 2500         |


# Plant Pots

## Plastic Pots

| No. | Description  | Uses   | Benefits   | How to use   | Cost (Naira) |
|-----|--|--|--|--|--------------|
| 4   | <b>Ringed Plastic Pot Small</b><br>     | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with shallow roots.</li> <li>✓ Excellent for outdoor and in indoor use</li> </ul> | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | 2000         |
| 5   | <b>Regular Plastic Pot Large</b><br>   | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with shallow roots.</li> <li>✓ Excellent for outdoor and indoor use</li> </ul>    | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | 2500         |
| 6   | <b>Regular Plastic Pot Medium</b><br> | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with Shallow roots.</li> <li>✓ Excellent for outdoor and indoor use</li> </ul>    | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | 2000         |

# Plant Pots


## Plastic Pots

| No. | Description   | Uses   | Benefits   | How to use   | Cost (Naira) |
|-----|---|--|--|--|--------------|
| 7   | <b>Regular Plastic Pot Small</b><br> | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with shallow roots.</li> <li>✓ Excellent for outdoor and in indoor use</li> </ul> | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | 1500         |
| 8   | <b>Hanging Pots</b><br>              | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with shallow roots.</li> <li>✓ Excellent for outdoor and indoor use</li> </ul>    | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | 5000         |
| 8   | <b>Hanging Pots</b><br>            | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with Shallow roots.</li> <li>✓ Excellent for outdoor and indoor use</li> </ul>    | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | 5000         |



# Plant Pots




## Plastic Pots

| No. | Description   | Uses   | Benefits  | How to use   | Cost (Naira) |
|-----|---|--|---|--|--------------|
| 9   | <p><b>White Plastic Pot</b></p>  <p><i>Plain</i></p> | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with Shallow roots.</li> <li>✓ Excellent for outdoor and indoor use</li> <li>✓ Reduces heat absorption.</li> </ul> | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | 5000         |



# Plant Pots

## Plastic Pots

| No. | Description  | Uses   | Benefits   | How to use   | Cost (Naira) |
|-----|--|--|--|--|--------------|
| 1   | <b>Papilon Plastic Pot small</b><br>  | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with shallow roots.</li> <li>✓ Excellent for outdoor and in indoor use</li> </ul> | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | <b>2500</b>  |
| 2   | <b>Papilon Plastic Pot Medium</b><br> | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with Deep roots.</li> <li>✓ Excellent for outdoor and indoor use</li> </ul>       | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | <b>3500</b>  |
| 3   | <b>Papilon Plastic Large</b><br>    | <ul style="list-style-type: none"> <li>➤ Flowers</li> <li>➤ Vegetables</li> <li>➤ Herbs</li> </ul> | <ul style="list-style-type: none"> <li>✓ Accommodates plants with Deep roots.</li> <li>✓ Excellent for outdoor and indoor use</li> </ul>       | <ul style="list-style-type: none"> <li>▪ Pour well draining soil in pot, top-up with vermi-compost</li> <li>▪ Use potting mix to amend your soil when necessary</li> <li>▪ Place Pot on Tray to collect drained water</li> </ul> | <b>4500</b>  |



# Culinary Herbs




## Processed Leaves





# Processed Culinary Herbs




## Mint - Oregano - Moringa

| No. | Description   | Uses  | Benefits   | Tips on how to use  | Cost (Naira)                               |
|-----|---|---|--|---|--|
| 1   | <b>Mint</b><br>      | <ul style="list-style-type: none"> <li>➤Cakes</li> <li>➤Smoothies</li> <li>➤Cold Drinks</li> <li>➤Yoghurt</li> <li>➤Salads</li> <li>➤Stew</li> <li>➤Sauces</li> <li>➤Tea</li> </ul> | <ul style="list-style-type: none"> <li>✓Promotes healthy vision and Relieves Stress</li> <li>✓Reduce Symptoms of Allergies and hay fever</li> <li>✓Soothes Sunburn and insect Bites</li> <li>✓Fights Oral Bacteria and bad Breath</li> </ul>   | <ul style="list-style-type: none"> <li>▪Shake bottle and sprinkle as required.</li> <li>▪Always use a dry spoon to scoop to prevent spoilage due to moisture.</li> <li>▪Close bottle lid firmly after use, to prevent contamination.</li> </ul> | <b>50g- 2500</b>                           |
| 2   | <b>Oregano</b><br>  | <ul style="list-style-type: none"> <li>➤Soups</li> <li>➤Stews</li> <li>➤Sauces</li> <li>➤Tea</li> </ul>   | <ul style="list-style-type: none"> <li>✓Relieves Digestive Issues</li> <li>✓Treats skin sores</li> <li>✓Boost immune System</li> <li>✓Treats Asthma</li> <li>✓Reduces muscle aches</li> <li>✓Relieves menstrual cramps</li> <li>✓Prevents Cancer</li> </ul>  | <ul style="list-style-type: none"> <li>▪Shake bottle and sprinkle as required.</li> <li>▪Always use a dry spoon to scoop to prevent spoilage due to moisture.</li> <li>▪Close bottle lid firmly after use, to prevent contamination.</li> </ul> | <b>50g - 2500</b><br><br><b>100g- 5000</b> |
| 3   | <b>Moringa</b><br> | <ul style="list-style-type: none"> <li>➤Tea</li> <li>➤Soups</li> <li>➤Salads</li> <li>➤Sauces</li> </ul>  | <ul style="list-style-type: none"> <li>✓Treats Diabetes and high Blood pressure</li> <li>✓Treats Edema</li> <li>✓Prevents Cancer</li> <li>✓Fights stomach pain</li> <li>✓Treats anxiety</li> <li>✓Prevents Arthritis</li> <li>✓Treats Asthma and Anemia</li> <li>✓Healthy skin and Hair</li> </ul> | <ul style="list-style-type: none"> <li>▪Shake bottle and sprinkle as required.</li> <li>▪Always use a dry spoon to scoop to prevent spoilage due to moisture.</li> <li>▪Close bottle lid firmly after use, to prevent contamination.</li> </ul> | <b>50g - 2500</b>                          |



# Processed Culinary Herbs




## Sweet Basil - African Basil - Catnip

| No. | Description   | Uses   | Benefits  | Tips on how to use  | Cost (Naira)                              |
|-----|---|--|---|---|---|
| 4   | <b>Sweet Basil</b><br>   | <ul style="list-style-type: none"> <li>➤Soups</li> <li>➤Stews</li> <li>➤Sauces</li> <li>➤Salads</li> </ul>                                   | <ul style="list-style-type: none"> <li>✓Prevents Cancer</li> <li>✓Anti-Ageing</li> <li>✓Reduces High Blood sugar</li> <li>✓Boost Mental Health</li> <li>✓Anti-inflammatory</li> <li>✓Combats Infection</li> <li>✓Supports Cardiovascular Health</li> </ul>                    | <ul style="list-style-type: none"> <li>▪Shake bottle and sprinkle as required.</li> <li>▪Always use a dry spoon to scoop to prevent spoilage due to moisture.</li> <li>▪Close bottle lid firmly after use, to prevent contamination.</li> </ul> | <b>50g -2500</b><br><br><b>100g- 5000</b> |
| 5   | <b>African Basil</b><br> | <ul style="list-style-type: none"> <li>➤Soups</li> <li>➤Stews</li> <li>➤Sauces</li> <li>➤Tea</li> </ul>                                      | <ul style="list-style-type: none"> <li>✓Antimicrobial</li> <li>✓Anti-inflammatory</li> <li>✓Antioxidant</li> <li>✓Reduces Headaches</li> <li>✓Coughs</li> <li>✓Malaria</li> <li>✓Promotes Cardiovascular Health</li> </ul>  | <ul style="list-style-type: none"> <li>▪Shake bottle and sprinkle as required.</li> <li>▪Always use a dry spoon to scoop to prevent spoilage due to moisture.</li> <li>▪Close bottle lid firmly after use, to prevent contamination.</li> </ul> | <b>50g- 2500</b><br><br><b>100g- 5000</b> |
| 6   | <b>Catnip</b><br>      | <ul style="list-style-type: none"> <li>➤Soups</li> <li>➤Smoothies</li> <li>➤Stews</li> <li>➤Sauces</li> <li>➤Salads</li> <li>➤Tea</li> </ul> | <ul style="list-style-type: none"> <li>✓Arthritis and Edema</li> <li>✓Diabetes</li> <li>✓Sleep Disorder</li> <li>✓Coughs and Fever</li> <li>✓Digestion issues and viruses</li> <li>✓Menstrual Cramps</li> <li>✓Anxiety and Depression</li> <li>✓Regulates Hormones</li> </ul> | <ul style="list-style-type: none"> <li>▪Shake bottle and sprinkle as required.</li> <li>▪Always use a dry spoon to scoop to prevent spoilage due to moisture.</li> <li>▪Close bottle lid firmly after use, to prevent contamination.</li> </ul> | <b>50g- 2500</b>                          |



# Processed Culinary Herbs


## Mixed Herbs - Curry - Rosemary

| No. | Description   | Uses  | Benefits  | Tips on how to use   | Cost (Naira)                |
|-----|---|---|---|--|-----------------------------|
| 7   | <b>Mixed Herbs</b><br><br><i>Thyme+Marjoram+<br/>Sweet Basil+Parsley</i> | <ul style="list-style-type: none"> <li>➤ Soup</li> <li>➤ Stew</li> <li>➤ Sauces</li> </ul>                                    | <ul style="list-style-type: none"> <li>✓ Promotes Kidney Health</li> <li>✓ Boost Immune system</li> <li>✓ Controls Edema</li> <li>✓ Prevents Cancer</li> <li>✓ Fights Acne</li> <li>✓ Antioxidant</li> <li>✓ Healthy Liver</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Shake bottle and sprinkle as required.</li> <li>▪ Always use a dry spoon to scoop to prevent spoilage due to moisture.</li> <li>▪ Close bottle lid firmly after use, to prevent contamination.</li> </ul> | 50g- 3000                   |
| 8   | <b>Curry</b><br>  | <ul style="list-style-type: none"> <li>➤ Soups</li> <li>➤ Stews</li> <li>➤ Sauces</li> <li>➤ Tea</li> </ul>                   | <ul style="list-style-type: none"> <li>✓ Protects the liver</li> <li>✓ Anti-inflammatory</li> <li>✓ Helps in Weight loss</li> <li>✓ Prevents Cancer</li> <li>✓ Controls Blood Sugar</li> <li>✓ Improves Heart Health</li> <li>✓ Promotes Mental health</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Shake bottle and sprinkle as required.</li> <li>▪ Always use a dry spoon to scoop to prevent spoilage due to moisture.</li> <li>▪ Close bottle lid firmly after use, to prevent contamination.</li> </ul> | 50g- 2500                   |
| 9   | <b>Rosemary</b><br>  | <ul style="list-style-type: none"> <li>➤ Soups</li> <li>➤ Stews</li> <li>➤ Salads</li> <li>➤ Sauces</li> <li>➤ Tea</li> </ul> | <ul style="list-style-type: none"> <li>✓ Improves memory and Supports Brain Health</li> <li>✓ Regulates Blood Sugar</li> <li>✓ Anti-inflammatory</li> <li>✓ Improves eye health and vision</li> <li>✓ Relieves Digestive Issues</li> <li>✓ Supports Heart Health</li> <li>✓ Improves hair growth</li> </ul> | <ul style="list-style-type: none"> <li>▪ Shake bottle and sprinkle as required.</li> <li>▪ Always use a dry spoon to scoop to prevent spoilage due to moisture.</li> <li>▪ Close bottle lid firmly after use, to prevent contamination.</li> </ul> | 50g- 2500<br><br>100g- 5000 |



# Processed Culinary Herbs

## Bitter Leaf

| No. | Description   | Uses   | Benefits   | Tips on how to use   | Cost (Naira)      |
|-----|---|--|--|--|-------------------|
| 10  | <b>Bitter Leaf</b><br> | <ul style="list-style-type: none"><li>➤ Soup</li><li>➤ Tea</li><li>➤ Smoothies</li></ul> | <ul style="list-style-type: none"><li>✓ Malaria and Nausea</li><li>✓ Diabetes</li><li>✓ Anti-inflammatory</li><li>✓ Promotes Kidney and Liver function</li><li>✓ Digestion issues and parasites</li><li>✓ Hair and Skin</li><li>✓ Fertility inducer</li><li>✓ Detoxification</li></ul> | <ul style="list-style-type: none"><li>▪ Shake bottle and sprinkle as required.</li><li>▪ Always use a dry spoon to scoop to prevent spoilage due to moisture.</li><li>▪ Close bottle lid firmly after use, to prevent contamination.</li><li>▪ <b>Be mindful of the fact that the leaves are extremely bitter.</b></li></ul> | <b>50g - 3000</b> |






TEAS

Loose Leaf



# Teas

## Mint & Lemon Balm - African Basil - Lemon Balm



| No. | Description   | Uses | Benefits   | Tips on how to use   | Cost (Naira) |
|-----|---|------|--|--|--------------|
| 1   | <b>Mint &amp; Lemon Balm</b><br> | ➤Tea | <ul style="list-style-type: none"> <li>✓Combats infection</li> <li>✓Relieves menstrual cramps</li> <li>✓Nausea and Digestion</li> <li>✓Toothache and Headache</li> <li>✓Sleep disorder</li> <li>✓Memory and anxiety</li> <li>✓Fights Oral Bacteria and bad Breath</li> </ul> | <ul style="list-style-type: none"> <li>▪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.</li> <li>▪Do not add Milk</li> </ul> | 20g - 2500   |
| 2   | <b>African Basil Tea</b><br>    | ➤Tea | <ul style="list-style-type: none"> <li>✓Antimicrobial</li> <li>✓Anti-inflammatory</li> <li>✓Antioxidant</li> <li>✓Reduces Headaches</li> <li>✓Coughs</li> <li>✓Malaria</li> <li>✓Promotes Cardiovascular Health</li> </ul>   | <ul style="list-style-type: none"> <li>▪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.</li> <li>▪Do not add Milk</li> </ul>                 | 25g - 2500   |
| 3   | <b>Lemon Balm Tea</b><br>      | ➤Tea | <ul style="list-style-type: none"> <li>✓Relieves menstrual cramps</li> <li>✓Nausea and Digestion</li> <li>✓Combats infection</li> <li>✓Toothache and Headache</li> <li>✓Sleep disorder</li> <li>✓Memory and anxiety</li> </ul>   | <ul style="list-style-type: none"> <li>▪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.</li> <li>▪Do not add Milk</li> </ul> | 20g - 2500   |





# Teas

## Detox - Neem - Soursop

| No. | Description   | Uses | Benefits   | Tips on how to use  | Cost (Naira) |
|-----|---|------|--|---|--------------|
| 4   | <b>Detox Tea</b><br><br><i>Neem+Soursop+Guava+Mangoe+Lemon Grass</i> | ➤Tea | <ul style="list-style-type: none"> <li>✓Treats Malaria</li> <li>✓Prevents Typhoid</li> <li>✓Treats Infection</li> <li>✓Boost Immune System</li> </ul>  | <ul style="list-style-type: none"> <li>▪Boil 5 -10 Leaves for 15 minutes at medium heat then strain and add Honey.</li> <li>▪Do not add Milk</li> </ul> | 50g - 3000   |
| 5   | <b>Neem Tea</b><br>   | ➤Tea | <ul style="list-style-type: none"> <li>✓Relieves Digestive Issues</li> <li>✓Treats skin sores</li> <li>✓Boost immune System</li> <li>✓Treats Asthma</li> <li>✓Reduces muscle aches</li> <li>✓Relieves menstrual cramps</li> <li>✓Prevents Cancer</li> </ul>              | <ul style="list-style-type: none"> <li>▪Boil 5 -10 Leaves for 15 minutes at medium heat then strain and add Honey.</li> <li>▪Do not add Milk</li> </ul> | 50g - 2500   |
| 6   | <b>Soursop Tea</b><br>   | ➤Tea | <ul style="list-style-type: none"> <li>✓Aids Digestion</li> <li>✓Treats Anxiety and depression</li> <li>✓Treats Diarrhea</li> <li>✓Reduces symptoms of cold</li> <li>✓Relieves Menstrual Cramps</li> <li>✓Combats Infections</li> <li>✓Treats skin irritation</li> </ul> | <ul style="list-style-type: none"> <li>▪Boil 2-3 Leaves for 15 minutes at medium heat then strain and add Honey.</li> <li>▪Do not add Milk</li> </ul>   | 30g - 3000   |




# Vegetables

## Processed Leaves



# Processed Vegetables

## Bitter Leaf

| No. | Description   | Uses   | Benefits   | Tips on how to use  | Cost (Naira)       |
|-----|---|--------|--|---|--------------------|
| 1   | <b>Bitter Leaf</b><br><br><i>Washed Leaves</i> | ➤ Soup | <ul style="list-style-type: none"><li>✓ Malaria and Nausea</li><li>✓ Diabetes</li><li>✓ Anti-inflammatory</li><li>✓ Promotes Kidney and Liver function</li><li>✓ Digestion issues and parasites</li><li>✓ Hair and Skin</li><li>✓ Fertility inducer</li><li>✓ Detoxification</li></ul> | <ul style="list-style-type: none"><li>▪ Soak leaves in Hot water for 10 minutes and strain before use</li></ul> | <b>100g - 3000</b> |



COMING SOON!!!

# INDOOR PLANTS