

BREADSEED POPPY



These poppy seeds are edible, and are easy to harvest because the seed heads remain closed even when ripe. Sokol produces white seeds, and After Midnight has black seeds. They are ready to harvest when the seed heads have dried out on the plant and you can hear the seeds rattling inside.

BLUEBELLS



Bluebells are a very unmistakable woodland perennial wildflower. They spend most of the year underground, but flower en-masse in April and May. They provide a valuable source of nectar for bees when there aren't many other flowers in bloom. They like a moist but free draining fertile soil, and can tolerate full sun through to full shade.

STEVIA



Stevia is becoming increasingly well known as a natural sweetener, with the stevia extract being 200 times sweeter than table sugar, and calorie free. It is a tender perennial and can grow up to 2ft tall in a rich, well-drained soil. It doesn't like cold or soggy conditions, so if you offer it the same growing environment as you would basil, then it should thrive.

ST JOHNS WORT



St John's wort is a fully hardy perennial. It can grow up to 1m tall, and prefers a moist, well drained soil, in either full or partial sunlight. The delicate flowers are 1.5cm across and the oval leaves are covered in tiny translucent spots that show up particularly well when held up against the light. Besides being a pretty addition to a wildflower garden, it is well-known as a herbal remedy for depression.