

## Herbs

### [HB195-500 - Chia](#)

100+ days. *Salvia hispanica*. Annual. Open Pollinated. The plant produces excellent yields of beautiful fuzzy dark green leaves with blue flowers. This herb has many health benefits. The seeds have an excellent source of fiber, protein, calcium, and digestive enzymes. The leaves contain powerful antioxidants that improve overall health as well as increase energy. You can make a therapeutic tea from the leaves that banish lethargy and purifies the body. It is said the fiber and protein in Chia seeds are beneficial for those trying to lose weight. An excellent choice for home gardens. An heirloom variety from Guatemala and Mexico.



### [HB4-500 - Cinnamon Basil](#)

65 days. *Ocimum basilicum*. Annual. Open Pollinated. The plant produces good yields of very spicy and cinnamon flavor basil leaves. Used in sauces, salads, and Mexican dishes. Also known as Mexican Basil and Mexican Spice Basil. Suitable for containers. An excellent choice for home gardens and specialty markets.



### [HB196-500 - Edible Wildflower & Herb Mix](#)

100 days. Annual/Perennial. Open Pollinated. This seed mix has a variety of colorful and tasty edible wildflowers and herbs. Includes Cilantro Coriander, Nasturtium, Chives, Dianthus, Borage, Calendula, Cornflower, Johnny Jump-Up, Pansy, English Daisy, Lavender Hyssop, and Lemon Mint. Suitable for borders, herb gardens, and flower gardens. An excellent choice for home gardens.



**Coverage Rate: 1 lb covers 1,000 - 2,000 sq ft**