

Walking Iris



Neomarica sp. is one of those plants with a number of common names. Perhaps you've heard it called fan iris, a name it gets from the appearance of its sword-shaped leaves which form a fan of greenery. Or maybe you know it as apostle plant, a name given to it because some believe the plant needs twelve leaves before it will bloom. The flower of this plant inspired yet another common name, the poor man's orchid.

This plant gets perhaps its most common name—walking iris—from its propagation habit. New plantlets form at the tops of flower stalks which then bend to the ground and take root. Eventually, the new plant will repeat the same process. In this way many walking iris plants "walk" through the landscape. However, not all species of *Neomarica* walk—some species will hold the plantlet airborne and their stems don't bend as readily as others.

Whatever you know this plant as, *Neomarica* sp. is a lovely and exotic-looking addition to any garden.

<http://gardeningsolutions.ifas.ufl.edu/plants/ornamentals/walking-iris.html>

Moringa Oleifera Tree

“The Miracle Tree”

"Drumstick tree" and variants thereof redirect here. This name is also used for the golden shower tree (*Cassia fistulosa*)

Moringa oleifera is the most widely cultivated species of the genus *Moringa*, which is the only genus in the family Moringaceae. English common names include: moringa, drumstick tree (from the appearance of the long, slender, triangular seed-pods), horseradish tree (from the taste of the roots, which resembles horseradish), ben oil tree, or benzoil tree (from the oil which is derived from the seeds). It is a fast-growing, drought-resistant tree, native to the southern foothills of the Himalayas in northwestern India, and widely cultivated in tropical and subtropical areas where its young seed pods and leaves are used as vegetables. It can also be used for water purification and hand washing, and is sometimes used in herbal medicine.





DAILY HEALTH POST

THIS
Miracle Tree
HEALING HERB
MAY HELP
CURE

5 TYPES OF CANCER

MORINGA

THE MIRACLE TREE

Nature's Most Powerful Superfood Revealed



JOY LOUIS

#1 BEST SELLING AUTHOR

NATURE'S ALL IN ONE PLANT FOR NATURAL REMEDIES, NATURAL HEALTH AND NATURAL ANTI-AGING



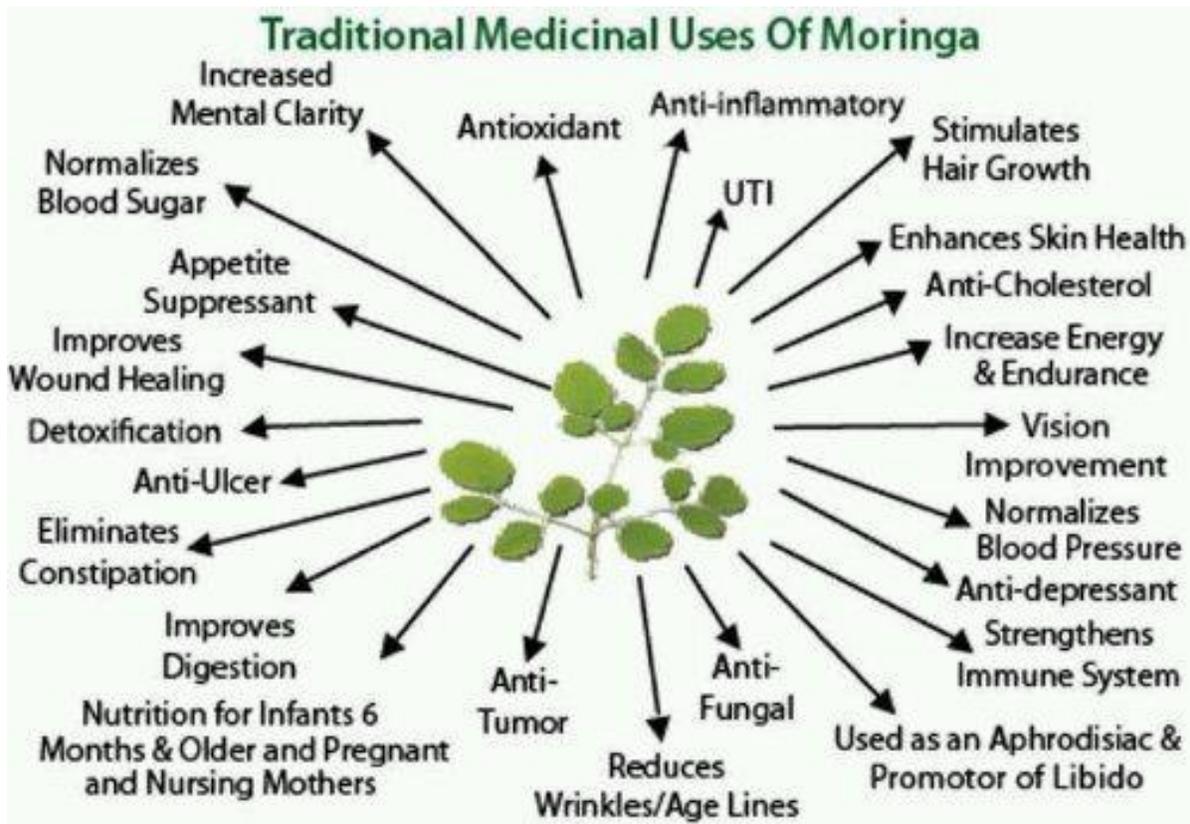
Bio
NUTRITION

Moringa
5,000
Super Food

(*Moringa oleifera*)

- * Energy
- * Mental Alertness
- * Skin
- * Digestion
- & so much more

4 fluid oz.
120 mL



Cranberry Hibiscus

<http://edibleplantproject.org/cranberryhibiscus/>

<https://hort.purdue.edu/newcrop/morton/roselle.html#Food%20Uses>



Cranberry Hibiscus (a.k.a False roselle, African rosemallow – *Hibiscus acetosella*) is a striking and colorful plant with red leaves that resemble a maple leaf. It can be grown as a border or hedge plant – its dramatic purple leaves contrasting nicely with plants that have paler green leaves.

Zones: 8-11 Mature Height/Spread: 4-6 (10) feet

Mature Form: Wild & rangy, a dense bush if well pruned

Growth Rate: Rapid

Sun Exposure: Full Sun

Soil Requirements: 6.1 to 6.5 (mildly acidic)

Soil Type: All kinds of soil as long as it is well-drained

Water: Fairly drought tolerant

Leaves: Burgundy to bronze-green

Flower Color: Pink

Bloom Time: Late Fall/Early Winter

Propagation: Cuttings or seed. Seeds can be dried on plants and collected (wear gloves to protect hands when handling seeds)

Pests/Diseases: It is nematode and insect resistant

It does best in full sun to light shade and has rose pink hollyhock-like flowers that open for a few hours at midday mostly in the fall. It tends to grow so tall it straggles all over the place because its slender branches bend right over from the weight of its leaves. Prune it when it is young by pinching out the growing tips to encourage it to form a dense bush. Cut it to the base after it has finished blooming and it will usually grow a second year. If kept well pruned, it makes a lovely hedge or shrub.

Hibiscus sabdariffa is a sister species whose calyx (the sepals of the flower) is widely eaten throughout Africa. The calyx of cranberry hibiscus is not fleshy and is not eaten.

Uses: In Central America the flowers are blended with ice, sugar, lemon or lime juice and water to make a delicious, purple lemonade. The leaves are pleasantly tart and can be eaten in salads and stir fries. They retain their red color even after cooking. Because the leaves are a bit mucilaginous (slimy), they are best cooked in small-ish quantities and cooked only for a short time.

Hibiscus Syrup Recipe: Collect about thirty blossoms at dusk after they have folded. The petals add a bright red color rather than any special flavor. Bring 6 cups of water to a boil and remove from heat. Add 4 oz. dried hibiscus flowers and allow to steep, covered. When cool, add sugar to taste, and ½ cup fresh squeezed lime or lemon juice. Serve chilled.

Crassula Ovata

“Jade Plant”



Crassula ovata, commonly known as jade plant, friendship tree, lucky plant, or money tree, is a succulent plant with small pink or white flowers. It is native to South Africa and Mozambique, and is common as a houseplant worldwide. Much of its popularity stems from the low levels of care needed; the jade plant requires little water and can survive in most indoor conditions. It is sometimes referred to as the money tree; however, *Pachira aquatica* also has this nickname.

Aloe Vera

<http://www.homeremediess.com/aloe-vera-benefits-uses-and-pictures/>



It is originally found in East Africa and Mediterranean regions. It is grown in marginal and sub-marginal soil with low fertility. The plant is used as a traditional medicine at Jamaica, Japan, Russia, South America, United States, Japan, Russia, South Africa and India. The plant species is found mostly in the Southern part of Arabian Peninsula, Egypt, Morocco, Mauritania and other neighboring countries. It is widely grown ornamentally. The plant was introduced in Europe and China in the 17th century.

Medicinal Value & Aloe Vera benefits

Aloe vera is used as and appreciated for its healing, soothing and moisturizing property. It is full of nutritional benefits. It contains vitamins such as A, C, E, Vitamin B12, FOLIC ACIDS, B1, B2, B3. Apart from that, it contains 20 different minerals and includes calcium, magnesium, zinc, iron, copper and many more. The medicinal properties are described below:

- It is famous for its rejuvenating property.
- It is used externally for the treatment of various skin diseases like eczema, cuts and burns and reduces pain.
- The gel prepared from Aloe vera used as a gel to straighten the curly hair.
- It is also used as a useful ingredient in various cosmetics such as powder, moisturizer, soap, shampoo or various lotions.
- The daily drinking of aloe vera juice cleanses the digestive system.
- It also eliminates constipation and also useful for the treatment of diarrhea.
- It increases the energy level in our food and removes fatigues and exhaustion.
- Ghritkumari juice is also used as a natural detoxifying in our body.
- It increases the immunity of our body and also used for the treatment of various ulcer.
- It is also helpful for joint pain and inflammation.
- It is added with yogurt and some other desserts.
- Internal use of Ghritkumari cures blood Glucose level in diabetes.
- It is used for a gastrointestinal disorder.
- The extracted Gel is used for the treatment of heart diseases in the western world.
- It has also been proved useful for anti-cancer activity.
- Ghritkumari is useful as an anti-aging agent.
- It is useful for the treatment of tumour.
- It is a good laxative and used for piles treatment at home.
- This is antibacterial and antiviral in property.
- It is also useful for the treatment of colic.
- Boiled aloe vera leaf vapour can be breathed for the treatment of chronic asthma.
- It is used against psoriasis.
- The gel can be used for the treatment of sores in mouth/ stomach sores.
- It promotes cellular oxygen and stimulates metabolism.