

- King proteas (*Protea cynaroides*)

King protea is a large and striking flower that is native to South Africa. It is the national flower of South Africa and is known for its large, spherical flower head and vibrant colors. King proteas can range in color from white to pink to red and can grow up to 12 inches in diameter. The flowers are typically solitary and are surrounded by large, leathery bracts. King proteas are a popular cut flower and are often used in floral arrangements.



- Pincushion protea (*Leucospermum*)

Pincushion proteas are a genus of evergreen shrubs native to South Africa. They are known for their distinctive, spherical flowerheads that resemble pincushions. These plants are popular in cultivation for their attractive flowers and foliage. Pincushion proteas require well-drained, acidic soil and full sun to partial shade. They are drought-tolerant and can be grown in containers or in the ground.



- Silver Bush (*Helichrysum petiolare*)

*Helichrysum petiolare*, commonly known as licorice plant or silver bush, is a sprawling evergreen shrub native to South Africa. It is a member of the Asteraceae family and is known for its aromatic leaves and showy flowers. Silver Bush is a popular garden plant due to its attractive foliage and flowers. The leaves are small, silver-gray, and velvety to the touch. The flowers are small, white, and daisy-like. They are arranged in dense clusters at the ends of the branches. Silver Bush is a relatively easy plant to grow. It prefers well-drained soil and full sun to partial shade. It is drought-tolerant and can be grown in containers or in the ground.



- Buchu (*Agathosma betulina*)

Buchu is a genus of about 140 species of flowering plants in the family Rutaceae, native to the southern part of Africa. Common names include buchu, boegoe, bucco, bookoo and diosma. Buchu formally denotes two herbal species, prized for their fragrance and medicinal use despite their toxicity.



- Rhino Bush (*Elytropappus rhinocerotis*)

Rhino Bush (commonly known as renosterbos or "rhinoceros bush") is a species of flowering plants in the daisy family, Asteraceae, endemic to South Africa. It is a very obvious component of the unique Renosterveld Vegetation Type, which is named after this bush. Rhino Bush is a medicinal plant in traditional African medicine.



- Mountain Sage (*Salvia chamelaeagnea*)

Cape Mountain Sage, also known as African tea tree oil, is a unique and lesser known variety of sage endemic to the Western Cape of South Africa. Like all sage varieties, it is cleansing,

clearing, and uplifting. This high altitude sage assists in boosting the immune system. The aromatic profile is complex green, herbaceous, and cloves.



- Wild Rosemary (*Eriocephalus africanus*)

Wild rosemary is one of the shrubs that most people in the Cape know because it is so common in the veld and easy to identify with its thin, grey leaves, which smell like Vicks when crushed. It is also a well-known medicinal plant and an excellent shrub for the waterwise garden. Along its wide distribution *Eriocephalus africanus* is very variable, especially when comparing plants growing in the salty air along the coast with those growing under much drier conditions inland. In general, they all form bushy evergreen shrubs up to 1 metre with a silvery, grey appearance.



- Rooibos (*Aspalathus linearis*)

Rooibos, or, is a broom-like member of the plant family Fabaceae that grows in South Africa's fynbos biome. The leaves are used to make a herbal tea that is called rooibos, bush tea, red tea, or redbush tea. The tea has been popular in Southern Africa for generations, and since the 2000s has gained popularity internationally. The tea has an earthy flavour that is similar to yerba

mate or tobacco.

