



Country Garden Greenhouse

Herb Robert

Attractive low growing shade plant in the geranium family with lacy foliage topped by clusters of small pink flowers that bloom from May to September. Green leaves turn red at the end of the flowering season. It is named after a French monk, Saint Robert, who lived around 1000 AD and had used this herb to heal a variety of ailments. A tea made from the herb is recommended as part of the fresh vegetable juice diet devised to combat cancer by Rudolf Breuss. The rationale is the presence of ellagic acid and geraniin compounds which have powerful anti-tumor properties, with paired antioxidant and anti-proliferative mechanisms. First nations people used it externally to heal wounds and skin eruptions. Tannin content makes it beneficial for diarrhea. Also has anti-microbial and anti-inflammatory and immunogenic properties as well as a good source of nutrients! Can be dried and brewed into a tea. Undesirable aroma that some say smells of burning rubber seems to keep the mosquitoes away! Thrives in shady, damp places. Spreads easily through its sticky seeds that attach to passers by and must be controlled as it has invasive tendencies. Height 30-40cm.