

**...Low Freight Rates...**

No matter how many plants are in your order our postal charge is the same low rate for the whole order. **Qld & NSW - \$18.00, Vic - \$22.00 ,S.A -\$26.00, WA, Tas & NT -\$49** (Includes Quarantine Inspection Costs). **\*Please note: The post & packing charge is for the whole order not each plant.** Unless specified plants are sent in long pots 70mm wide. Our plants are specially treated to ensure they travel well and in remote areas are able to travel up to two weeks without ill effects. Our unique packaging method has been giving great results for 31 years. You can either plant them straight into the garden, hold them in their pots or repot them with the pots of your choice. Plants that grow in full sun have been hardened to full sun conditions. **KEY:** 1.0m Typical Height of Plant in Cultivation ie one metre, V = Vine.\*Fragrant\*\* Native To Australia, Rf Rain-forest Plant, Ed Edible. F Frost Resistant, Fm Moderately Frost Resistant. Suited to: A Mild Climates from Hervey Bay (+Nth Qld Tablelands) South to Wollongong, Sth Aust & WA. B Inland / Hot&Dry, C Cool Areas/ Tablelands,cool parts Tas&Vic, D Tropics, E Seaside Planting-Salt Spray. If we use a small a,b,c,or d indicates not known by us but worth a try with extra care and placement. Often our customers give feedback on these. In addition every climate has different microclimates and every backyard has its own microclimates with various degrees of protection against the elements. Microclimates can be created that allow one gardener to grow plants that the neighbour can only dream about.

**Western Australian, NT & Tasmania**  
Tasmania is sent every Monday. WA & NT Orders will be sent on the Following day:  
**Monday 18th September.** We need your order by 2.00pm AEST **Monday 11th September** as we go through an intricate Quarantine Approval & Inspection process & need to do this in one batch to make the process feasible. Air Delivery surcharge is 15% added on to your total order. We send Toll Air Priority. **No PO Boxes**

10. Removing spent flowers will often encourage another round of flowers. You can experiment with this but you need to remove the flowers as soon as they start going backwards.

11. Similar to the above is judicious pruning to remove deadheads with old flowers and old sick branches that can no longer contribute to new growth and flowering. With shrubs please know when it is due to flower and do this pruning well in advance.

**FOCUS ON GETTING PLANTS TO BLOOM**

The flowering of a plant brings great joy but its not the only thing to enjoy about it. The varying life cycles of plants also bring great



satisfaction. It is important to realise that flowering is part of the sexual reproductive life cycle of plants. **\*\*\*Try and be patient** as you cant force nature if it does not want to be. Some plants are fast flowering while others might take time to get big enough to attain 'flowering size' or to feel the need to reproduce itself.

**\*\*\*** If a plant is not flowering after reaching flowering size for that species its likely to be one of these factors that is causing the problem.

**Here are some points on how to encourage flowering.**

1. Nutrition. If your plant is bombarded with high Nitrogen fertilisers it will be putting all its energy into growth. All is well with it and no need to reproduce.
2. Nutrition. Potassium nutrition is very important to strengthen buds and flowers and intensify colour. . Add liquid Potassium if needed or use a balanced fertiliser with high Potassium and Phosphorous eg 12:12:12. Phosphorous is important in the formation of buds, flowers and roots. Keep fertilising to keep the flowering going.
3. Light. You need to know if your plant needs sun or shade to grow and also to flower. If you dont get the light conditions right nothing else you do will help.
4. Light. If your plant is in a pot you can move it into different light position eg heavy shade, medium shade, light shade, filtered sun under polycarbonate sheeting, morning sun, midday sun, afternoon sun, full sun..
5. Light. Daylength adjustments by using artificial lighting can bring on flowering with certain plants. This is usually a factor with commercial flowers.
6. Water deficit ie drought conditions will bring on flowering as the plant will feel threatened and will flower to reproduce.
7. Sick plants can also put on a magnificent last hoorah of flowers in the hope of reproducing itself.
8. Vines will always flower and fruit better if run horizontally rather than letting it run straight up a pole or tree.
9. Scarfing is a radical method to get fruit trees to flower when all else has failed. By simply cutting out a vertical slither of bark the tree will be shocked and feel threatened and flower as a response !!

9 PARADISE PLACE  
NAMBOUR QLD 4560

SEPTEMBER 2023  
ON THE WEB AT [www.rareplants.net.au](http://www.rareplants.net.au)

Phone/Text 0408 687 109

**Paradise Distributors**

**Plants that come like presents!**

100% Guaranteed Plants

Catalogue..Every 3 Weeks  
\$7.50 Free to Our Regular Customers

**...Clusters of Pink & Purple Flowers!..**  
**PURPLE WEIGELA**

(2.5mABCd) **Weigela florida**  
'Eva Rathke' This gorgeous shrub will bloom beautifully in spring to summer

with clusters of dark pink and purple flowers with mid green foliage.



Perfect for a low maintenance gardens. An easy to grow shrub and one will add real beauty along your fence, walls and walkway. Almost carefree and needs to be watered regularly. Native to Japan and Korea. Deciduous in cold areas in winter. Full Sun.

.....Priced at \$9.90 (250 Parries) each

**...Less than 20 plants left in Nature...**  
**Encephalartos munchii**

(2mABCD) Close to extinct in the wild with only 20 plants left in nature in Mozambique. In Conservation terms they are an Endangered species & on the official Critical List. One of the most spectacular specimen

cycads. Blue-green soft spiny leaves with lime green



new growth. Large green cones. Full sun. These are 3 leaf plants in 75mm pots.

.....Priced at \$35 each

**Did you know** you can subscribe on our website at [www.rareplants.net.au](http://www.rareplants.net.au) to receive our Latest Free Online Catalogues

# GIANT SUMO LILIUM COLLECTION

## Oriental x Trumpet Lilliums

They will make huge stems of flowers in their first growing season and will make a magnificent statement. All are Oriental x Trumpet varieties highly suited to the Australian climate for gardens and cut flowers alike.

### GIANT SUMO BRUSAGO

Massive pink with white centre fragrant flowers.



### GIANT SUMO ZAMBESI

Another massive flowered white. Ideal for cut flowers and gardens.



### GIANT SUMO PETACAS

Huge broad petals of the cleanest of whites. One of the best.



### GIANT SUMO DALIAN

One of the most popular. Raspberry with dark streaking.



**This Collection Priced at \$49**

We consider O.T Lilliums to be the ant pants of the Liliium family for Australian conditions. Having the hybrid vigour of Orientals x Trumpet Lilliums they are vigorous growers, with incredibly strong stems. High bud counts with second year bulbs often producing up to 25 buds per stem, with a stem like a telegraph pole! The large flowers carry the perfume of the Oriental family. They generally do not need staking, and the blooms are heat and wind tolerant. We can't recommend this striking class enough! Potted up tightly into 100mm pots.

# Paradise Stock Plants

## Gingers & Heliconias

Costus lucanusiansus (2mAbcD) Sweet African Costus.....	\$12.90
Costus spiralis (2mAbcD) Red Costus.....	\$9.90

## Ferns

Adiantum peruvianum 'Silver Dollar' (40cmAbcD) Silver Dollar Maidenhair.....	\$13.90
Adiantum raddianum 'Variegatum' (40cmABCD) Variegated Maidenhair.....	\$25.00
Adiantum tenerum Lady Moxon (60cmAD).....100mm pots.....(Apr-May19).....	\$13.90
Davallia humata tyermanni (1mABCD) Silver Hare's Foot Fern.....100mm pots.....	\$12.90

## Orchids

Bassolaelia Morning Glory (Seedlings).....80mm pots.....	\$25.00
Dendrobium Aung Char Yellow.....,yllw flwrs.....70mm pots.....	\$19.90
Dendrobium Dal's Deluxe Pansy x Dal's Wizard.....,pnk/prple flwrs.....70mm pots.....	\$29.00
Dendrobium Dal's Suprise x Dal's Queen.....,whte & pnk flwrs.....70mm pots.....	\$19.90
Epidendrum Candytops.....,ornage/red flwrs.....70mm pots.....	\$25.00
Epidendrum Topaz Butterball.....,yllw flwrs.....70mm pots.....	\$22.00
Phalaenopsis Fuller's 3545.....,pnk flwrs.....70mm pots.....	\$19.90
Phalaenopsis Golden Apollon.....,yellow flwrs.....80mm.....	\$29.00
Phalaenopsis Lianher Jellyfish.....,whte flwrs.....70mm.....	\$22.00
Phalaenopsis Lianher Rainbow.....,yllw flwrs.....70mm.....	\$17.90
Phalaenopsis Tying Shin 2969.....,yllw lfwr.....	\$19.90
Rlc. Chunyeah 'Tzeng Wen'.....,yllw flwrs.....100mm pots.....	\$35.00
Vanda Adisak Happiness.....,maroon flwrs.....50mm pots.....	\$18.90

## Palms & Cycads

Carpentaria acuminata (20m**AbcD) Darwin Palm.....	\$8.90
Chamaedorea seifrizii (3mAbcD) Bamboo Palm.....	\$8.90
Dypsis carlsmithii (6mAbcD) Carlsmithii Palm.....	\$9.90
Dypsis leptocheilos (6mAbcD) Redneck Palm.....	\$9.90
Encephalartos gratus (3mAbcD).....	\$25.00
Licuala grandis (3mAbcD) Fan Palm.....	\$18.90
Macrozamia communis (2m**RfABCDE) Burrawang.....	\$17.90
Syagrus schizophylla (2-4mFABCD) Arikury Palm.....	\$9.90
Wodyetia bifurcata (15m**AD) Foxtail Palm.....,barerooted.....	\$7.90
Zamia furfuracea (1mFmABCDE) Mexican Cardboard Plant.....	\$12.90

## Shrubs & Outdoor

Agapanthus 'Queen Anne' (40cmFABCDE) Queen Anne Agapanthus.....	\$7.90
Buckinghamia celcissima (3mRfFmABCDe) Ivory Curl Flower.....,Native Shrub.....	\$8.90
Clivia miniata (50cmABcD) Clivia Lily.....,ornge flwrs.....	\$9.90
Jasminum multipartitum (3m*AbCD) Starry Wild Jasmine.....,whte flwrs.....	\$8.90
Leucosium aestivum (45-60cm*AbCD) Snowflake.....,wht flwrs.....	\$7.90
Liriope giganteum (70cmFABCD) Liriope Evergreen Giant.....,violet flwrs.....	\$8.90
Lomandra hystrix (1m*,**FABCDE).....,Native Shrub.....	\$7.90
Lysimachia procumbens 'Clusters of Gold' (20cmAbcD).....,yllw flwrs.....	\$7.90
Michelia figo (3m*FmABCD) Port Wine Magnolia.....,yllw flwrs.....	\$8.90
Muscari armeniacum (15cmABcd) Muscari Fantasy.....,blu flwrs.....	\$8.90
Stephanotis floribunda (V*AbCD) Stephanotis.....,whte flwrs.....	\$8.90
Strobilanthes anisophyllus (1.5mAbcD) Gold Fussia.....,mauve flwrs.....	\$7.90
Tetradenia rijaria (2mAbcD) Misty Plume Bush.....,pnk flwrs.....	\$8.90
Xanthostemon 'Little Goldie' (2mRf**AbcD).....,yllw flwrs.....	\$9.90
Zephyranthes grandiflora (20cmFmABCDE) Pink Rain Lily.....,pnk flwrs.....	\$7.90

IF YOU WISH TO RECEIVE OUR HARD COPY CATALOGUE IN THE MAIL PLEASE LET US KNOW OR IF YOU GET IT AND DON'T REQUIRE IN THE MAIL PLEASE ADVISE. Bob

# Paradise Stock Plants

## Foliage/Indoor Plants

Alocasia cucullata (2mABCDE) Buddhas Hand Elephant Ear.....	\$12.90
Aspidistra elatior (1mAbcd) Cast Iron Plant.....	\$8.90
Begonia hybrid 'Fabulous Tom' (50vmAbcd) Begonia Fabulous Tom.....	\$9.90
Begonia 'Strawberry & Cream' (70cmAbcd) Strawberry & Cream Begonia.....	\$9.90
Rhaphidophora tetrasperma (1mAbcd) Mini Monstera.....	\$12.90
Scirpus cenus (30cmFABCD) Fairy Lights.....	\$9.90
Solenostemon scutellarioides (40cmAbcd) Coleus Flamethrower.....	\$8.90
Spathyphyllum 'Sensation' (2mAbcd) Giant Spathyphyllum.....	\$9.90
Thai Aglaonema No.5 (50cmAD).....	\$12.90

## Succulents

Aloe Hen Speckles.....	\$8.90
Aloe zanzibarica (20cmFABCD) Tower Cactus.....	\$7.90
Cleistocactus samaipatanus (1.2mABCD).....	\$14.90
Gasteria brevifolia (30cmABCD) Gasteria 'Rabbit Ears'.....	\$14.90
Haworthia attenuata (20-30cmAbcd) Zebra Haworthia.....	\$12.90
Ledebouria socialis (25cmABCD) Leopard Lily.....	\$12.90
Zamioculcas zamiifolia (60cmAbd) Zanzibar Gem.....yllw/brnze flwrs.....	\$19.90

## Bromellads

Alcantarea imperialis rubra (1mABCD) Giant Rubra Imperialis.....	\$12.90
Cryptanthus striatum 'Sunshine'.....	\$12.90
Dyckia brevifolia (20cm) Pineapple Dyckia.....orange/yllw flwrs.....	\$12.90
Vriesia 'El Salmon' (40cmAbcd).....pnk flwrs.....	\$12.90

## Trees

Agathis robusta (20m**RfABCD) Queensland Kauri.....Native Tree.....	\$9.90
Araucaria cunninghamii (60cm**Abcd) Hoop Pine.....Native Tree.....	\$8.90
Davidsonia pruriens (6mEdAbcd) Davidson's Plum.....	\$12.90
Peltophorum pterocarpum (7m*Abcd) Yellow Poinciana.....yllw flwrs.....	\$8.90

## Philodendron & Monstera

Philodendron birkin.....75mm pots.....	\$12.90
Philodendron Brasil.....75mm pots.....	\$12.90
Philodendron erubescens 'Pink Princess'.....75mm pots.....	\$9.90
Philodendron McColley's Finale.....75mm pots.....	\$12.90
Philodendron Prince of Orange.....75mm pots.....	\$12.90
Philodendron Rojo Congo.....75mm pots.....	\$12.90
Philodendron Royal Queen.....75mm pots.....	\$12.90

## Natives

Crinum pedunculatum (1m**RfABCDE) Native Swamp Lily.....	\$9.90
Cryptocarya laevigata (6m**Abcd) Glossy Laurel.....	\$8.90
Diploglottis campbellii (15m**RfEdABCD) Small Leaved Tamarind.....	\$9.90
Macrozamia communis (2m**RfABCDE) Burrawang.....	\$17.90
Petalostigma triloculare (4m**Abcd) Quinine Berry.....	\$8.90
Pittosporum multiflorum (3m**Abcd) Wallaby Apple.....	\$8.90
Podocarpus elatus (8m**RfEdABCDE) Plum Pine.....	\$12.90

## Anthuriums

Anthurium 'Black Beauty' (90cmAbcd).....blek flwrs.....	\$14.90
Anthurium schlechtendalii (3mAbcd) Bird's Nest Anthurium.....prple flwrs.....	\$12.90

## UNUSUAL PLANTS

### ANTHURIUM COLLECTION

....New Unusual Anthurium....

### ANTHURIUM PRINCESS AMALIA ELEGANCE

(60cmAbcd) Lovely deep pink spadix with fantastic pink tipped and veined creamy white 12cm spathes. The leaves are light green and glossy. Great as a indoor plant! Bred in Holland for multiflowering and cold tolerance. Filtered Light.



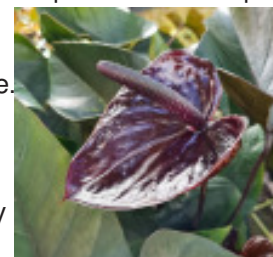
....Priced at \$14.90 each

...Black Heart Shaped Flowers...

### ANTHURIUM

### BLACK BEAUTY

(90cmAbcd) Anthurium 'Black Beauty'. Gorgeous very black pointed heart shaped flowers and extremely attractive foliage. Black green spadix. Anthuriums multiply as they age and as the plant develops the flowers and leaves get bigger. Anthuriums are epiphytes originally and do not like being wet all the time. Anthuriums can be grown out of direct sunlight on patios and in the garden in warm areas. Need warm humid conditions and good filtered light and can be grown indoors in winter. 75mm pots.



....Priced at \$14.90

**Both Anthuriums for \$27**

...Unusual Clivia...

### YELLOW CLIVIA

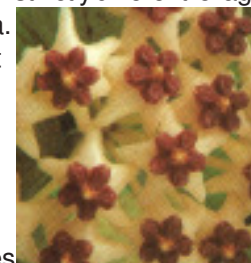
(50cmABcd) Clivia miniata 'Belgian Hybrid' Most spectacular yellow coloured flowers with large heads from spring to summer and sporadic flowering may occur through the year. Its foliage is thick, dark shiny green and straplike. Native to South Africa the Clivia Lily will grow outdoors anywhere the ground does not freeze. They like a shady position and not too moist when its cool. Love growing under trees. There will be some unusual variation in these flowers. ....Priced at \$14.90 each



..Unique Weeping Foliage & Bright Flowers..

### FISHTAIL HOYA

(70cmABCD) Hoya polyneura named after its lovely veined bright soft green leaves in fishtail formation. Distinctly different foliage to any other Hoya. It is not a vine but a hanging plant which grows on trees as an epiphyte in the Himalayan area of India at altitudes 3000-5000 feet. Attractive light yellow - cream flowers with a contrasting clear red-purple centre crown, in clusters in spring and summer. Can dry out a little between waterings. Needs to be under well lit hard shelter in winter in all climates. Like all Hoyas do not over pot and doesn't mind being rootbound. Light shade. All climates. ....Priced at \$12.90 each (250 Parries)



**MUSCARI  
COLLECTION OF TWO**

...Icey Blue Flower Heads!..

**MUSCARI BABY BREATH**

(15cm\*ABCD) *Muscari neglectum* 'Baby Breath'. Lovely cluster of fragrant light icy blue bell flowers which opens from green buds.



Blooming on long heads in late winter and spring. There are heaps of these tiny flowers on each head and heaps of heads! The light green straplike foliage forms dense attractive arching clumps. Good as a container plant inside and out or as a border or groundcover, especially as under trees and in dark shady places. Suited to all climates as these are hardy, drought & frost tolerant plants. Full to part shade.  
.....Priced at \$8.90 each (180 Parries)

...Double Planted Bulbs...

**MUSCARI BLUE HEAVEN**

(15cmABCD) *Muscari armeniacum* 'Blue Heaven'. Gorgeous cluster of deep blue bell shaped flowers with pale lips in long heads in late winter and spring. Tough and easy to grow. Cold tolerant. Requires full sun.



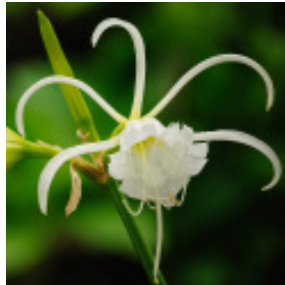
.....Priced at \$8.90 each

**Both Plants for \$15.90**

**SACRED LILY**

(1m\*ABcD) *Hymenocallis festalis*

is a vigorous evergreen species from Mexico and Peru which grows with its roots in the water during the warm growing season, making a good garden subject in warm climates. It requires protection during cold winters. The lovely fragrant white flowers have long narrow curling petals behind a central cup. Several flowers are carried on each sturdy 70-90 cm. stem. Full sun to part shade.



.....Priced at \$12.90 (180 Parries)

....Medicinal Values....

**MUSHROOM PLANT**

(60cmEdABcD) *Rungia klossii* has highly nutritious leaves with a mushroom taste about them when cooked. Great in a salad raw or stirfry for a few seconds.



Reported (Sunshine Coast Daily 24/8/97) to be good for Candida and Thrush. Reported excellent for blood cleansing, it is high in protein, calcium, iron and Vitamin C. Has dark glossy soft leaved plant with lovely blue spring flowers. Shade to part sun. Sent in 70mm pots.

.....Priced at \$7.90 each (150 Parries) or 3 for \$21

**If you want to see more of our plants. Check out the shop on our website by scanning the QR code**



**Rated Ten Times More Generous than the Credit Card Rewards Programs!**

**Paradise Bonus Rewards System -**

Each order we send out will have a voucher with bonus points (Parries) awarded. The bonus points will be on the basis of:  
10 Points (Parries) for every \$10.00 of purchases. Most plants we advertise in the main part of our catalogue will have its **Parry value to purchase** listed in brackets after the price. When you wish to use your Parries just send in your vouchers or fax or phone them. Remember the bonus point vouchers are dated and have an expiry on them and **once expired they are invalid**. The bonus points are known as 'Parries'. The Parries must accompany an order valued at \$20 or more. If the plant costs less than the Parries you hold we will send back change in Parries. Parries are not exchangeable for cash **nor deducted from an order** & are not transferable to another person. Simply choose your plant.

**MOSS**

Like a lush green carpet. For terrariums, bonsai, landscaping and germinating ferns.



(Not for WA, NT & Tasmania)

....Priced at \$7.90 each (15cmx10cm)

**Paradise Stock Plants**

We are holding stocks of the following plants at the moment. Availability is subject to orders. Descriptions can be found in past catalogues marked in brackets. Symbols are described in back page Key. Flower colour and time are abbreviated after brackets.

**Unusuals**

Alocasia sarawakensis 'Yucatan Princess' (2mAbcD) Alocasia Yucatan Princess.....	\$14.90
Beaucarnea guatemalensis (3mFABCDE) Elephant Tree.....	\$12.90
Euphorbia tirucalli 'Sticks on Fire' (2mAbcDE) Fire Sticks.....	\$12.90
Garrya elliptica 'James Roof' (3mAbCDE) Silk Tassel.....	\$12.90
Lilium hybrid (75cmAbcD) Tiger Lily.....	\$12.90
Muscari armeniacum (15cmABcd) Muscari Fantasy.....	\$8.90
Muscari armeniacum 'Blue Heaven' (15cmABcd) Muscari Blue Heaven.....	\$8.90
Nematanthus monanthos (10-15cmABcd).....	\$9.90
Pachyodum lamerii (3mAbcd) Madagascar Palm.....	\$12.90
Pilea polybotrya (30cmAbcD) Pilea Raindrop.....	\$12.90
Rhipsalis camposportoana (30cmABcd) Mistletoe Cactus.....	\$9.90
Scirpus cenus (30cmFABCd) Fairy Lights.....	\$9.90
Tillandsia stricta (15cmAbcD) Air Plant.....	\$16.90

**Food & Herbal Plants**

...For More... See Delicious Collections on the Centre Page

Allium ampeloprasum var. ampeloprasum (1mAbcd) Elephant Garlic.....	\$8.90
Allium chinense (30cmEdAbcd) Rakkyo - Asian Onion.....	\$9.90
Citrus x meyeri (3mEdFmABC) Meyer Lemon.....	\$12.90
Davidsonia pruriens (6mEdAbcd) Davidson's Plum.....	\$12.90
Leonotis leonurus alba (1mABCDE) White Lions Tail.....	\$9.90
Passiflora caerulea (VEABD) Blue Passionflower.....	\$12.90
Passiflora 'Panama Red Select' (VEABD) Panama Red Passionfruit.....	\$12.90
Petalostigma triloculare (4m***Abcd) Quinine Berry.....	\$8.90

**Please Note.** Plants from Paradise Distributors/Rareplants.net.au are sent in 75mm Pots+ unless specified....not 45mm tubes or bareroot like most other online nurseries. We sell a few in 45mm at a very low price and tell you. We do not bareroot plants at Rareplants...as do most eBay sellers...Beware. We have just one postage charge for multiple plants....not one plant per postage charge!!



Ginger

**Flowering Native  
.....Bird Attracters**



**OVAL LEAF MINT BUSH**

(2m\*\*ABCD) *Prostanthera ovalifolia* will give you lovely open tubular flowers that can be mauve and very attractive blue-green highly aromatic oval shaped serrated foliage. Native to inland NSW & Qld. Likes dry conditions. Well drained conditions in full sun or part shade. Photo centre.  
.....Priced at \$8.90 (150 Parries) or 3 for \$23



**SARSAPARILLA PLANT**

(50cmV\*\*FABC) *Hardenbergia violacea* This gorgeous little native climber will give you masses of dazzling bright violet pea flowers in late winter.



Attractive and contrasting dark leathery leaves with heavy veins. The boiled leaves make a tasty refreshing beverage. This is a native vine from SE Australia a tough little plant and is hardy to frost, drought and adverse conditions. For all areas but probably not tropical. Full sun. 75mm pots.  
.....Priced at \$7.90 each

**PURPLE PEA BUSH**

(2m\*\*AbcD) *Hovea acutifolia*. An upright growing hardy shrub with blue purple pea sized flowers occurring from late winter to spring. Flowers stand out from the dark oval leaves. Native to rainforest on east coast. Well drained soil. Part shade. ....Priced at \$8.90 each



...Eyecatching New Pink Growth..

**WILLOW BOTTLEBRUSH**

(3-10m\*\*FmABCD) *Melaleuca salicina* is a very striking, hardy shrub that will most definitely catch anyone's attention with it's pink new growth! Blooms white bottle-brush flowers in spring to summer. Bred in Australia two decades ago and has been outperforming other plants for it's extreme resilience to a wide variety of climate conditions! Easy to grow and requires low maintenance. Ornamental all year long. Native to Australia. Will grow fine in containers. Once established, it is drought and light frost tolerant. Full sun to part shade.  
.....Priced at \$8.90 (170 Parries) or 3 for \$23



...Handsome Native with  
Eyecatching Flowers...

**BACON & EGGS**

(1.3m\*\*FABCD) *Pultenea villosa* is a wonderful small weeping native shrub with attractive bright yellow pea type flowers from spring to autumn. The foliage is fine, weeping and a feature but when it flowers for up to 6 weeks at a time it really sets this one off. There are 120 species of Pea Flower (*Pultenea*) in Australia and many of them are called Bacon & Eggs due to the contrasting flower colours and quite a few are handsome. Native to NSW & QLD and is drought and frost resistant. Needs a well drained situation in full sun to part shade. ....Priced at \$7.90 each



**These are sent in long native tubes**

...Almost Iridescent...

**FLAMING CRYSTALS  
LIPSTICK PLANT**

(40cmAbD) *Aeschynanthus evrardii* 'Flaming Crystals' is a lovely hanging Lipstick with big red tubular flowers and almost iridescent purple stripes. Setting this off are unusual and very prominent purple anthers that look like weird paper clips. Other anthers are pure white -all on the one plant. This is a most striking flower glowing like crystals against attractive dark green large-leaved foliage. Flowering from March to May. Suited to hanging baskets or pots or placed as an epiphyte as in nature. From the rainforests of Thailand and Burma. Warm protected conditions or indoors.  
.....Priced at \$9.90 each (200 Parries)



...Absolutely Delicious & Healthy...

**WHITE MULBERRY TREE**

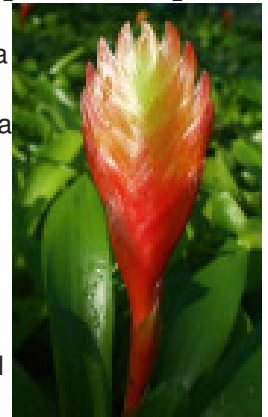
(4-15mEdAbcD) *Morus alba*. Delicious berry fruit on this small tree which produces early and can be kept in a pot. Also reported useful for Diabetes, Insomnia, and premature ageing. A small hardy deciduous tree with dense foliage. Producing oval juicy white fruits in summer. Does well in containers. Full sun.  
.....Priced at \$9.90 each or 3 for \$26



**Most of our plants are sent in 75mm diameter pots they are grown in. Usually 20cm+ tall. Ferns are sent in their 100mm pots.**

**Vriesea erythroductylon**

This is a lovely compact vriesea with soft light green leaves & a long bright red broad feather shaped flower. Vrieseas like to be under about 50% shade in a very coarse well drained mix, Bromeliads are epiphytes which you can easily kill with too much moisture with poor drainage.

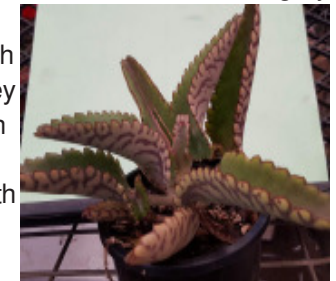


....Priced at \$12.90 each

...A Spectacular Standout Succulent!..

**MEXICAN HAT**

(1mABCD) *Kalanchoe daigremontiana*. This is a standout ornate succulent with thick curled grey green leaves with a light grey and brown stripes underneath on the curled up edges. Another unusual plant from the treasure troves of Madagascar. Grow in full sun to light shade in very well drained conditions or coarse mix. Water lightly.  
.....Priced at \$12.90 each



PS The Kalanchoe genus may reproduce asexually by producing plantlets on leaf margins, which when distributed on potting mix will form new plants.

...Unusual & Rare...

### **Philodendron squamiferum**

A marvellous rare and unusual oak leaf Philodendron from South America.

Also different are its very soft red hairs developing on its stems. Dark green



long glossy 5 lobed leaves. Great indoor plant and outdoors in the sub tropics and north. Filtered light. Don't overwater. Sent in 75mm diameter pots.

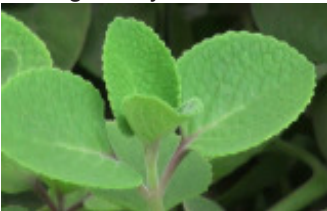
.....Priced at \$15.90 each

### **MOTHER OF HERBS**

(45cmEdAbCD) **Plectranthus**

**amboinicus aka Indian Borage.** Joint pains, coughs, sore throats, infections. An attractive evergreen medicinal and culinary herb. Big fleshy and aromatic green succulent,

with leaves that are nicely flavoured,



can be used as stuffing for meat and poultry and also used to flavour meat dishes. The leaves are also traditionally used for treatments of coughs, sore throats, infections, joint pains and many other ailments. Small purple flowers winter/spring. Can be propagated by cuttings. Good indoors with natural light. Protect from frost. Well drained soil. Full sun to part shade.

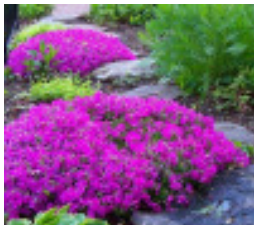
.....Priced at \$8.90 each (150 Parries)

### **CREEPING PHLOX**

(20cmFABcDE) **Phlox subulata**

'Magenta'. Fascinating creeping ground cover that is amazing in pots and hangers

also Looks like a mat of pine needles which blankets the area it covers. But you don't expect these masses of



magenta flowers coming out of a bed of pine needles. Absolutely ideal for garden borders, rocky gardens, steep banks and will cascade over over garden rock walls. This is a landscaping dream plant! Fast growing and will tolerate hot & humid areas as well as cool areas. Drought tolerant once established Prefers well drained soil. Full sun to light shade. Sent in 75mm diameter pots.

.....Priced at \$8.90 each

### **WHITE CROCUS**

(15cmFmABCDE) **Zephyranthes**

**candida.** Lovely white yellow anthered erect crocus like flowers come forth in summer and autumn. This is a fine clumping plant with narrow needle like soft dark green foliage. Bulbs about 25mm wide develop and multiply greatly in little time. Great as a border, in a rockery or pot. There are about 70 species of Zephyranthes all from the Americas. Full sun or part shade.



.....Priced at \$7.90 each (150 Parries) or 3 for \$21

### **FABULOUS ORCHIDS**

#### **Cymbidium Joseph Schmidt 'Song of Israel'**

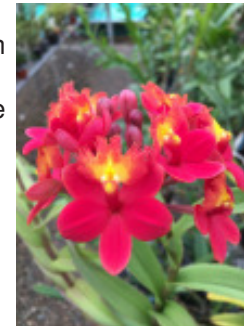
Bred for tropical conditions, pendulous spikes of dark red. Tall 80mm pots bulb and new growth.



.....Priced \$29

#### **Epidendrum Candypops**

Large flowered modern crucifix with deep orange/red flower heads. These plants are 200mm tall in 70mm pots.



.....Priced at \$25

#### **African Violet Hybrids**

##### **Named Varieties**

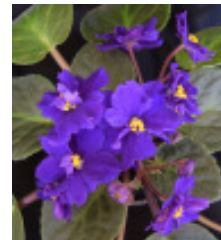
**We have 2 in 50mm pots.**

##### **- Ballet Big Star**

Dark purple flowers with yellow center.

##### **- Christening Gown**

White flowers



Ballet Big Star



Christening Gown

**Priced at \$11.90 each or Both African violets for \$22**

### **FERN SEPTEMBER COLLECTION**

#### **Phlebodium aureum 'Blue Star'**

(60cmAbcD) This is a wonderful rabbits foot type with classy curvy blue-green foliage. Likes filtered light & you can keep in a trendy pot in a well lit bath-room or living room all year round if the temperature remains above 10oC.



.....Priced at \$12.90 (250 Parries)

...Finest of the Fine...

#### **CHARLOTTE MAIDENHAIR**

(50cmABCD) **Adiantum raddianum 'Charlotte Parvifolium'**. This is a beautiful extremely fine foliated compact grower. Tear dropped shaped pinules. Takes down to 20C in a sheltered spot. Bronze new growth. Sent in 100mm pots.



.....Priced at \$13.90 each (300 Parries)

#### **RED BRAZILIAN TREE FERN**

(1mAbcD) **Blechnum brasiliense.** Lovely bronze-red foliage. This is a most attractive small Tree Fern with crinkled arching fronds to 1m long and 30cm broad. Trunk is dark brown and scaly. Striking tub specimen. Likes dense shade and more suited to warm temperate to tropical climates or indoors in winter. Sent in 100mm pots.



....Priced at \$12.90 each (250 Parries)

**THESE 3 FERNS FOR \$36**

...Great Multiplier...  
**TIGER LILY** (75cm)  
**Lilium hybrid**

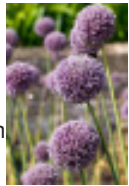
Gorgeous petalled orange yellow flowers flecked with dark spots. Will bloom profusely in mid to late summer... later than most.

Usually 10 blooms per plant and 40 as the bulb matures. Easy to care for. You can divide the bulbs if your Tiger Lilies become overcrowded. Prefers well drained soil. Full sun to part shade. Sent in 75mm pots  
.....Priced at \$12.90 each 300 Parries)



**ELEPHANT GARLIC** (1m)  
**Allium ampeloprasum var. ampeloprasum.**

Not actually a garlic but more so a Leek. Great flavour and spectacular ornamental mauve flower head! A ball cluster of flowers on a tall stem grows from each bulb. Mild sweet flavour. Best grown in full sun and during the warmer seasons and still can be grown in warmer areas during winter. Can be left alone and will spread out, forming more flower heads. Eaten raw, cooked & roasted. Hardy plant. Full sun. ....Priced at \$8.90 each



**SNOWFLAKE** (45-60cm) **Leucjum aestivum.** Such a standout plant with its upright 45cm green grass-like foliage with small white bell flowers! Blooming from spring, the flowers have green tips on each petal hanging off a sturdy stem. Flowers have a soft chocolate scent to them. Easy to grow and low maintenance. Thrives in dampshady conditions. Requires damp position with clay soil. Full sun to part shade.  
.....Priced at \$7.90 each



**PINK RAIN LILY** (20cm)  
**Zephyranthes grandiflora.** Lovely light pink yellow anthered erect flowers a little like small asiatic lillies come forth in summer and autumn. This is a fine clumping plant with strap-like green foliage. Bulbs about 25mm wide develop and multiply greatly in little time. Great as a border, in a rockery or pot.  
..Priced at \$7.90 each (150 Parries) or 3 for \$21



**CARLSMITHII PALM**

(6m) **Dypsis carlsmithii.** Very handsome ringed trunked Dypsis with a distinct orange crownshaft.

Graceful arching green fronds. Considered to be a rare palm with fewer than 15 matured palms in Madagascar. Easy to take care of. Grows south of Sydney coastal NSW out of the frost. Great indoors in a well lit position. Native to Madagascar.

.....Priced at \$9.90 or 3 for \$27 ((300 Parries)



**PHILODENDRON BRASIL**

Enjoy this fabulously foliaged indoor contrasting plant. Brasil in particular is quite an unusual plant with lustrous variegation on its pointed foliage against its dark background. This is a climbing plant that are great indoors in good light. Let it dry out a little between waterings. Sent in 75mm diameter pots.

.....Priced at \$12.90 each (250Parries) or 3 for \$33



**ARIKURY PALM**

(2-4m) **Syagrus schizophylla** is a gorgeous little feather Palm with a dense dark green head of plume like leaves that shine in the sun. There is a big spray of cream flowers soon followed by huge bunches of orange fruit. Native to Brazil. Handles all Australian conditions including inland. Very hardy palm. Full sun to part shade.



.....Priced at \$9.90 (200 Parries) each.

**XANTHOSTEMON 'LITTLE GOLDIE'**

(2m) A gorgeous free flowering compact form of Golden Penda. Will give you eye-catching clusters of long lasting bright lemon flowers in autumn and throughout the year. Its dense foliage has a trademark golden lustre with bronze-pink new growth. Dense bushy habit (2m wide) and will flower best for you in an open sunny position. Native Golden Penda is rare in natural NE QLD habitat. All warm or coastal climates. ....Priced at \$9.90 (200 Parries) each



...Unusual Reverse Variegation...

**DRACAENA 'SONG OF INDIA'**

(3mAbcD) **Dracaena reflexa aurea Variegata.** This is a beautiful gold variegated shiny foliaged dracaena with the white on the inside. Branches readily and twists a little. Famous indoors and great in a sub-tropical or tropical garden. Very hardy and requires minimum maintenance.

.....Priced at \$9.90 each (180 Parries)



...Unusually variegated White Spots...

**MILKY WAY**

(1mAbcD) **Aspidistra elatior variegated 'White Dots'.** This is an Aspidistra with white spots just like paint spots dotted on it. Aspidastras are a broad leaved glossy black green plants that stand out against a dark background. Tall slimline and elegant in a long vasselike pot. They are very tough and can exist in low light conditions. Excellent indoors & patios and require shade.

.....Priced at \$8.90 each (180 Parries)



Thank you for your Referrals.  
We appreciate them very much.  
.....From Bob & Bev

...Lushe Foliage...

..Delightful Winter Flowers...

**DARWIN BELLS**

(2mAD) **Strobilanthes 'Darwin Bells'.** syn. 'Pacific Bells' will provide you with absolute masses of rich pink bell shaped spikes of flowers in autumn and winter. Darwin Bells attractive small leaves are a nice addition to any foliage garden and the the flowers will really set the scene on fire. Needs a warm climate from Sydney NSW northwards or grown indoors in winter. Full sun or shade.

.....Priced at \$7.90 (150 Parries) or 3 for \$21



**African Violet Hybrids**

**Named Varieties**

**Set of 4 large flowered type violets, all named and different. A mixture of colours.**

**Most are hard to get, only held in small numbers and you probably dont have them.**



**Please phone to discuss plants in this collection if you need to check against what you already have. Small plants in 50mm pots.**

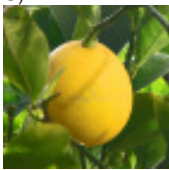
**Mystery Priced at \$11.90 each or All 4 African violets for \$43**

## DELICIOUS PLANTS

### Delicious Sept Collection 1

**Meyer Lemon** (3mEdFmABC)

**Citrus x meyeri.** Easy to grow and fruit. Highly flavoured delicious fruit with high nutritional value. Full sun & likes well drained but not dry conditions. Add a little charcoal (20%) to your mix if you prefer pot culture. Takes a light frost....most climates.



.....Priced at \$12.90 each

**Panama Red Passionfruit** (VEdABD)

**Passiflora 'Panama Red Select'**. Will bear extra large abundant red fruit throughout the year in autumn, winter and spring. Suitable for trellis, fence and pergola. For warm sunny positions.



.....Priced at \$8.90 (200 Parries) each or 3 for \$23

**Diabetes Plant** (1mEdABCD)

**Gynura procumbens.**

tastes fine and can be eaten raw, in smoothies, salads and stir fries. Good in a tea. Fast growing in all areas... fleshy leaved evergreen. Full sun light shade.



.....\$10.90 ea (150 Parries) or 3 for \$29 or 5 for \$39

**ALL THREE FOR \$29.00**

### Delicious Sept Collection 2

**Elephant Garlic** (1mEdAbcD)

**Allium ampeloprasum var. ampeloprasum.**

Great flavour and spectacular ornamental mauve flower head! Mild sweet flavour. Best grown in full sun and during warmer seasons. Can be left alone and will spread out. Eaten raw, cooked & roasted. Hardy plant. Full sun. ....Priced at \$8.90 each



**Rakkyo** (30cmEdAbcD)

**Allium chinse** The bulb and narrow leaves are eaten raw or cooked. Will have a crisp texture and will taste like onion. Popular in asian cooking. Prefers well drained soil, will tolerate poor soil. Full sun. ....Priced at \$9.90 each or 3 for \$25



**Rose Tamarind** (15m+EdAbCD)

**Mischarytera lautereriana.**

The orange summer fruit can be eaten fresh and used to make a pleasantly tangy & juicy drink! Very easy to grow! Can tolerate light frost. Grows up to 15m. Full sun to part shade.



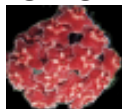
.....Priced at \$9.90 (200) each or 3 for \$27

**ALL THREE FOR \$25.00**

## OUR HOYA COLLECTION

*A Home is not a Home*

*....Without a Hoya*



### SEPTEMBER HOYA COLLECTION 1

**HOYA HEUSCHKELIANA**

Pink urn shaped flowers in clusters. Yellow blend and have butterscotch/caramel fragrance.

.....\$12.90 each (200 Parries)

**HOYA AUSTRALIS COMPACTA**

(V\*\*AbcD) Lovely native compact Hoya with a large clusters of star shaped fragrant white red centred flowers. Smaller furry leaves than Hoya australis and more compact growth. Spicy fragrance. Full sun to light shade. Moderate climates.....Priced at \$12.90

**HOYA 'RED' (C) - Hoya publicalyx 'Red'.** Red flowers with long leaves. Large red clusters.

.....Priced at \$12.90

**THESE THREE HOYA FOR \$35.00**

### SEPTEMBER HOYA COLLECTION 2

**HOYA CINNAMOMIFOLIA - (C)** Great big balls of lime green maroon centred flowers. Big beautifully shaped & heavily veined leaves on this climber. Filtered light to morning sun.

.....Priced at \$12.90 each

**HOYA 'SILVER LEAF' (C)** Hoya publicalyx 'Silver Schillachi' Red flowers with gorgeous long silver flecked leaves. Large clusters.

.....\$12.90

**HOYA INCRASSATA -** From 30 to 80 flowers in large heads on this lovely fragrant hoyo. The flowers are strongly reflexed with a yellow base and white corona. Light shade. Its attractive leaves are quite thick and long & pointed.

.....\$12.90

**THESE THREE HOYA FOR \$35.00**

### SEPTEMBER HOYA COLLECTION 3

**HOYA FISHTAIL -** Hoya polyneura. Bright soft green leaves in a fish tail formation. Light yellow flowers with red purple centre. Different foliage to any other Hoya. Not a vine but a hanging plant. Light Shade. All climates.

.....\$12.90

**HOYA AUSTRALIS**

(V\*\*AbcD) Hoya Australis. Provenance Nambour. Large clusters of star shaped fragrant white red centered flowers.

.....Priced at \$12.90 (250 Parries)

**HOYA DIVERSIFOLIA**

An interesting Hoya from the Celebes, its flowers have pink petals with a red centre. Its leaves are very thick and dark green. This is a vigorous large growing hoyo. Hardy to zero degrees celcius.

..... \$12.90

**THESE THREE HOYA FOR \$35.00**

**Key to Cold Tolerance:** Letter after

Hoya Name: C=Cool Growing, M= Intermediate Temperatures W=Warm Growing-Sub Tropical+ Note: Cool Growing will also thrive in the hotter conditions but the warm growing do not appreciate the cooler conditions.



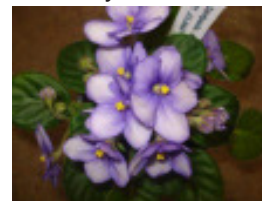
## AFRICAN VIOLETS



Ness Crinkle Blue



Day Dream



Optimara Juliana



Jean Pierre Cotrau



Little Ruby



Optimara Trinidad

....Priced at \$11.90 each

Also see latest Collection of 2 and 'The Mystery Four... Rarely Seen'

*...Love Indoors...Low Light...*

## PRAYER PLANT

(40cmAbcD) **Maranta leuconeura** (Syn. **Calathea**). Strikingly striped leaf in two

tones of dark and lime green. Purple undersides. The leaves are held upright at night (in prayer). This



is a non fussy clumping plant, native to South America. Put in the garden as a low growing contrast plant in warm climates. Highly favoured as indoor plants as they romp ahead in low light conditions. Shade.

.....Priced at \$12.90 (200 Parries)

## PHILODENDRON COLLECTION

**PHILODENDRON 'SILVER SWORD'**

This is a gorgeous genuinely silver Philodendron with pointed foliage. Clumps magnificently and nice climber. Lovely chunky white aroid flowers. Prefers well drained soil. Part shade. These are sent in 100mm pots.

.....Priced at \$15.90 each

**PHILODENDRON PRINCE OF ORANGE**

Orange pointed foliage against its green background. An ideal landscaping plant due to it's compact growth and can be grouped together. And is also excellent as an indoor plant! 75mm pots.

.....Priced at \$12.90 each (250 Parries)

**PHILODENDRON BRASIL**

Quite an unusual plant with lustrous variegation on its pointed foliage against its dark background. This is a climbing plant that are great indoors in good light. Let it dry out a little between waterings. 75mm diameter pots.

.....Priced at \$12.90 each (250 Parries)

**PHILODENDRON ROJO CONGO**

Quite a standout plant with its copper undertones and its reddish brown stems. Excellent indoor plant. Also a good landscaping plant due to it's compact growth and can be grouped together. Let it dry out a little between waterings. Bright indirect light. Sent in 75mm diameter pots.

.....Priced at \$12.90 each (250 Parries)

**THESE 4 PHILODENDRONS FOR \$49**

Philodendrons are ideal landscaping plants due to it's compact growth and can be grouped together. They're also excellent as indoor plants! Let it dry out a little between waterings. Bright indirect light. Sent in 75mm diameter pots.

If you want to see more of our plants. Check out the shop on our website by scanning the QR code





# NEWSLETTER SEPTEMBER 2023

Welcome to your September Catalogue. As a plant lover preparing for a brilliant spring you are in a great position to create something special. The ideas are yours and so is the power but the inspirational plants are inside these pages. Also please have a look at our Genises Seed Concoction for authentic Natural Nutrition that provides almost immediate noticeable health benefits. You can make it yourself if you have a seed grinder. Please enjoy.

.....From Bob & Bev Chalmers

...A Smile is the beginning of Peace. ...Mother Teresa

## DID YOU KNOW

- \*The three largest land-owners in England are the King, the Church of England and Trinity College, Cambridge.
- \*Madrid is the only European capital city not situated on a river.
- \*Emus cannot walk backwards.
- \*Cats have over one hundred vocal sounds, while dogs only have about ten.
- \*There are only three animals with blue tongues, the Black Bear, the Chow Chow dog and the blue-tongued lizard.
- \*Camel's milk does not curdle.
- \*In the last 4000 years, no new animals have been domesticated.
- \*The word "queueing" is the only English word with five consecutive vowels.
- \* The nursery rhyme Ring Around the Rosey is a rhyme about the plague. Infected people with the plague would get red circular sores ("Ring around the rosey..."), these sores would smell very badly so common folks would put flowers on their bodies somewhere (inconspicuously), so that it would cover the smell of the sores ("...a pocket full of posies..."), People who died from the plague would be burned so as to reduce the possible spread of the disease ("...ashes, ashes, we all fall down!")

**POLITICIANS BANNED FROM NURSERY .... Proclamation. I didnt vote for them .....Parry**



## .....Not all Science is Heard....it depends on what suits the Narrative

- \* Global Warming actually started at the end of the last Ice Age. Ever since then this country has been a land of drought and then flooding rains. Every time we have a drought or flood the media puts it down to global warming but it has actually been going on thousands of years. The thing is the `media locust plague' we now have has to feed off something !!
- \* In the last twenty five years the establishment of tree plantations for our future timber needs has dropped from substantial to negligible !! This is despite the politicians saying they will establish new plantations to make up for timber production lost when they take another area out of sustained yield harvesting to make it another National Park fire hazard. **(Because they will not do Hazard Reduction Burning in the National Parks !!)**

**HOW TO GROW A RICH LIFE WITH PLANTS**

While at Darlington Point near Griffith we saw an ex-patriot American walk into the pub with his golden retriever. "Hey, can I get a drink on the house if my dog talks for you?" "Dogs can't talk, pal. But if you can prove to me yours does, I'll give you a drink. If not, I will throw you out."

"Okay," says the American. He turns to his dog. "Okay fella. Tell me — what is on top of your doghouse?"

Roof!" The man turns and smiles at the barman. "THAT ain't talking! Any dog can bark!"

"Okay boy. Tell me — how does sandpaper feel?"

"Ruff!"

"What the hell are you tryin' to pull, mate?"

"Okay, okay," says the man. "One more question please. Okay buddy, tell me — who is the greatest baseball player who ever lived?"

"Ruth."

The barman beats the hell out of the visitor and throws him onto the footpath outside of the bar, then throws the dog out next to him. The dog stands up and looks at his owner. "Geez. D'ya think I shoulda said DiMaggio?"

Pssst...To Get this Story.. you must know that Babe Ruth and Jo DiMaggio were Champion Baseballers.



**.....Chuck your Vitamin Pills & Get Natural Vitamins & Lots More GENISES 'All the Seeds in the field are Good' Genises1:29** Get all the goodies you need from this formulated natural food. A mix of 11 seeds and nuts... it is ground and made up of Almonds, Psyllium, Pepitas, Linseed, Lecithin, Sesame Seeds, Brewers Yeast, Wheatgerm, Sunflower Kernals, Chia and pure Cocoa.

If you suffer from a health problem this nutritious food will help you. If you are a vegetarian this will make life much better for you and enable you to escape the anaemia many vegetarians suffer. If you are overweight this will help you by eating high protein low fat and low sugar food. If you are healthy now help keep yourself that way. One packet will last a man 20 days and ladies about 30 days. This replaces all breakfast cereal and will provide twice as much energy as a plate of Weeties etc. Also all essential minerals and vitamins.

**.....VEGETARIANS, DIABETICS, VEGANS AND CANCER PATIENTS.....**

**....or Anyone who wants to stay healthy or Slimmer.....**

**Did you know you need about 60grams a day of protein or you will waste away !!!**

Since I have suffered from a condition causing pain from connective tissue tightening, inflammation and internal bleeding.... and am also vegetarian I decided to make up a mixture of seeds that are low carb, low Glycaemic Index, High Protein and full of vitamins and nutrients as well as inflammation reducing Omega 3 Fatty Acids.

NB If those conditions sound serious I can assure you they are not....we all get used to these sort of things and always remember there are people and animals who truly suffer.

Last time I told you we were making up our own blend made up of a known successful mix. Well we did it and the initial results are its entirely edible !!

**But whats more the pain from inflammation has disappeared completely.**

**We call this mix Genises .....and Here is our Genises Mix:**

Almonds, Pepitas, Linseed, Sesame Seeds, Sunflower Kernals, Chia **all 1 TableSpoon**, and Cocoa, Lecithin **both 1 Teaspoon** and Psyllium,., Brewers Yeast, Wheatgerm **all 1/4 Teaspoon**. This enough for One day. All these ingredients are available at your health food store or we know a wholesaler for you.....or with a bit more practise we will be producing this magic.

