



# Weeds are Wild Herbs - Fact Sheet

## What are weeds?

'Weeds', or more accurately 'wild herbs', are simply plants that have chosen to grow where we don't want them to.

## What role do wild herbs play in your garden?

Wild herbs play a vital role in healthy ecosystems and have many benefits. Wild herbs may:

- Stimulate the beneficial microbial activity in the soil e.g. nettles have the greatest microbial activity in their root zone of any other plant;
- Resist harsh climates as their deep tap root systems can access deep reserves of moisture and nutrients;
- Reduce evaporation of water from the soil by shading the bare soil surface with their leaves;
- Assist in aeration of soils especially those species with deep tap roots;
- Return nutrients to the surface, using deep tap roots, that are often lost to the shallow rooted plants we mostly grow for human food;
- Stabilise eroding soils;
- Create rich humus to feed other plants when they die;
- Be edible;
- Provide habitat for insects.

## Weeds are wild herbs facts

- Wild herbs are important indicators of the conditions within the soil.
- The diversity (variety) of plants in any ecosystem is directly related to the overall health of the system and 'wild herbs' are a cornerstone of this diversity.
- Learning to identify some of our 'local' wild herbs is a critical first step to understanding the importance of wild herbs.

*To learn more about wild herbs come along to one of Kimbriki Eco House and Garden's [Weeds are Wild Herbs](#) workshops.*

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For more information visit [www.ecohouseandgarden.com.au](http://www.ecohouseandgarden.com.au), email us at [info@ecohouseandgarden.com.au](mailto:info@ecohouseandgarden.com.au) or contact us via the Kimbriki Resource Recovery Centre on 02 9486 3512 (Tuesday, Wednesday and Friday).

