



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.

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

