

EDIBLE GARDEN



ALOE VERA

Aloe vera (*Aloe barbadensis miller*) is a short-stemmed shrub most commonly occurring naturally in North Africa. A stemless succulent plant, the fleshy leaves hold special sacs filled with a gel that is released when the leaf is cut. Sometimes described as a 'wonder plant', this medicinal gel contains anti-inflammatory properties, vitamins C and E, as well as minerals and salicylic acid which can sooth burns, cuts and any skin inflammation.