

EDIBLE PLANTS FOR FOOD AND MEDICINE

AMARANTH (PIGWEED)

Lower cholesterol, prevent cancer, boost your immune system, lower blood pressure, ease pain and reduce inflammation

Young leaves can be eaten raw or cooked like spinach, sautéed, etc. Pigweed has a mild flavour and is often mixed with stronger flavoured leaves. Fresh or dried pigweed leaves can be used to make tea.



CHICKWEED

Helps skin disorders (esp. diaper rash for babies), used topically for skin eruptions, hemorrhoids, cuts, wounds, burns, etc.

Salad greens, energy green drink, pesto, vinegar for salad dressings, spinach substitute, stir fried, vegetable, freezes well. Cut with scissors to give it a hair cut and it will keep growing (try not to uproot)



CHICORY

Relieve anxiety and stress, help with insomnia, prevent heart disease, help with hormonal imbalance, prevent cognitive decline and premature aging. Do not use in excess if pregnant.

Salad greens, sautéed or grilled. You can even make chicory coffee by roasting and grinding the roots!



DANDELION

Rich in vitamins A, B complex, C and D and minerals such as potassium, calcium, zinc, and iron. Its leaves and roots serve as a diuretic and blood purifier

Leaves can be used as salad greens or sautéed. The flowers are used to make dandelion wine, honey syrups, and jams



DAYLILY

Helps to detoxify the entire body, help with insomnia, prevent cancer, lessen hemorrhoids, rich in Vitamin C.

Flowers are edible and can be used fresh, cooked or dried in salads or as an attractive garnish for any dish. Small flower buds can be used like green beans. Consuming uncooked leaves may result in hallucinations.





LAMB'S QUARTERS

Soothe insect bites, scrapes, injuries, inflammation, sunburn, and joint pain, good for circulatory system, rich in A, B complex, and C vitamins

Young leaves can be used as spinach substitute for salads, soups, etc. and can also be used for teas. Seeds and dried leaves can be ground into dark flour for breads

PLANTAIN

Soothe insect bites, small wounds, sunburns, prevent infection, help to treat colds and diarrhea, improve liver and kidney function, rich in calcium and vitamin K

Seed can be ground into meal and mixed with flour. Dried leaves can be made into tea. Tender leaves can be used in salads, and older leaves cooked



SUNFLOWER

Sunflower greens are full of folate (folic acid), and B complex, vital nutrients for pregnant women and babies.. Greens are a complete protein, providing all essential amino acids

Sprouts can be eaten raw. Leaves can be cooked or boiled like greens. Buds can be steamed or boiled.. Young stalks can be eaten like celery

WILD ONION

Prevent cancer, lower cholesterol, promote respiratory health, high in vitamin A, K and C, prevent diabetes and hardening of the arteries.

Juice of wild onion is used as a moth repellent, and the entire plant repels insects and moles. Greens can be cooked with leafy vegetables or used as a garnish for any dish



WOOD SORREL

Help relieve fevers, hemorrhages, mouth ulcers and urinary disorders, heal wounds, strengthen immune system, reduce swelling and inflammation, high in calcium,

Should be used fresh as a seasoning, garnish, in soups and salads, or for teas (steep for half an hour)



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