**Lamb's Quarters**  
*Chenopodium album*

Vulnerable to leaf miners — useful as a trap crop. One plant can produce up to 75,000 seeds! Edible? Yes! Leaves and young shoots may be eaten as a vegetable, either steamed in its entirety or cooked like spinach but should be eaten in moderation due to high levels of oxalic acid.

Uses: can be chewed into a green paste and used as a poultice for insect bites, small scrapes, inflammation, and sunburn. May also help with arthritic joint pain.

Chlorophyll in leaves can bind with cholate toxins.

Per 100 grams:  
Vit A - 232%  
Vit C - 133%  
Potassium - 452 mg  
Protein - 4.2 g