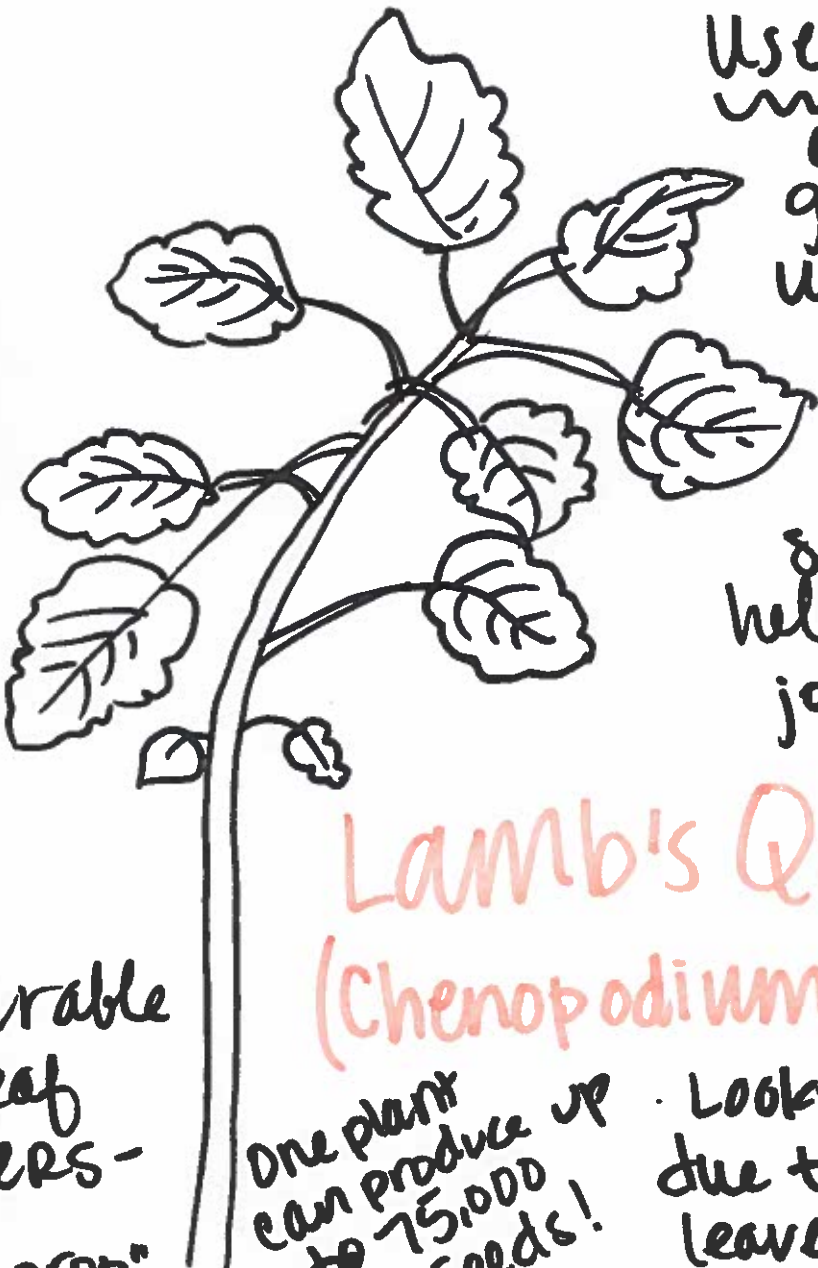


Chlorophyll in leaves can bind with skeletal toxins

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



## Lamb's Quarters (Chenopodium album)

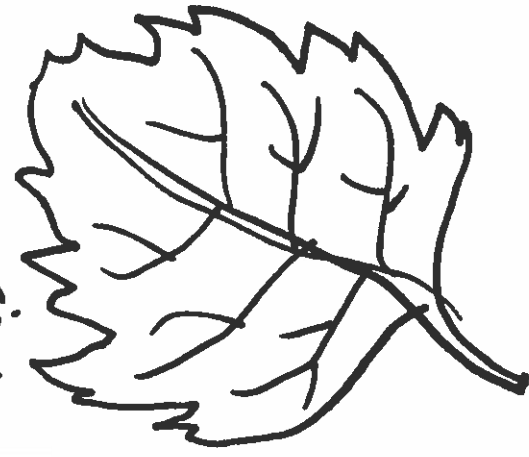
One plant can produce up to 75,000 seeds!

Looks dusty from a distance due to white coating on leaves. Can produce tiny green flowers that come together in clusters on top of spikes.

Vulnerable to leaf MINERS - useful "trap crop"

Edible? Yes! leaves + 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.

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



see recipe in back!