

• Same plant family as marshmallow & hibiscus
 • Whole plant is edible: roots, stems, leaves, flowers & fruits

Nutrients include:
 Vitamins A, B & C along with calcium, magnesium & potassium. Young tender leaves have the highest Vit A

- High mucilage content makes for excellent soothing herb used for inflammation of urinary & digestive systems



Common Mallow

(malva neglecta)

aka: buttonweed.
 cheeseplant. cheeseweed
 dwarf mallow.
 roundleaf mallow

"the everywhere edible weed"

- Easily recognizable by its geranium-like leaves with five or seven lobes
- Fruiting head resembles sections of a cheesewheel

Try adding the leaves to a spring salad!

See recipe!

Also includes useful amounts of iron & high in Zinc.

Cooking the "cheesewheels" in oil or butter is a TASTY TREAT!

- Seed pods can be substituted for most of egg whites in a "mallow meringue" → see recipe! *