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 cheesewheat
- Seed pods can be substituted for most of egg whites in a "mallow meringue"

Try adding the leaves to a spring salad!
Also includes useful amounts of iron & high in Zinc.

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

See recipe!

Vitamins A, B & C along with calcium, magnesium & potassium. Young tender leaves have the highest content in any vegetable!

- High mucilage content, used for excellent soothing of urinary, digestive, respiratory systems
- Make for excellent soothing and cooling for any inflammation or irritation
- Used to make a soothing tea

Stems, leaves, flowers & fruits of whole plant is edible: roots, family of marshmellow & hibiscus.