

RECIPES!

Lamb's Quarter

- 1 cup quinoa, sprouted
- 1 cup cauliflower, minced
- Large Lamb's Quarter leaves
- wild mustard greens, chopped (arugula)
- 1 tbsp mustard flowers
- Place a tbsp of sprouted quinoa mixed w/ cauliflower on a Lamb's Quarter leaf. Sprinkle mustard greens + flowers - Roll up + enjoy!

Plantain First Aid Salve - makes 1 c.

- 1 cup fresh plantain leaves, chopped
- 1 1/2 cup olive oil OR melted coconut oil
- 1 tbsp OR 1 tsp grated beeswax, tightly packed
- 1/2 - 1 tsp tea tree essential oil (optional)
- more at mommypotamus.com/plantain-salve-recipe/

Purslane + Tomato + Cucumber recipe

- 1 large cucumber - peeled, chopped
- 1 med tomato - chopped
- 1 bunch purslane - thick stems removed, leaves chopped
- 2-3 tsp fresh squeezed lemon juice
- Salt to taste