



Common Mallow



Mallow grows everywhere, all parts of it are edible raw and it has no poisonous lookalikes. All parts of mallow can be diced and added to soups as a thickening ingredient. The mashed leaves can be applied directly on external or internal wounds as an anti-microbial and anti-inflammatory poultice. Mallow seeds are as much as 21% protein and 15% fat. Wild edible plants are often times just as nutritious as garden variety vegetables and they also garden themselves naturally.

Recommended Daily Intake	2500 Calories	300g Carbs	50g Protein
Common Mallow (100g dried leaf)	360	71g	12g
Okra (100g dried)	374	71g	17g

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American Brooklime



Brooklime grows everywhere, all parts of it are edible and it has no poisonous lookalikes. The leaves can be used to make a medicinal tea that alleviates lung congestion. Women can eat brooklime to lessen the chance of pregnancy or induce miscarriage. Wild edible plants are often times just as nutritious as garden variety vegetables and they also garden themselves naturally.

Recommended Daily Intake	90mg Vitamin C
Brooklime (100g)	46mg
Oranges (100g)	50mg

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Chicory



Chicory grows everywhere, all parts of it are edible and it has no poisonous lookalikes. The roots can be roasted and then boiled as a caffeine-free coffee substitute. Chicory cleans toxins from the blood and parasites from the digestive tract. Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.

Recommended Daily Intake	3000IU Vitamin A	90mg Vitamin C	1300mg Calcium	4700mg Potassium
Chicory (100g raw)	5717IU	24mg	100mg	420mg
Arugula (100g raw)	2373IU	15mg	160mg	369mg

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Purslane



Purslane grows everywhere, all parts of it are edible raw and it has no poisonous lookalikes. The leaves are uniquely identifiable by their lack of veins and shimmery bottomsides. Purslane contains high amounts of Omega-3's and Melatonin that help to balance the mood and cure insomnia. Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.

Recommended Daily Intake	90mg Vit.C	1300mg Calcium	4700mg Potassium	18mg Iron
Purslane(100g)	21mg	65mg	494mg	2mg
Spinach (100g)	28mg	99mg	558mg	1mg

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Plantain



Plantain grows everywhere, all parts of it are edible raw and it has no poisonous lookalikes. The leaves can be mashed for their juices and directly applied on wounds to soothe pain, stop bleeding, prevent infection and heal the skin. Soak the dried leaves in cool water to make a first-aid drink for sore throats, congestion, stomach ulcers and internal bleeding. Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.

Recommended Daily Intake	3000IU Vit. A	90mg Vit. C
Plantain (100g)	11000IU	19mg
Greenleaf Lettuce(100g)	7404IU	18mg

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