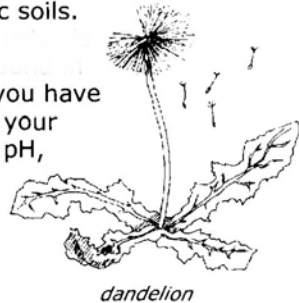


Weeds as soil pH indicators

Weeds may serve as soil pH indicators

Some weeds, such as sorrels, docks, dandelions, and Queen-Anne's-lace, grow in poor, acidic soils.

If you have these weeds growing in your garden, change the soil pH, and many of these weeds may leave on their own!



What can I do with my dandelion weeds?

- Eat the tender leaves in a salad
- Feed the whole plant to your chickens or guinea pig
- Make a skin poultice
- Drink a healthy tea for yourself

Dandelion Skin Poultice

External Use. Mash 30g of dandelion (whole plant). Add one egg white and stir. Add rock sugar and stir into a thick paste. Apply and change daily.

Dandelion Tea

Internal Use.

- Brew a tea from dandelion leaves. Tear 6 dandelion leaves into pieces and pour boiling water on top. Allow to brew for 5 - 10 minutes. Add 1 teaspoon honey (optional).
- Alternatively, wash, dice and roast dandelion roots until crisp (2 hours). Pound in a pestle and mortar until you have a powder. Add boiling water and drink.



