

NO WAR



ON PLANTS

DANDELION IS A FLOWERING PLANT IN THE TARAXACUM GENUS INTRODUCED TO THE AMERICAS DURING EARLY EUROPEAN COLONIZATION, LIKELY AS A FOOD CROP. DANDELION CAN BE EATEN COOKED OR RAW, AN EXCELLENT SOURCE OF VITAMINS A, C, K, E, FOLATE AS WELL AS MINERALS, INCLUDING IRON, CALCIUM, MAGNESIUM AND POTASSIUM. DANDELION ARE FULL OF POTENT ANTIOXIDANTS, AND MAY BE EFFECTIVE IN REDUCING INFLAMMATION. THE ROOT CAN BE MADE INTO A TEA TO AID IN DIGESTION.