

*And the earth brought
forth grass,
and herb yielding seed
after his kind,
and the tree yielding fruit,
whose seed was in itself,
after his kind:
and God saw
that it was good.*

GENESIS 1:12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
						
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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POSTINGS!**

Dandelion: it's not an obscure herb in our neck of the woods. Everybody knows the little flower and fuzzy ball plant. Did you know it has been used for centuries as a nutritious additive to salads, or that some people actually fry dandelion! That's right!

Dandelion is rich in many nutrients: iron, magnesium, phosphorus, and vitamin A! When used medicinally, dandelion is known for it's purifying and diuretic and blood purifying agents. The root has been used to treat heartburn, arthritis, and eczema.

If you are eating dandelion you want to pick it in early spring, before it gets bitter.

However, if you are wanting to harvest dandelion for medicinal properties, then mid summer is best, for its medicinal properties are at their peak. Dry the herb just like we showed you in Making Herbs Simple #1, store in glass jars, and use when needed!

Oh, but nothing can beat those dandelion salads. Send the kids out for some fun picking! ~ Shoshanna
Contact the Bulk Herb Store at:
1-877-278-4257 or Bulkherbstore.com