

Dandelion



Dandelions are often thought of as a pesky weed in an otherwise perfectly-maintained yard- But have you ever considered eating them?

According to the U.S. Department of Agriculture, Dandelion greens rank high on the nutritional barometer, surpassing both spinach and broccoli in nutritional value. Dandelion greens are rich in Vitamin C, K and A, as well as omega-3 and omega-6 fatty acids, and protein.

Dandelion microgreens are full of potent antioxidants, which may explain why this plant has such broad applications for health.

HEALTH BENEFITS

- Beneficial for liver function as well as a digestive aid
- Improves bone health
- Recommended for healthy skin
- Supports eyesight
- Strengthens the immune system
- Supports strong teeth and bones
- Can prevent the onset of osteoporosis
- Helps regulate muscle and nerve function
- Acts as a natural diuretic
- Helps boost digestion
- Reduces swelling and inflammation
- Supports healthy teeth and gums

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