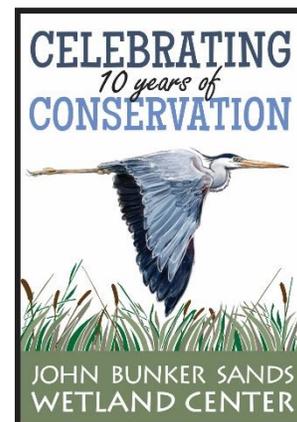


# JBS in Your Backyard Incredible Edible Weeds Notes/Resource Page



## Chickweed (*Stellaria media*)

- Low ground cover or can grow erect; opposite leaves, small white flowers with 5 petals.
- This plant gets the name from the way birds eat up the papery seeds it produces. It is considered a valuable *antiscorbutic* – counteracting scurvy, most likely due to the high amount of vitamins within the plant.
- Can be enjoyed raw or cooked.
- Younger plants tend to be better than older for eating.

## Common yellow wood sorrel (*Oxalis stricta*)

- Often mistaken for a clover.
- The genus name comes from the Greek *oxys* (sour).
- Heart-shaped leaf; confused for clover; fold along central crease.
- Edible parts – leaves, flowers, seed pods and tubers.
- Leaves, flowers and stems are medicinal – reduces fever, diuretic, relieves indigestion; high in vitamins A and C.
- Great for salads. Only eat handful, not too much or you may get indigestion.
- Rich in vitamin C.

## Lemon balm (*Melissa officinalis*)

- Member of the mint family (*Lamiaceae*); square stem.
- Lemon balm originates from Europe and has been cultivated in the Mediterranean region for around 2,000 years.
- Charles V, the king of France in the 14th century, drank lemon balm tea every day to stay in good health.
- It produces rosmarinic acid, an antiviral compound, which bolsters immune system. It's also used for insomnia and digestive issues.
- Studies using lemon of balm have shown that it can improve mood and mental performance. Used to reduce stress.
- Fresh lemon balm imparts a subtle lemon flavor and fresh lemon fragrance, making it especially nice for fruit dishes, custards, and tea.
- Lemon balm can be used both in hot and iced teas and in combination with other herbs such as spearmint.
- Early fresh leaves can be chopped and added to salads. Cooking destroys the fragrance, so it should be added to already cooked recipes.

## Online Resources

[Foraging Texas](#) – Comprehensive resource list.

[TexasSmartScape](#) – Native Texas edibles.

