



# Thank You!

I noticed the amazing dandelions growing in your yard and I wanted to say thank you for not spraying.

Dandelions are truly wonderful plants. They are a nutritious, wild edible food. You can eat the entire plant, including the seeds. The roots are roasted and used as a coffee substitute. The yellow flowers, which are extremely high in beta-carotene, can be pulled apart and sprinkled into salads, or made into wine. The leaves make a bitter and extremely nutritive addition to salad, soup or herbal tea.

Dandelion is a useful medicinal herb that supports the liver, digestive system, skin and kidneys.

Thanks for creating a safe environment for all, including bees, animals and children.

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Cut along the dotted lines. Much as a dandelion sends out seeds, you are welcome to disperse these flyers freely in your community!

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