One way of getting rid of those persistent annoying weeds is to eat them!

Dandelions are a rich source of the vitamins A, B, C, and D, as well as minerals such as iron, potassium, and zinc. Additionally dandelion leaves and roots have numerous medicinal properties, treating a whole range of ailments and conditions.

If you are interested in how to harvest, prepare and use dandelion roots, head over to Common Sense Homesteading. There are also a few recipes for dandelion medicines.

Harvesting and Using Dandelion Roots

(Image from Common Sense Homesteading)