

Wild Chickweed, grows in patches and can provide much substance. It is one of the hardiest greens, even growing in the winter. It produces a small star shaped flower in the spring. This is where it gets its scientific name *Stellaria media*. It gets its common name from people feeding it to birds. It grows in patches, intertwined and viney at the base. Many people pull this “weed” from their gardens but it is multifunctional in keeping away insects, is edible and medicinal. Chickweed can be found in many different habitats, but



is mainly found in the back yard. It grows from anywhere from 2 to 20 cm high. The leaves are 1/2 inch long by 1/4 inch wide succulent oval and egg shaped. Every night the flowers close up and open in the morning. The flowers bloom in March till autumn they are white star-like flowers. Chickweeds is very nutritious, high in vitamins and minerals, can be added to salads or cooked, tasting somewhat like

spinach. This tea is very medicinal. It can be used to relieve constipation, as a diuretic, as an antihistamine, and to treat rheumatic pains, wounds and ulcers. It can also be used to make tea. So if you do pull these so-called weeds out of your garden plot, make sure to find use for them!

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