

# dandelions and violets



## five reasons to love dandelions

1. They're one of the earliest spring foods for pollinators
2. Every part of the plant is edible and deeply nutritious
3. Traditionally used as a gentle liver and digestive tonic
4. Their taproots help heal and enrich tired soil
5. And they're resilient, growing wherever life takes them

## five reasons to love violets

1. Their pretty blooms bring a touch of magic to spring
2. Violet flowers are edible and beautiful in desserts
3. Steeped in folklore about modesty, love, and devotion
4. They support wildlife fritillary butterflies (like the one above!) depend on them
5. Their leaves and flowers have long been used soothe coughs, skin irritations, and emotional distress.