



### **Golden Purslane is**

**declicious.** It grows quickly and easily. It grows wild in every country in the world. It is one of only two plants in the world containing significant amounts of Omega 3 fatty acids. It is jammed with vitamins and much more protein than than other leafy plants. It grows easily from cuttings and a starving child could easily grow enough to feed him or herself. I have seen a small piece lay on a sidewalk with an ambient temperature of 100 degrees and send out roots in three days with no water at all.

**No plant in the world is as interesting to children.  
It grows quickly, stands drought, tastes great, and is BEAUTIFUL.  
I have seen it grow and bloom in the cracks in sidewalks,  
Truly a kid tough delicious nutritious plant.**

This wonderful green leafy vegetable is rich in dietary fiber, vitamins, and minerals.

- Fresh leaves contain abundantly more omega-3 fatty acids( $\alpha$ -linolenic acid) than any other leafy vegetable plant.  $\frac{1}{4}$  pound of fresh purslane provides about 350 mg of  $\alpha$ -linolenic acid significantly more than most fish oils. It is a super source of Vitamin A, (1320 IU/100 g, provides 44% of RDA) one of the highest among green leafy vegetables.
- Purslane is also a rich source of vitamin C, and some B-complex vitamins like riboflavin, niacin, pyridoxine and carotenoids, as well as dietary minerals, such as iron, magnesium, calcium, potassium, and manganese.
- **Purslane (Pusley, pigweed, or verdolaga) requires comparatively less water and soil nutrients than other plants and grows well in sunny arid conditions.**

If you know of a place in the world where children are hungry why not send them a pack of seed?