

Do not confuse the vegetables as weeds, you will be shocked to know its miraculous use!

Most of us also believe that vegetables are a weed that lives year round and has no effect at all. However, the following article will reveal to you the interesting facts about the miraculous use of this weed. Invite you to welcome reading!

1. 8 incredible facts about foods around us
2. Top 10 common mistakes when processing everyday dishes
3. 3 simple ways to curb anxiety with natural food

Most of us also believe that **vegetables** are a weed that lives year round and has no effect at all. However, the following article will reveal to you the interesting facts about the miraculous use of this weed. Invite you to welcome reading!

Purslane or **vegetables** (*scientific name: Portulaca Oleracea*) is a wild, edible, non-toxic vegetable with many nutritious substances such as vitamins A, B1, B2, C, PP, some minerals and Many omega-3 fatty acids. In addition to its heat-relieving effect, blood salts, can improve high cholesterol levels in the blood, Sam is also a valuable source of natural antibiotics for the treatment of inflammatory bowel and urinary tract infections.



Because this vegetable grows wild like grass, many times we don't pay attention and even remove it. Vegetables are grown all year round in cool, moist areas such as fields, ditches, roadside or alternating in flower beds. The body consists of many smooth, smooth branches with light red color and often grows crawling on the ground.

The leaf of the vegetable is oval, the base of the leaf is slightly pointed, stalkless, the leaf blade is thick and smooth. Yellow flowers and black seeds.

In Vietnam, vegetables usually grow only wild, rarely seen growing or selling as food .They grow naturally in your garden or in your yard.Many rural families often use vegetables as a pet food, however, their benefits far outweigh our imagination.



Besides, there are some families who still use vegetables to boil or cook soup to eat like other vegetables.**Both stalks, leaves and cotton of vegetables are edible** .They often have sour, viscous, boiled, stir-fry, soup soup or used as ingredients in soups, salads, stews, mixed with bread flour or aromatic ingredients for meat dishes.Moreover,it can also be dried as medicine when collected from wild sources in summer and fall.

According to the nutrition table, vegetables are rich in vitamins A and C and minerals iron, magnesium, manganese, copper . can bring great benefits to health, so next time if you intend to spit up and throw away they should remember this.

Nutritional value of vegetables

Purmlane (or Purslane) contains many vitamins and minerals that help **strengthen the** whole body and a large amount of calcium and iron are needed for bone tissue to grow, speed up **healing of bones** in the body and prevent prevent osteoporosis.



Purslane contains high levels of omega-3 fatty acids and a good amount of fiber, vitamin A, vitamin C, B vitamins, iron, magnesium, potassium, calcium and copper. Not only that, Purslane is also rich in Betalain

pigment (*powerful antioxidant compound*) and carotenoid.

In particular, **vegetables contain the most vitamin A of all green leafy vegetables** , help prevent cancer and contain high levels of omega-3 fatty acids significantly reduce the risk of cardiovascular diseases, atherosclerosis. circuits, thereby helping to prevent heart attacks and strokes. Besides, potassium in vegetables also acts as a vasodilator and relieves stress for the heart to lower blood pressure.



Due to its low calorie content, rich in fiber and nutrients, Purslane is used as **an effective weight loss food** . When eating Purslane helps you feel full but does not increase the amount of calories absorbed so high that you can lose weight fast and maintain a better diet.

In addition to the ability to treat gastrointestinal diseases, Purslane also helps **treat skin diseases** . High levels of vitamin A combined with many compounds in Purslane help reduce inflammation caused by bee stings, bite bites when applied to the bite. Not only that, Purslane also helps **improve skin** , reduce wrinkles, accelerate the healing process of skin cells to remove scarring and blemishes on the skin.

Although further research is needed, early studies have shown that omega-3 supplementation will help **reduce some child developmental disorders** such as *autism* , hyperactivity disorder, and reduced attention. Italy (*ADHD*) and many other disorders affect millions of children around the world.

Based on all of the above mentioned benefits, you should consider using it in your daily diet. The vegetable leaves taste sour and crispy, so you can eat them instead of spinach and prepare them in other dishes. In addition, can add to salads and sandwiches, it is rich in protein that will boost energy levels in the body.

See also: 9 medicines and foods absolutely should not be used together

Having fun!

You finished reading the article "**Do not confuse the vegetables as weeds, you will be shocked to know its miraculous use!**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.