Www.medford.k12.or.us/smhs

www.medford.k12.or.us/smhs

a half-cup of dandelion greens, two cups of nettle infusion, a small baked sweet potato, or two large cooked carrots or beets is a "dose;" but ten times that much can be consumed safely www.medford.k12.or.us/hedrick

medford.k12.or.us