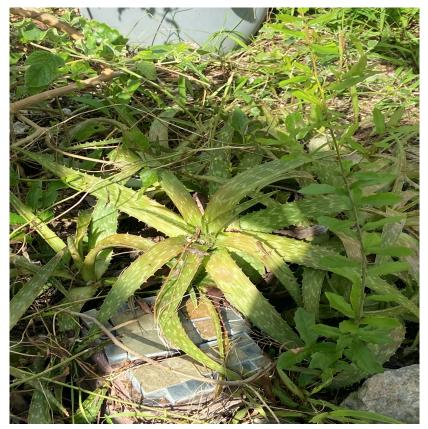
## Aloe

Aloe Vera



When to plant: year-round

When to harvest: when leaves are ripe

**Uses in medicine:** gel from plant is typically used to treat skin conditions, such as rashes, psoriasis, dry skin. Can also be ingested for digestive relief

**Uses in cooking:** often used in drinks or other dishes for sweet flavor. Can be eaten raw or cooked