

## **Planting Seeds of Knowledge** <sup>[1]</sup>

Week of:  
May 08, 2020

### **Aloe vera — What is it good for?** <sup>[2]</sup>

Alice,

Have you any information on the medicinal plant aloe vera?

— Desert plants

[Read more](#) <sup>[2]</sup>

### **Lentil is a lentil is a lentil?** <sup>[3]</sup>

Dear Alice,

I eat lots of different kinds of lentils but don't know much about their individual nutritional properties. Are certain kinds of lentils healthier than others? What are the different calorie and protein figures for different kinds of lentils?

[Read more](#) <sup>[3]</sup>

### **Is canola oil toxic or is this another urban legend?** <sup>[4]</sup>

Dear Alice,

I recently received an alarming e-mail regarding the dangers of eating Canola oil. Apparently it is made from rapeseed, which is supposedly highly toxic and has been shown to develop cancer in rats. The e-mail also referred me to an article by a Tom Valentine called "The Canola Oil Report." I located the report, read it, and quite frankly, threw out the remaining canola oil I had in the kitchen. Is there any truth to this article? And if there is, surely this is criminal.

Thank you,

— Confused

[Read more](#) <sup>[4]</sup>

## **Poison ivy, oak, and sumac** <sup>[5]</sup>

Dear Alice,

What are the symptoms of poison ivy, poison oak, and poison sumac? Are they treatable with over-the-counter medications OR is a doctor visit required?

[Read more](#) <sup>[5]</sup>

## **Pros and cons of vegetarianism** <sup>[6]</sup>

Dear Alice,

What are some good and bad things about becoming a vegetarian?

[Read more](#) <sup>[6]</sup>

## **Footer menu**

- ▼ [Contact Alice!](#)
  - [Content Use](#)
  - [Media Inquiries](#)
  - [Comments & Corrections](#)
- ▼ [Syndication & Licensing](#)
  - [Licensing Q&As](#)
  - [Get Alice! on Your Website](#)
  - [Full Site Syndication](#)
  - [Link to Go Ask Alice!](#)

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**Links**

- [1] <https://goaskalice.columbia.edu/theme-week/planting-seeds-knowledge>
- [2] <https://goaskalice.columbia.edu/answered-questions/alo-vera-%E2%80%94-what-it-good-0>
- [3] <https://goaskalice.columbia.edu/answered-questions/lentil-lentil-lentil-0>
- [4] <https://goaskalice.columbia.edu/answered-questions/canola-oil-toxic-or-another-urban-legend>
- [5] <https://goaskalice.columbia.edu/answered-questions/poison-ivy-oak-and-sumac-0>
- [6] <https://goaskalice.columbia.edu/answered-questions/pros-and-cons-vegetarianism-0>