

Nutrition – Nature's Way

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As exciting as it is to see such an incredible plant come into full bloom I find it also somewhat depressing as it signifies the slow end of another growing season. However, we have to take advantage of every day and enjoy it. Here are the best ways to enjoy goldenrod!

Goldenrod Vinegar

Fresh Goldenrod leaves and flowers * Organic apple cider vinegar * Mason jar
Fill up a jar with chopped goldenrod flowers and leaves; then fill the jar to the top with organic apple cider vinegar. Cap it tightly placing a piece of thick plastic to cover up the metal lid. (Vinegar will erode metal lids.) Be sure to label your vinegar with the date and contents. Let the mixture sit in a cool dark location for one month. After one month, strain off the contents and squeeze extra vinegar out of the plant matter and return vinegar to the jar. This vinegar will improve your mineral balance, help prevent kidney stones, eliminate flatulence, and improve immune functioning.

Goldenrod Oil

Fresh picked goldenrod flowers * Extra virgin olive oil
Put as many fresh-picked goldenrod flowers (free of moisture) as possible into a sterilized mason jar (do not stuff). Slowly pour enough extra virgin olive oil into the jar to thoroughly cover the flowers. Make sure you get all the air bubbles out by poking a skewer into the mixture several times. Seal tight. Allow the mixture to sit for about six weeks so that all the healing properties from the flowers can be absorbed into the oil. After minimum six weeks, strain it through cheesecloth. Goldenrod oil can be used topically for muscle cramps, including uterine cramps. It is also good for sore muscles including neck muscle soreness. It can also be used for making your own salad dressings.

Goldenrod Chips

Add fresh leaves into a bowl, drizzle olive oil onto leaves and add some sea salt. (Other spices too if desired.) Cover a baking sheet with parchment paper and place leaves on paper. Bake at about 325°F for only a few minutes.

Edible of the Month Goldenrod



The root and rhizome of goldenrod contain the carbohydrate, or fiber, known as inulin. Inulin as a prebiotic helps stimulate the growth of healthy bacteria in the stomach and promotes colon health. The leaves contain numerous flavonoids, including kaempferol, quercitrin, rutin and quercetin. Other constituents include essential oil, mucilage, resin and saponin. The leaves are a good source of vitamin C.



Mega Tooth Powder

Tooth Powders

Toothpaste is something we think we have to have yet tooth powders are safer because they do not contain additives such as binders, artificial colours or flavourings. Tooth powders are inexpensive and along with proper brushing habits as well as daily flossing your teeth will thank you.

Basic tooth powder: Baking soda (Arm & Hammer). Keep some baking soda in a small container in the bathroom.

Baking soda & salt: Mix 3 tbsp baking soda to 1 tsp salt to have a tooth power that helps fight the bad bacteria in your mouth. Cinnamon can also be used to help thwart off bad bacteria in the mouth. Use 3 tbsp baking soda, 2tsp cinnamon and 1 tsp salt. (FYI: Gargling with 1 cup warm water and 1 tsp salt several times a day helps to get rid of sore throats.)

Baking soda & sage: Sage is a natural tooth whitener and if you like the taste of sage, then make a powder using 3 tbsp baking soda, 3 tbsp sage and 2 tsp salt.

Baking soda & horsetail: Horsetail is incredible for strengthening tooth enamel. If you want to just have baking soda and powdered horsetail then use 3 tbsp baking soda mixed with 2 tbsp horsetail.

Mega Powder: 3 tbsp baking soda, 2 tbsp powdered horsetail, 1 tbsp sage, 3 tsp cinnamon powder and 2 tsp salt.



Mint – a great breath freshener!

Natural Breath Fresheners

Mouth odours tend to originate from the stomach so it makes sense that the freshener you use you can ingest (and what you ingest is good for your stomach too). Some of the best food items to use include: parsley, mint, ginger root, fennel seeds, basil, anise seeds, thyme and juniper berries. Keep some of these foods items in a small container on you at all times and if you feel bad breath has arrived, then simply eat your way to fresh breath! (Of course you'll need water too!)



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Horsetail

Horsetail (*Equisetum arvense*) is an herbal remedy that dates back to ancient Roman and Greek times. It was used traditionally to stop bleeding, heal ulcers and wounds, and treat tuberculosis and kidney problems. The name *Equisetum* is derived from the Latin roots *equus*, meaning "horse," and *seta*, meaning "bristle." Horsetail contains silicon, which helps strengthen bone, is good for tooth enamel and is beneficial for the skin, nails and hair. Some practitioners recommend horsetail as a treatment for osteoporosis. It is also used as a diuretic, and as an ingredient in some cosmetics.

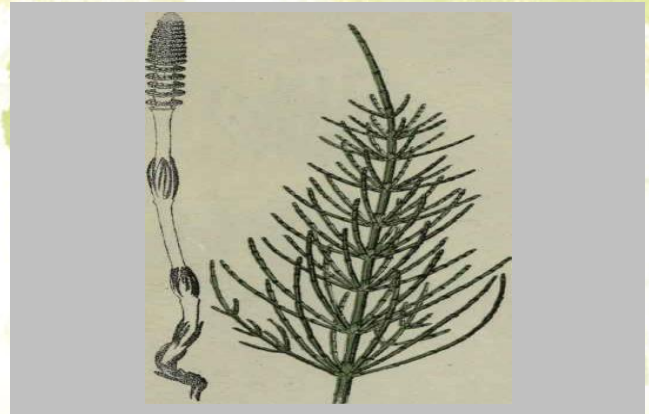
Horsetail has traditionally been used as a diuretic (helps rid the body of excess fluid by increasing urine output). One study examined the use of horsetail by people who had a history of uric acid kidney stones. The people who took horsetail experienced an increase in diuresis (urine output). Other studies suggest horsetail has antioxidant properties and may inhibit cancer cell growth.

Taking horsetail internally may cause levels of vitamin B1 (thiamin) in the body to drop. If you take horsetail on a regular basis, you should also take a quality multivitamin or at least a B complex supplement daily. People with heart or kidney disorders, diabetes, or gout should not use horsetail. Horsetail may flush potassium out of the body so people who are at risk for low potassium levels should not take horsetail.

This incredible plant is not edible per se but is best used as a tea. It contains manganese, calcium, iron, flavonoids, saponins, tannins, alkaloids, fatty acids, phytosterols, glycosides, phenolic acids, silica and much more.

I hope you enjoyed this issue of Nutrition- Nature's Way! Be sure to stay up-to-date by following us on Facebook (EdibleWildFood.com); on Twitter (@[EdibleWildFood](https://twitter.com/EdibleWildFood)); Instagram ([EdibleWildFood](https://www.instagram.com/EdibleWildFood)) and EdibleWildFood.com on Google+ and Pinterest.

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Fertile horsetail on left – infertile on right.



Horsetail

