

# Nutrition – Nature's Way

## EdibleWildFood.com

### Goutweed

Goutweed is a cultivated plant in which many identify with as being a nuisance garden ground cover. It is also known as ground elder or bishop's weed.

Goutweed is great to use in a salad or just to snack on as they have a bit of a pleasant tangy taste. These leaves can be used in any casserole, soup, and so on.

**Never eat the rhizomes** – only the leaves! If this plant appears in your yard then this is because your soil has a healthy moisture level.

Archaeological excavations indicate that this plant was used by the Neanderthals, possibly for the treatment of deformed joints and relieve pain. During the Middle Ages goutweed was cultivated in monastery gardens as a vegetable or spice. Goutweed became a valued source as a medicinal plant only at the turn of the 19th and 20th centuries, when Father Johann Künzle, a Swiss phyto-therapist, discovered the remarkable properties of this plant in the treatment of diseases of the joints, gout, and varicose veins.

### A Terrific Deal

If you haven't already subscribed to **Wild Edible of the Month** then this is a great time to order. For only \$36 (Canadian) you get 12 issues of a digital magazine that teaches you everything about wild edible plants – one plant at a time – including many recipes! There is the option to print yourself a copy as well! Order now and you will receive 5 past issues for free!

[Click here now to order!](#)

### Plant of the Month

Goutweed aka Ground Elder

*Aegopodium podagraria*



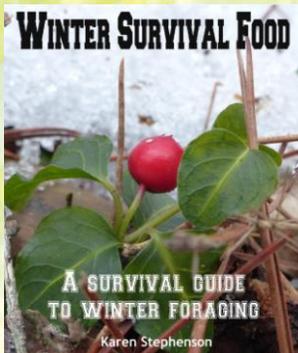
Good source of vitamins A (carotene) and C (200mg in 100 grams) as well as iron, manganese, copper, calcium, magnesium, potassium and trace minerals such as boron. This plant also contains health-nourishing flavonoids (antioxidants)!



Coconut oil is great for the skin and offers some protection from the sun!



Organic apple cider vinegar in a glass jar is best!



Finally – this publication will be at the printers shortly!! Last chance to save on postage by ordering your copy now! [Click here!](#)

### Homemade Sunscreen Ingredients

½ cup almond (SPF5)  
¼ cup coconut oil (SPF 4)  
¼ cup beeswax  
2 tbsp zinc oxide  
1 tsp vitamin E oil

Optional: 2 tbsp shea butter (SPF 4)

Optional: Essential oils (but not citrus) if desired

Combine ingredients except zinc oxide in a pint sized or larger glass jar. I have a mason jar that I keep just for making lotions and lotion bars, or you can even reuse a glass jar from pickles, olives, or other foods. Fill a medium saucepan with a couple inches of water and place over medium heat. Put a lid on the jar loosely and place in the pan with the water. As the water heats, the ingredients in the jar will start to melt. Shake or stir occasionally to incorporate. When all ingredients are completely melted, add the zinc oxide, stir in well and pour into whatever jar or tin you will use for storage. Small mason jars are great. Stir a few times as it cools to make sure zinc oxide remains well blended. Best if used within six months. Store in a cool, dry place or in the fridge.

### Organic Apple Cider Vinegar

Beneficial ingredients in raw apple cider vinegar give it its power to make us feel better, look better, and feel energized. This is why when making herbal vinegars this is the only vinegar to use. When making herbal vinegars the nutrients are infused into what is already a very healthy product. Some of the beneficial ingredients in raw apple cider vinegar include:

**Potassium** – helps to fight against brittle teeth, hair loss and runny noses.

**Pectin** – helps to regulate blood pressure and reduce bad cholesterol.  
**Malic Acid** – gives ACV the properties of being resistant to viruses, bacteria, and fungus.

**Calcium** – supports strong bones and teeth.

**Ash** – gives ACV its alkaline property which aids your body in maintaining proper pH levels for a healthy alkaline state.

**Acetic Acid** – this acid slows the digestion of starch which can help to lower the rise in glucose that commonly occurs after meals. Acetic acid also balances pH levels.

Apple cider vinegar is also rich in calcium, chlorine, copper, iron, magnesium, phosphorous, and sodium.

It is always best to choose a brand of raw organic apple cider vinegar that is in a glass jar. Plastics are not recommended as toxins in the plastic may leach into the vinegar.

To learn how to make herbal vinegars please [click here](#) and download the correct PDF.

### After Sun Lotion

- 4 tsp aloe vera gel
- 4 tsp olive oil
- 1 tsp coconut oil
- 2 tsp shea butter
- 5 drops of lavender essential oil
- Bottle or small mason jar

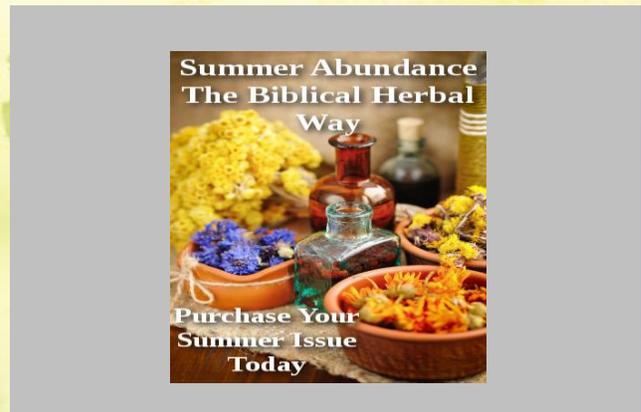
Skin healing ingredients in this recipe will help nourish skin after being in the hot sun. Shea butter, olive oil and coconut oil are excellent natural moisturizers. Aloe vera is the most common natural remedy for sun damaged skin and lavender essential oil is great for healing, cooling and soothing irritated skin.

Measure all the ingredients and mix well until everything is thoroughly blended. Put into a small bottle or mason jar and store in a cool, dry location. Use within 6 months.



### Coming Later in 2016

Later this year there will be two new exciting sections added onto the website. One will focus on natural health care and the other will be strictly on nutrition.



### The Biblical Herbal

The Biblical Herbal is a quarterly e-magazine providing educational herbal and holistic articles rooted in God's word. This is a digital publication that brings together those who believe in God and herbalists, from many denominations to unify for the love of herbs and their medicinal abilities. The first issue came out in spring this year and their summer issue was just released. If you are interested, order your copy from my store page by [clicking here!](#)

**[Order your copy today!](#)**

