

Nutrition – Nature's Way

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The days are shorter, the weather is colder and the taste of fresh fiddleheads is months away. For some this is a depressing time of year but there is still plenty of food out there to collect before the ground freezes.

At this stage many of the various nuts (chestnuts, hazelnuts, beechnuts and acorns) have been gathered by wildlife. Roots are in abundance out there: burdock (first year plant only), dock (first year plant only), thistles, chicory, and goldenrod. The area I live in (just north of Toronto) there are many greens: various mustards, horsetail and daisies are in abundance. If all this isn't enough then for those who like to collect seeds, there are many wild edible seeds out there. Collecting seeds can be for medicine (plantain) or just to have in storage.

With Christmas rapidly approaching you can buy your loved ones (or yourself) a one year subscription to Wild Edible of the Month. This monthly digital publication has thrilled those who currently subscribe with the in-depth information. Every month features one plant and you'll learn almost everything there is to know including nutrients, health benefits, how to harvest, lots of recipes and interesting facts. Here is something to sweeten the deal, order now and you'll get two free copies of the past issues (purslane and pine). Wild Edible of the Month can be saved onto your mobile device or PC for offline viewing and if you desire, you can print a copy for yourself. [Click here to order!](#) The sales of this go to help keep the website running; thank-you for your support!

"Pic" of the Month
White Pine (*Pinus strobus*)



- *High in vitamins A and C*
- *Vitamins B1, B2, B3*
- *Calcium, iron, phosphorus, potassium and sodium.*
- *Resveratrol*
- *Several flavonoids*



Licorice root



Pine bark

COLD SEASON & NATURAL REMEDIES

Cold and flu season means get your immune system in shape! Prevention is key and drastically eliminating (or limiting) items that bring down our immune system is important; especially anything with sugar and alcohol.

As a preventative some herbs to take include pine, elderberry, astragalus, ashwaganda and reishi. Supplements to take to really bolster your immune system include pine bark extract (Pycnogenol), vitamin A, C, D3 and zinc.

What can never be stressed enough is to never touch your face with your hands unless you have just washed your hands. [Kissing someone](#) transmits by far less germs than shaking hands. Our hands collect a plethora of viruses making frequent hand washing a must. Get into the habit of washing your hands every time you get home.

Should you feel a cold coming on drinking **lots** of water to help flush out the virus before it multiplies can help. Do not overdo things; there is not a doubt that resting when you are able and going to bed early is the best preventative medicine at helping to veer away from a cold. Drinking lots of ginger tea can help and if you like heat, getting cayenne into you will be beneficial as well. Cinnamon and honey works for many at this stage of a cold.

If the cold has taken you there are some herbs and natural methods that can help alleviate some of your symptoms. Some of these include honey, garlic, wild cherry bark, horseradish, mullein, licorice, marshmallow, and horehound.

Trying to fend off a cold, cough, fever, or the flu naturally will take time. Often people think that herbs should work as quickly as pharmaceuticals and this is not the case. Sometimes combining the best of both worlds is necessary and there is nothing wrong with that.

If you want to learn about herbal cold care from the best then I highly recommend Rosalee de la Foret's course. It is currently full but you to get a free herbal cold chart and to learn more about the course [click here](#).



RECYCLE YOUR CHRISTMAS TREE

Having a conifer tree in the home for Christmas has been a tradition in the northern hemisphere for over 400 years.

Christmas tree production is huge not just here in Canada and the U.S., but also in Europe. About 3 million trees are produced annually in Canada alone. Great Britain consume about 8 million trees a year and in the U.S. Anywhere from 35 to 40 million trees are sold in December.

Real trees are more sustainable than artificial Christmas trees. Artificial trees cannot be recycled. The worst part is that the PVC and lead content in many artificial trees remains in landfills for many generations. Most fake trees are imported from China where there are no environmental or health laws governing the safety of the ingredients used. A piece of trivia, in the 1930's the Addis Brush Company created the first artificial-brush trees, using the same machinery that made their toilet brushes.

Many may argue that this is a total waste of trees yet the industry (in most areas) ensures that trees are recycled. Forests are not depleted because of this Christmas tradition, they are managed sustainably; in fact many trees are grown on tree farms and have nothing to do with forests. Christmas tree production sequesters carbon and they produce oxygen. In fact, although the stats are from 2001, more than 34,600 hectares were used for Christmas tree production in Canada and each hectare produces enough oxygen for 40 people. In Canada, for environmental and economic reasons, growers will only resort to chemical treatment if it is absolutely necessary.

If you celebrate Christmas by having a real Christmas tree this is a great time to do some research as to what tree farms out there use pesticides. Waste not want not – be sure to pick a tree (firs, spruces or pines) that is pesticide-free so that you can harvest it after Christmas. There are many things you can use dried needles for once processed into a [flour or broken down](#). And of course it's always nice to cut off a sprig and make a fresh cup of tea!



Scots Pine (*Pinus sylvestris*)



Blue spruce (*Picea pungens*)

Get creative with nature!

