

Nutrition – Nature’s Way

EdibleWildFood.com

Alfalfa

“The father of all foods”, alfalfa, can categorically be labelled as a superfood and for good reason. This plant is beyond loaded with many essential vitamins. It truly is incredible that one plant contains every vitamin. If that isn’t reason enough to be eating this superfood then how about the abundance of minerals and other nutrients our bodies need. Interestingly, one ton of alfalfa contains 30lbs of calcium and 5 lbs of magnesium. Alfalfa is also loved for its high content of protein.

Alfalfa has a vigorous root system which enables it to obtain water and nutrients from a large volume of soil. This characteristic helps alfalfa produce high yields and live through times of drought.

Alfalfa has been grown as a forage crop since the beginning of recorded history and can now be found almost anywhere in the world. It is generally agreed that alfalfa originated in the vicinity of Iran and was first brought to North America by the European colonists in the early 1700s.

Many people enjoy eating alfalfa sprouts and these contain B17 which really is not a vitamin but it is a nutrient that can help in the prevention and fight against cancer as well as many other health ailments.

WARNING: If you have lupus or are in remission, NEVER consume alfalfa seeds. Use alfalfa only during its pre-bloom stages of growth. Alfalfa seeds should never be eaten unless sprouted because they contain high levels of the toxic amino acid canavanine.

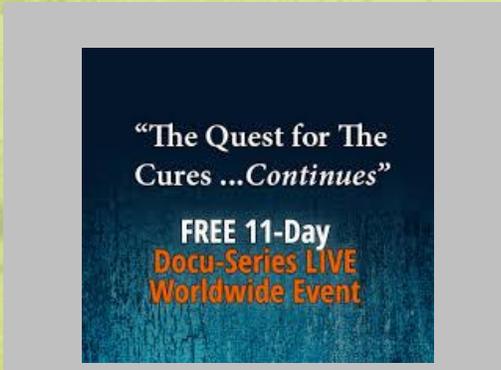
Edible of the Month

ALFALFA *Medicago sativa*



CONTAINS:

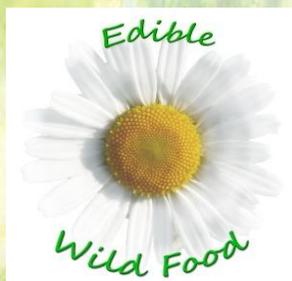
Proteins
 Chlorophyll
 8 essential amino acids
 Vitamins A, D, E K and the family of B’s
 Calcium
 Copper
 Iron
 Magnesium
 Manganese
 Potassium
 Zinc
 And much more!



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Wild Leeks *Allium tricoccum*



I am an affiliate for the folks at “The Truth About Cancer” and many of you who follow me on social media have seen I have posted a lot about this. There are 12 people in my life who were diagnosed with cancer and treated it using several natural protocols – no chemo and no radiation. This is totally amazing. If you have not seen this docu-series there are 9 episodes, each one about 1 – 1.5 hours in length. There is a lot of great information in this which we all can learn from. To sign up and watch this for free:

http://go.thetruthaboutcancer.rocks/?gl=582822956&aaid=560891e10a88f&a_bid=e8f0d278 It starts tonight (April 12) at 9pm EST.

WILD LEEKS

Depending on where you live wild leeks (ramps) are growing right now and these are perhaps one of the most recognized and sought-after wild edibles. Also depending on where you live, wild leeks are endangered or at risk of becoming endangered. The province of Quebec to my knowledge has some of the strictest laws regarding the harvest of this plant. However, many other places such as Kentucky and Virginia, there are so many wild leeks they have festivals to celebrate the annual arrival of this tasty plant.

Wild leek seeds take two years of warmth and cold in the soil before they can germinate. The bulb overwinters, and it is photosynthesis and the nutrients in the leaves that allow the bulbs to grow. The entire life cycle lasts anywhere between five and seven years, which means when you discover a batch of wild leeks with full, plump bulbs, those are the end product of several years of growth, not to mention a laborious germination process.

If you are in an area in which wild leeks are on the decline then be sure to harvest mature plants, take ONLY a select few and leave a good swath of leeks behind. Never rip tiny plants with small leaves out of the soil – these are far too young to produce seeds and must remain in the earth. Treat yourself to a couple of bulbs, only take one leaf per plant and take only what you need within reason.

NEW VID!

It is short but sweet and new on YouTube! [Click here](#) to watch!

Weed Tea

Ok, I know what you're probably thinking and you are wrong (lol). Weed tea is something I make for my houseplants and my garden. Why? Read on!

Soil isn't just dirt; it is a life force full of healthy bacteria, fungi, nematodes, anthropods, minerals and earthworms that are critical to the eco-system, and to our survival on this planet. In fact at least a quarter of the world's biodiversity lives underground. Without healthy soil we have a serious problem; in fact it already is a global problem.

If you are one of those people who curse at the unwanted plants (weeds) growing in your garden, don't get frustrated; turn those nuisances into an incredible nutrient-dense fertilizer. You can take those valuable nutrient-dense plants and turn them into a nourishing weed tea for your garden and houseplants.

First, get a large non-metallic bucket or other container with a lid. Place the gathered weeds (leaves, roots and flowers) in the bucket. (Do not collect weeds that have gone to seed.) Add water until all plant matter is covered and there is at least a half inch of water over the weeds; then cover the bucket with a tight fitting lid.

Let the bucket sit for about three to four weeks. Stir it every five or six days, but beware: It will not smell pleasant. The fermentation process is wicked on the nasal passages, but do remember that this will become the ultimate fertilizer. Do not get any of this mixture on your clothing because it will stain. Use gloves to protect your hands from staining as well.

After four weeks, strain the remaining plant matter out of the liquid using cheesecloth or panty hose. The liquid is what you need to save. What you have now is concentrated. Before using this on your garden, dilute it at a rate of 2 parts weed tea to 10 parts water. **Never** spray this directly onto vegetables that are ready to be harvested.



[Be sure to check out my store page!](http://www.ediblewildfood.com/store1.aspx)

