

Nutrition – Nature's Way

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Spring has Arrived!

April has arrived and with it a feeling of rejuvenation and excitement to get out there and start collecting some fresh wild edibles! It truly is an exhilarating feeling for those of us in the northern hemisphere!

Before going out and collecting, there is something very important to understand, just because there is a plethora of wild edibles that are edible, there is always a chance you may have food sensitivities or allergies and you need to be sure that what you pick will not have an adverse effect. If you are prone to allergic reactions then you must test wild edibles for your safety.

First – pick a leaf (let's say garlic mustard); crush it and rub it on your arm. Wait 4-6 hours and if there is no reaction then rub a little on your lips. If you still have no reaction after waiting another 4-6 hours, then chew on a leaf and spit it out. If after another 4-6 hours you have no reaction then chew on a leaf and swallow it. If you have no reaction in 4-6 hours then you know that particular plant is safe for you to eat! Although the time frame for each step may be less, this is how the SAS is trained in how to know whether a plant is poisonous or not when in survival situations.

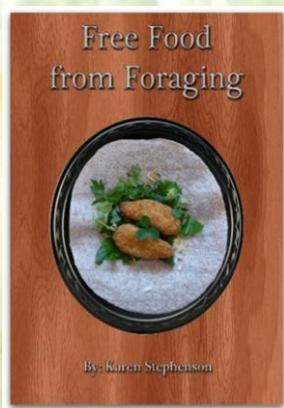
Coltsfoot is this month's 'Weed Pic of the Month' as the landscape is filled with them now. This is a unique plant because at this time of year, all that grows is the flower on the stem. Leaves do not appear until later in the season.

Tussilago farfar (Latin meaning: cough far away) is a plant generally used to help eliminate coughs and is used most often as a tea. Experts do warn though, that when ingesting this plant, to make sure it is boiled. Although it is edible, very small quantities are recommended. Both the flowers and leaves can be used. Enjoy a cup of coltsfoot tea anytime regardless of whether or not you have a cough!

Weed "Pic" of the Month
Coltsfoot



- *Contains vitamin C, calcium, potassium and zinc*
- *Also contains flavonoids, mucilage, tannins saponins and pyrrolizidine alkaloids*
- *Coltsfoot is not intended to be eaten in large quantities. Leaves and stems are used in teas to help combat coughs, colds, bronchitis and asthma.*
- *Although it flowers in spring, leaves do not appear until June/July.*

**RED CLOVER****ALFALFA**

April is Cancer Month

Natural Treatments and Cures for Cancer

Cancer is a deficiency disease. Two out of three cancers are diet-related and there is an awakening happening. Your food choices will come back to affect your health one way or another. All the “food-like” products that are ‘designed’ to save you time in the kitchen will ultimately cost you time in doctor waiting rooms in the future if you do not start reading labels and being vigilant about your food choices. There are no cutting corners when it comes to good healthy food choices.

Refined white sugar, flour, salt, are all not good for the health. Sugar in particular is known to feed cancer cells as well as other diseases. It also harms the immune system. Unbeknownst to many, sugar lurks in many items such as bottled salad dressings, breads, and other items that people are misled into thinking they are good for them.

It is time consuming, but never before has reading food labels become so important. There are many ingredients that are categorically deemed safe, but they are not. Food colourings are supposed to be safe yet many have been proven to be very unsafe to human health.

Prevention is key; lifestyle and environmental influences will help or hinder the journey to optimum health. When prevention does not work, and you are diagnosed with cancer, it is reassuring to know that people are having cancer reversed to the point it is non-existent. There are natural health clinics that take a multitude of approaches in helping their patients achieve success in reversing cancer.

Two edible weeds that pack a punch in preventing cancer are alfalfa and red clover. Both contain the vitamins and nutrients required to keep cancer from starting. These two edibles are not enough though. Making sure that your body’s pH level is balanced is VERY important. Water and foods are either acidic, balanced or alkaline and getting the right balance every day is crucial because cancer and diseases love an acidic body.

To help you on the road to cancer prevention or reversal, Google the following: A World Without Cancer (G. Edward Griffin); The Gerson Therapy; Food Matters; Hungry for Change (a sequel to Food Matters); Jay Kordich; B17; Essiac; COD Tea; and Dr. Leonard Coldwell. Be sure to get your copy of [Free Food from Foraging](#) too!

Go Wild with Garlic Mustard

Garlic mustard is a wild edible that has earned the title of being invasive in many geographical areas. This nutritious weed even made headline news in the Green Bay Press Gazette: "Invasive species get jumpstart from warm weather, DNR warns." Hmmm.....

The March 31, 2012 story makes this edible plant sound like a murder suspect. "DNR plant specialists say people should especially keep an eye out for garlic mustard, a plant that smells like garlic and has four small white petals. The plant can completely take over entire forest floors, displacing trilliums and other wildflowers." So, the obvious solution to this is for all of us to get out there and start gathering!

Garlic mustard greens are very nutritious as they have substantial amounts of vitamins A, C, E and some of the B vitamins. In addition this wild weed contains potassium, calcium, magnesium, selenium, copper, iron and manganese as well as omega-3 fatty acids. Check out the health benefits from eating this amazing wild edible:

- excellent for controlling weight
- improving the health of your heart
- lowers cholesterol and thins the blood
- may help prevent cancer
- strengthens the immune system

The flowers (will not appear until late May depending where you live), leaves, roots and seeds (these appear in autumn) are all edible. Leaves in any season can be eaten but once the weather gets hot, the leaves will taste bitter. Flowers can be chopped and tossed into salads. The roots can be collected in early spring and again in late fall, when no flower stalks are present.

Be sure to check out EdibleWildFood.com's latest blog to discover more ways to eat this amazing edible 'invasive' weed!

Bon appetite everyone!



Garlic Mustard



Garlic Mustard flowering

Pina Colada Hand Cream/Exfoliate

- $\frac{3}{4}$ cup coconut oil
- $\frac{1}{4}$ cup organic cane sugar
- 1 tbsp. pineapple juice

Blend all ingredients well. (Coconut oil may need to be slightly warmed up in order to blend.) Once cooled, the mixture may solidify, but is usable. This recipe can be used to not only exfoliate, but soften the hands at the same time. You can use this as a body scrub as well.

Seal and store in a dark location. It will only keep for 5-10 days.