

Nutrition – Nature's Way

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Acorns are survival food really but they can be enjoyed by anyone. There are some out there still (although under the snow where I am) and they are very nutritious. They make a great survival food because of the fat, protein and carbohydrate content (all three are critical in a survival situation.) You can read about acorns at my blog:

<http://www.ediblewildfood.com/blog/2013/11/acorns/> .

2013 is rapidly coming to a close and quite honestly it feels as though we just started the year. This past year has been very good for me as I have met a lot of amazing people who have embraced foraging and began their journey to a healthier lifestyle.

I want to thank all of you for your amazing support and all the kind words you have emailed me. This is truly the fuel that keeps me going.

If you are on Facebook and are not aware, I have a page and I would love to top the 10,000 mark by spring, which means I have just under 3,000 to go. So if you have any friends who may be interested, please spread the word!

<https://www.facebook.com/pages/EdibleWildFoodcom/255985697755345?ref=hl>

Have a very Merry Christmas everyone and I truly hope that 2014 brings you all great health and many happy memories!

Wild Edible of the Month Acorns



A good source of:

Vitamins B3, B5, B6, and B9

Calcium, copper, iron, manganese, magnesium, phosphorus, potassium and zinc.

Fat, protein and carbohydrates.



Yarrow Foot Soak

In the winter time we all feel the chills at some point and if you feel the chills coming on, or if you feel a cold may be trying to invade your system here is something that may help – it certainly can't hurt to try!

Make 4 cups of yarrow tea ($\frac{1}{4}$ cup yarrow with 4 cups boiling water steeped minimum 20 minutes). Strain the plant matter and reuse the yarrow to make more tea. This time use 4 cups of boiling water, $\frac{1}{4}$ cup apple cider vinegar and $\frac{1}{2}$ tsp red cayenne pepper. Let sit another 20 minutes.

Strain the plant matter and combine the two batches of tea in a container in which you can soak your feet. When the yarrow tea blend gets lukewarm then reheat to a temperature that is safe for your feet and keep on soaking!



Face Cream

$\frac{2}{3}$ cup orangewater, rosewater or distilled water
 $\frac{1}{3}$ cup aloe vera gel
 $\frac{3}{4}$ cup almond or apricot oil
 $\frac{1}{3}$ cup cocoa butter
 2 tbsp liquid lecithin
 $\frac{1}{2}$ oz grated beeswax
 $\frac{1}{4}$ tsp of liquid vitamin E
 Several drops of essential oil(s) of your choosing

Melt the wax in the oil in a bain marie (double boiler); then set aside to cool in a measuring cup. In a blender combine the aloe vera and the water (or rosewater or orangewater). Turn the blender on to high and slowly drizzle the oil mixture into the top of the blender. There will be an instant change of consistency. When it has thickened (you should hear a glug-type sound) stir in the vitamin E and the essential oils of your choice.

Store in an air tight container. Use within six months.



Herbal Shampoo

You'll find that most homemade shampoos are liquidity and this recipe is no exception. We have been somewhat indoctrinated into believing that we're not clean if there is no suds action, if the shampoo or soap isn't thick and luxurious, and this is all a load of marketing crap. You can get clean without all those chemical additives and you'll be healthier for it.

Measure into a teapot one tablespoon each: stinging nettle, peppermint, rosemary and lavender. Take one cup distilled water and bring to a boil. Pour water into teapot and let sit minimum thirty minutes.

As the herbs are infusing the water combine:

¼ cup liquid castile soap
 1 tbsp liquid witch hazel
 1 tbsp sweet almond oil
 ½ tsp sea or Himalayan salt
 7-10 drops cinnamon essential oil
 3-5 drops of ylang ylang essential oil

Take ¾ cup of the infused tea and blend with all other ingredients. Store in a used shampoo bottle. When it comes time to wash your hair, do not pour the shampoo into your hands as you will lose a lot of it. Pour it directly onto your hair and rub in! You can always double the water and the herbs so you can have a tea to enjoy as well!

If you are not aware of the chemicals that are in your personal care products please take the time to learn. The Environmental Working Group is a fabulous resource and you can literally spend hours there learning about ingredients that have no right being on or in our body. <http://www.ewg.org/>

For more recipe ideas:

Campaign for Safe Cosmetics:

<http://safecosmetics.org/article.php?id=233>

Gorgeously Green (Sophie Uliano) :

<http://sophieuliano.com/category/recipes/skin-care/>



High Park, Toronto 2013

NEXT MONTH

I will be announcing

(finally) a project I

have worked on that

will soon be available!