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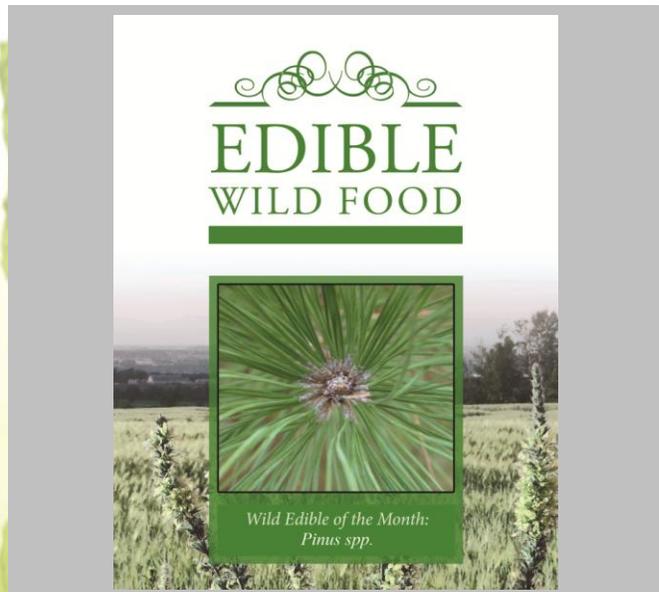
Nutrition – Nature's Way

EdibleWildFood.com

At long last **Wild Edible of the Month** is being launched on July 15! This monthly flip book publication will be delivered to your email address on the 15th of every month when you have a yearly subscription – and make no mistake the price is right!

Every issue of Wild Edible of the Month is an in-depth look at one edible. There will be extensive information on identification, harvesting, storing, nutrition, recipes, health benefits, medicinal uses, historical information, and interesting facts (if any exist on that specific edible). Oh yes – and lots of photos too!

A one year's subscription works out to be only \$5 (Canadian) per issue (when paid in full). If you want only a 6-month subscription it is \$7.50 per issue (paid in full) and should you want to only purchase one issue the cost is \$10.



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Fun Trivia

Henry T. Ford (1863-1947) grew up on a farm in Dearborn, Michigan and was just as fascinated with agriculture as he was with automobile development. He and his good friend, George Washington Carver (an expert in agricultural science) were often seen walking through the farm fields eating weed sandwiches. Ford was known to eat a lot of shepherd's purse and lamb's quarters sandwiches with mustard.

Ford strongly believed that nature provides what the human race needs to survive, especially when grown wild. Henry Ford's perspective was that a weed is a plant, just in the wrong place.

Although Ford made several hundred thousand dollars a year his favourite lunch consisted of what he coined "roadside greens". Whenever he had guests over his meals were always made from wild edibles.

I wish there were other 'big names' out there of those who loved eating weeds and hopefully one day as I continue my research I'll find them!

Canada's Anti-Spam Law

This newsletter is a bit different than my previous ones because I needed to get this out before July 1st. Anyone in Canada who sends out newsletters or any form of commercial electronic messages must obtain express consent from all who want to continue receiving communication from various places – such as EdibleWildFood.com.

I hope you will continue with your subscription to my newsletter by clicking "I agree" in the message in the body of the email you received this in.

Thank-you for your ongoing support.



Wild Edible of the Month will be unique because it will have the most comprehensive information available about one edible in a single publication.

I've had so many people tell me I should write a huge manual on foraging with dozens of plants and although I am flattered, this would take years to put together. The next best thing is a monthly publication that will give you well-researched material that includes everything you need to know – with some fun facts in there as well when possible!

Remember, if you [pre-order before July 15](#) you'll receive 10% off!

For those who are not aware yet I have started posting some videos on You Tube. If you have a YouTube or Google account please subscribe to [EdibleWildFood.com](#) as this will help my rankings (eventually) in the search engines.

Also – if you haven't already be sure to "like" [EdibleWildFood.com](#) on Facebook! It's a great way to keep up-to-date and discover some new information about wild edibles!



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