

Nutrition – Nature’s Way

EdibleWildFood.com

Summer & Herb Robert

Summer is around the corner and for the forager this means getting out there and enjoying all the free food that surrounds us. There is such a huge variety of free food that it truly is amazing – getting to know what there is and how to use it may seem like a daunting task, but isn't your health worth it?

There is something to be alerted to – produce from California is now showing signs of increased radiation levels.. One thing that I ask you all to become very aware of, our bodies are now under attack from something we cannot see – increased radiation levels.

The Journal Environmental Science and Technology reports in a new study (March 2012) that the [Fukushima radiation plume contacted North America at California](#) “with greatest exposure in central and southern California”, and that Southern California's seaweed tested over 500% higher for radioactive iodine-131 than anywhere else in the U.S. and Canada. This (sadly) means that any produce imported from California in particular needs to stay on store shelves.

Although there are increased levels of radiation across the entire northern hemisphere (North America in particular) there is always hope – Herb Robert.

In 2006, The Healing Journal reported that this wild plant grows in high radiation zones, whether the radiation is emitted from hydro lines above or below ground or geopathic stress zones. Radiation testing of the soil in these areas shows that there is a lesser radiation level. It appears that this herb absorbs radiation from the soil and disperses of it. Not only does it help the soil but it has also helped animals and people to lower radiation levels.

Herb Robert, burdock root and cilantro can help. Please refer to: [Pacific Holistic](#). To learn more about the dangers of radiation watch Dr. Helen Caldicott: <http://www.youtube.com/watch?v=tikrIVNS-jk>

Weed of the Month Herb Robert



- *Contains significant amounts of vitamins A and C.*
- *Herb Robert contains some B vitamins but several sources were not specific to identify which B vitamins.*
- *It also has calcium, potassium, magnesium, iron, phosphorus and germanium. (Germanium has a crucial role in the improvement of tissue oxygenation and has a high antioxidant capacity.).*



Lady's Slipper – although edible do not eat as this is endangered.



EdibleWildFood at Spiritfest (June 2)



MAKE YOUR OWN SUNSCREEN

Summer is around the corner and with it, for those in the northern hemisphere, comes higher ultra violet rays. Please do your research when it comes to purchasing sunscreens because many of them have been PROVEN to cause cancer. The [Environmental Working Group](#) is a website to bookmark as the work they do is astounding. They delve into the ingredients of many personal care products and what those ingredients do to our body.

Or you can make SPF 15 sunscreen in no time at all. The following recipe comes from [Gorgeously Green!](#)

Sesame Sunscreen

In a double boiler add 2 tbsp. virgin coconut oil, 1 tbsp. shea butter, ½ tsp. sesame oil, ½ tsp aloe vera gel. Melt over medium heat blending well. Remove from heat and add 2 tsp. zinc oxide. Blend and pour into a dark colour jar. (If you do not have a dark colour jar then you must keep this out of light sources. This stores up to six months.

FIELDS OF NUTRITION

Fields of Nutrition is at long last a reality and will soon be available on the website! After months of planning, research and writing, Fields of Nutrition (Issue 1) has arrived! This “Reader’s Digest” size magazine contains thirty wild edibles that are commonly found in many countries around the world.

Each plant has a comprehensive written physical description as well as close up photographs to help identify. In addition each plant write up includes some interesting facts, health benefits, as well as vitamin, mineral and nutrition content.

Fields of Nutrition will help you on a journey in which there is no going back. Weeds grow on our planet for a reason; yes they are integral to the ecological system, but they are also food. They do not grow in order for chemical companies to make massive profits by destroying them. For thousands of years, wild edibles were food and thanks to many professional foragers and several cultures, they are making their way back into kitchens world-wide.

Once available on the website, you all will be the first to know! In the meantime, be sure to go to Facebook and “like” the EdibleWildFood.com page. Once you have done that – check out post from earlier this week and enter the contest! The contest is simple – there really is no wrong answer! Five entries will be randomly chosen and these individuals will have a copy of this guide mailed to them! The contest ends tomorrow at noon – so be sure to hurry!!

Happy foraging!