

Nutrition – Nature’s Way

EdibleWildFood.com

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 fields eating ‘weed’ sandwiches. Ford was known to eat a lot of shepherd’s purse and lambs’ quarter’s sandwiches with mustard. Ford strongly believed that nature provides much of 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.

Many wild plants are full of vitamins and minerals. Like so many leafy green vegetables, some edible wilds are scientifically proven to fight cancer, viral infections, and some even contain unique anti-aging properties.

There is a deluge of health fads out there and although they may give your body many nutrients, why spend the money when wild edibles have it all? Another factor to take into consideration are the ingredients. Some vitamin supplements are not as healthy as they profess to be. They too contain dangerous additives such as food colouring, GMOs, and aspartame, and this should not be the case.

Do not place all your trust in the health food industry no more than the food industry. They too are out to make a profit and although there are many great companies, you still have to research and be your own advocate.

In northern climates wild edibles are not as plentiful in the winter months so eating sprouts is a great way to compensate for lost nutrients. Sprouts are easy, cheap when purchased in bulk, and their nutrition levels exceed store-bought produce. ([Mumm’s](#))

Henry Ford had it right; nature provides the food that the human race needs to survive.

Edible Plant of the Month Wild Grape Vine (*Vitis riparia*)



Wild grapes contain resveratrol that increases longevity, antioxidants, and antioxidant phytonutrients. They also contain:

- Vitamin B1
- Vitamin B6
- Vitamin C
- Vitamin K

- Manganese
- Potassium

The grape seed and the skin contain the richest concentration of antioxidants.



Wild grapes

Wild Grape Vine Juice

- 4 cups wild grapes
- 8 cups water
- Organic cane sugar to taste

Wash the grapes then place into a pot containing 8 cups water. Bring to a boil then immediately remove from heat. Mash the berries and let sit for minimum one hour. Strain well. Add sugar to taste.

Other Grape Ideas

I was out the other day having a tea with friends and I was pleasantly surprised by what one of them had done. He collected lots of wild grape vines and tossed them in a blender. He then strained it and made juice with the liquid. He then found a cake recipe and tossed in the pulp. He said this cake tasted great! (Thank-you Jim!)

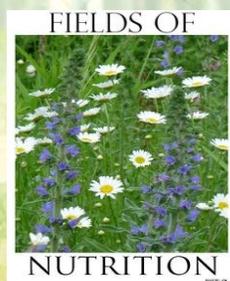
- Wild grape vines can be tossed in a pan with little water then brought to a boil. Strain the water then blend the berries (or mash by hand) and serve over ice cream.
- Toss wild grapes into your smoothies.
- Make grape jelly by prepare grapes according
- to the grape juice recipe above only do NOT add sugar.
- Measure 3 cups of the strained liquid into a pot. Add 1/8 cup lemon juice and a box of pectin. Stirring constantly, bring to a rolling boil. Add 4 cups organic cane sugar and stir constantly. Cook and stir until mixture comes to a rolling boil then boil one minute longer. Remove from heat. Skim. Pour into sterilized jars leaving 1/4" head space. Process in a hot water bath for 5 minutes. Remove from water and let sit 24 hours.

Fresh picked wild grapes can be easily frozen. Pick off the vine, be sure they are bug-free, and place in freezer bags. Remove all air from the bag using a straw and seal. When autumn olive berries are in season juice can be made the same way and they too can be frozen.



*Photo taken by SNAP Newmarket
August 10, 2013*

Order [Fields of Nutrition](#) Today!



COLLECTING WILD EDIBLE SEEDS

There is not a doubt that extreme climate changes are upon us and will continue to worsen over the next decade or two. The Arctic as we know it is rapidly becoming a nothing more than a memory and this means trouble. The polar ice caps reflect solar radiation back into space and as the ice diminishes, our planet is absorbing greater levels of solar radiation. There are several factors that go into play as to why we're losing the Arctic and methane from fracking is making things even worse. Illegal dumping of radioactive material into the northern seas, and the tens of thousands of nuclear detonations on our planet also play a role. Also, as we lose the ice more methane is naturally being released from the Earth as the tundra thaws.

Massive flooding in many areas around the world has dominated news the past few months. There has been intense heat and intense cold as well. In late August, Peru recently declared a state of emergency in Puno because more than 250,000 alpacas have died due to freezing temperatures. Things are going to get worse.

Saving organic and heirloom seeds is a great idea in the event we need to grow more of our own food, but should the day come that we have to grow food then those who have saved only these seeds are at the mercy of what comes out of the sky. If it is a drought then there will be no garden harvest and if there are floods or an overly wet summer, the same thing, little or no produce.

Now is the time to get out there and start saving seeds that grow in the most unforgiving conditions – wild edible plant seeds. Lamb's quarters, sweet white clover, pigweed, evening primrose, Queen Anne's lace, curly dock, alfalfa seeds and more are all out there now. Check out [Saving Seed the Survivalist Way](#) for more information on collecting and storing seeds!



Lamb's quarters seeds



Purslane Seeds

