

Nutrition – Nature's Way

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As we settle into colder weather yet again the thought of not foraging as much can be rather depressing. Don't sit idle over the winter months – keep learning about wild edibles and a great way to do it, is by ordering your subscription to the only digital magazine out there that brings you comprehensive information on a per plant basis. [Check it out by clicking here!](#)

We are into autumn and it is sharing season – sharing colds. Prevention is key by getting proper rest, eating nutritious foods and staying away from all refined sugar. Drinking an immune tea daily is good too. (For example: I love a combo of dried (NEVER fresh) cedar, echinacea, astragalus and Kukicha twig tea.) I find this tea with proper sleep, a daily clove of garlic and staying away from sugar is a great winning combo!

Should you already have a cold, I would suggest you keep doing everything in your power to boost your immune system and here are some things you should add to your daily regime to help fight the cold:

Garlic – anti-viral, antibiotic, and antiseptic.
 Onion – raw onion keeps the respiratory tract open.
 Ginger – antimicrobial and anti-inflammatory.
 Sage – carminative, antiseptic, and astringent. (Note: Sage should not be used when pregnant or breast feeding.)
 Thyme – antimicrobial, antibacterial, antiviral, expectorant, and astringent.
 Cayenne powder – anti-microbial, analgesic, carminative, diaphoretic, and expectorant.
 Honey – local unpasteurized honey is an antibacterial, antimicrobial, and antiseptic. (Do not give honey to children under 1 year old.)
 Mullein – expectorant – will help to break up mucous.

A tea made with fresh ginger, fresh garlic, red cayenne powder, lemon and honey is a powerful cold-fighting tea.

Plant of the Month

Juniper (Juniperus occidentalis)



- *Vitamin , B1, B2, B3, & C*
- *Calcium, chromium, cobalt, iron, manganese, magnesium, phosphorus, potassium, selenium, sodium & zinc.*
- *Carbohydrates, crude and dietary fibre, & fat.*



Junipers are not only common across Canada and the US, but also around the world. Either way, although this conifer is considered edible it comes with a warning – **NEVER** consume large quantities. Also - if you are pregnant or suffer with any form of kidney disease or kidney ailment, do NOT ingest any part of the juniper. If you do, you risk causing serious harm to your kidneys. Juniper is considered more as an occasional trail nibble, a tea once in a while, or used as a seasoning for your cooking. Junipers also have a very long history being used as medicine.

There are many different taxa of junipers with *Juniperus communis* being the most common. The tallest common juniper is located at Lake Glypen in Östergötland, Sweden. It measures a whopping 18.5 metres tall and boasts a girth of almost 3 metres at shoulder-height. Junipers are the most widespread conifer in the world and are quite hardy.



Junipers have a very rich history as it was believed that the Holy family was sheltered by the branches of a juniper while fleeing from King Herod. It's been used as medicine for thousands of years and in the 1500's a Dutch pharmacist made a powerful diuretic drink using the berries. He called this drink gin and as we all know, the drink became very popular for other reasons. Today's gin still contains juniper berries, but less of them.

Juniper berries increase the flow of urine, increases production of digestive fluids, relieves pain and are a powerful antiseptic. The berries and or the needles and bark have been used to treat cystitis, burning urination, flatulence, urinary tract infections, kidney stones, arthritis, rheumatism, gout and edema.

This conifer is a very powerful antibiotic, just like garlic. The berries and new needle growth have been used in dishes as flavouring and to kill food-borne bacteria.

The berries can be used to flavour meats and red cabbage. Make tea using the needles and berries.

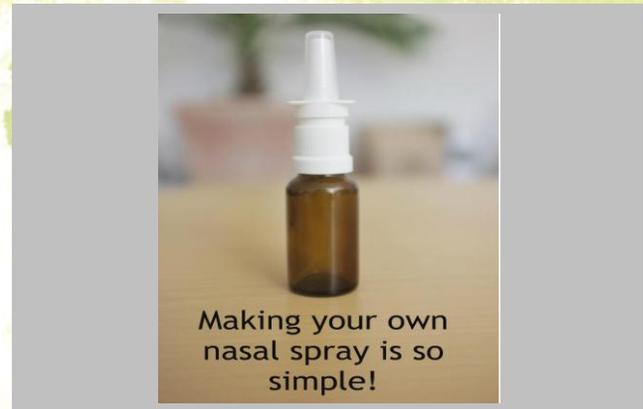
Remember – when using any wild growth as medicine, seek qualified professional advice first.



Nasal Spray for Sinus Infections

5 drops each of the following tinctures: juniper, eucalyptus, usnea, sage and echinacea.
2 drops of grapefruit seed extract

Place tinctures in a 30ml (1 oz) nasal spray bottle. Add distilled water to fill the 30ml bottle. Place cap on. Spray into nostrils as required.



Lion's Mane

Perhaps one of the most recognizable edible fungi that grows in the autumn in the lion's mane. *Hericium americanum* (other common names include bearded tooth mushroom, bearded hedgehog mushroom, or pom pom mushroom) is an edible and medicinal mushroom belonging to the tooth fungus group.

This fungi typically fruits from August to November producing a white spore print and they are easy to spot when on a hike. It is a saprophytic fungi that does not discriminate when it comes to what dead or dying hardwood tree to develop on. Typically you will find them on dead maple, beech, walnut and oak. It can also fruit from the wounds of living hardwoods.



Lion's mane is Native to Canada, the U.S., as well as in parts of Europe and Asia. According to fungi expert Michael Kuo, *Hericium americanum* is North America's only *Hericium* species with long spines and a branched fruiting body. There are two close (and edible) lookalikes, *Hericium erinaceus* and *Hericium coralloides*. All members of the genus produce more or less globoid white fruiting bodies covered in downward cascading spines. As this fungi ages the white tendrils will become beige to brownish in colour.

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