

Nutrition – Nature’s Way

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Bunchberries

The berries and seeds are the edible part of this plant. The best time to eat bunchberries is when the berries are bright red. They preserve well and can be eaten raw, used in jams, puddings, other baked treats. They taste somewhat pleasant, are slightly mealy and are best added to your granola bars, cereals, jams, etc.

Bunchberry fruits are rich in pectin which is a capillary tonic and an anti-inflammatory. Pectin also inhibits carcinogenesis and protects against radiation.

An interesting fact is that the flower petals spring back the stamens which thrust outward and a hinged strap connecting the stamen to the anther quickly accelerates the pollen to 24,000 m/s² or about 800 times the force experienced by astronauts during launch. This serves to propel the pollen into the air an astonishing 10 times the height of the flower.

Special – Monthly Magazine

For those who haven’t discovered Wild Edible of the Month this is a great opportunity for you! If you subscribe before the end of August not only will you get your one year’s subscription but you’ll receive an additional three issues – free! [Order now by clicking here!](#) Be sure to write “free” in the “Additional Info” box then I can email you a list so you can choose which three past issues you want!

Edible of the Month Bunchberries (*Cornus canadensis*)



Health Benefits

Vitamin C
Potassium
High in pectin
Mildly tonic
Astringent
High concentration of flavonoids



Stinging Nettle for great bone health!



Plants for Bone Health

It is common knowledge nowadays that most soils in which vegetables are grown are nutrient depleted – and this is putting millions of people into a state of nutrient-deficiency. In my opinion, it has become essential for people to use supplements, or better still, turn to foraging. Bones and joints are **a major issue** for people and the numbers are staggering with how many people are suffering with osteoporosis, osteoarthritis, etc. All of these can be averted and in many cases reversed through following a strict regime. Some plants to help with bone health include:

Horsetail: The high levels of plant silica in horsetail helps to maintain the level of calcium in the bone. It strengthens blood vessels to prevent them from getting weak and rupturing. Horsetail is also rich in calcium and other trace minerals, which are needed for collagen and also acts synergistically to support the metabolism of calcium.

Alfalfa: Alfalfa is a nourishing herbal tonic containing vitamins A, B-complex, C, E, and K, as well as beta-carotene and chlorophyll. It is also rich in minerals including calcium, potassium, iron, and phosphorus.

Burdock (root): Burdock offers most of the nutritional minerals required for strengthening bone including, potassium, magnesium, calcium as well as manganese.

Stinging Nettle: Stinging Nettle has a multitude of benefits. It's an excellent source of vitamins A, E, and K for flexible bones, a healthy heart, thick hair, beautiful skin, and lots of energy. It contains silicon which works to increase bone density and all the nutrients our body needs to digest and use calcium as well as a host of other nutrients needed for healthy bone growth. It's also used by many as an anti-inflammatory.

NEW VID SOON!

I am currently working on a video about coastal plants and have received incredible support from Peter Bisson. In addition, I have (so far) received some amazing help from three individuals in the UK. Please help support these great UK foragers on social media and be sure to check out their websites:

[RACHEL LAMBERT](#)

[ALVARO DOCIO](#)

[SAM WEBSTER](#)

Oh – and if you haven't already, be sure to subscribe to my [YouTube channel!](#)



Fungi Foraging - BEWARE

There is a huge increase of people wanting to forage for fungi and many are not doing it the smart way. Yes, there are foraging apps out there but make no mistake these apps should NEVER be the ONLY resource you use to identify plants or fungi! ALWAYS cross reference with minimum two other sources.

With technology making things so much easier there are people out there putting their faith into an app and as a result of either an error on the app, or “user error”, poisonings are happening. There is no way anyone should trust an app, it may cost them their life. [This story came out](#) last year and well worth taking the time to read if you like to forage for fungi.

There is no shortage of news stories that show people are out there eating the wrong wild mushrooms and causing a lot of harm to themselves.

When poisoned, a person will encounter gastrointestinal pain, nausea, vomiting and diarrhea within the first six to 24 hours after ingestion. Then they go through what’s called a “false recovery” – the symptoms dissipate and the patient appears to improve. But it’s short-lived because about 48 hours after ingestion, the patient’s liver begins to fail leading to multi-organ failure and even death. The toxins in the mushroom can inhibit enzymes in the liver cells needed to make proteins and this leads to liver cell death and ultimately the loss of a life.

There is no antidote for mushroom poisoning. Doctors need to provide aggressive care, and continuous liver function monitoring while consulting with poison control centres. Charcoal can absorb the toxin, but delayed symptoms could limit its efficacy because it needs to be taken immediately after ingesting – and medical attention is critical.

If you forage for wild mushrooms **ALWAYS** leave one in the fridge. In the event you have misidentified and end up in hospital, not knowing what you ate may delay doctors in being able to help. If you provide them with a sample of what you ate, this may save your life.

Do not put your trust in one app, one website, or one book – always cross reference and never eat anything unless you know with 100 percent certainty it is edible. If in doubt, throw it out!

Reliable fungi resources:

[North American Mycological Association](#)

[Paul Stamets](#)



Shaggy Manes - Edible



Chanterelles – Edible

Be sure chanterelles you are identifying are not the false chanterelles!

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