

Nutrition – Nature’s Way

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There is lots of information out there on the incredible health benefits of using yellow (curly) dock (*Rumex crispus*) as food and for medicinal purposes but there is virtually nothing out there about their seeds. Check out the list of nutrients yellow dock seeds have! Not too shabby for a stalk of seeds that stand out on a winter’s day! If you are not sure what plant I’m referring to then [click here](#). I have baked with the seeds for some time now and am pleased every time. I do not remove the sheath; I grind it all. Just recently I was having fun in the kitchen creating a chocolate brownie recipe using dock seed. The image and link to the recipe is in this newsletter. Anyway, the nutrient list is quite impressive and they even contain lysine which is an amino acid that helps fight cancer and in treating cold sores.

Another year is coming to a close and it has been an amazing year. I’m excited about next year as I plan on doing a bit of traveling in Ontario and possibly the east coast to do some teaching and some exploring. Stay tuned for details. However we have a winter to get through first. January 20 and February 25 I’m hosting a Winter Survival Skills event just north of Toronto. I am thrilled to have Doug Getgood on board to teach the basics of making tarp shelters and important survival knots. Doug is an outstanding outdoor wilderness teacher and he is friends with Canada’s Survivorman, Les Stroud. Colleen Wiebe is a Master Naturalist and will be teaching us how to make and maintain a fire and share with us what we all should have in our vehicles at all times. I will be teaching what wild foods are out there and discussing what we all should have in our homes to survive a winter. For event details please [click here](#).

This holiday season I ask one thing of each of you. For one day only, whatever day you choose it to be, get away from the deluge of negativity and hatred our world is plagued with. Don’t get caught up in the selective mainstream media hysteria that is being fed to us. Let it go. Do a good deed for someone no matter how small it may be. Smile at a stranger, or tell your family and friends how much they mean to you.

Thank you everyone for all the positive emails I have received from you! I’ve said it before and I’ll say it again – your kind words are the fuel that keeps EdibleWildFood.com going year-after-year!

Peace and Blessings,
Karen

EDIBLE OF THE MONTH YELLOW DOCK SEED



- Ash
- Lipids
- Sugars
- Calcium
- Fatty acid
- Crude fibre
- Crude protein
- Phytic acid phosphorus
- Lysine



[Wild Chocolate Brownies](#)

Another holiday season is upon us and regardless of whether you celebrate Christmas, Hannaka or Kwanzaa it is a time of year in which we take time for family and friends.

Along with that comes the baking and the beverages. There is no shortage of holiday favourites but I must say my pine cookies are officially a tradition in my home. Recently I created a gluten-free brownie using yellow dock seeds and autumn olive jam. Ok, so any jam or flour could technically be used, but they won't be wild! Recipe links are below the images to the left.

A favourite beverage enjoyed by many is mulled wine. There are so many variations out there - this one I enjoy. I quite enjoy it with maple syrup.

Basic Mulled Wine

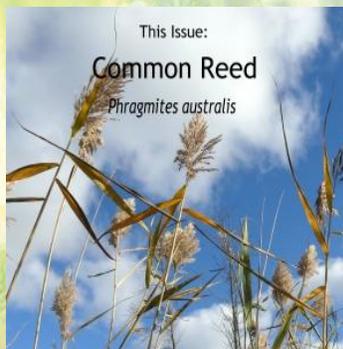
1 bottle of red wine (750 ml)
 ¼ cup honey, maple or elderberry syrup
 ½ teaspoon allspice
 ¼ teaspoon nutmeg
 ¼ teaspoon ginger
 8 whole cloves
 2 cinnamon sticks

Combine all ingredients in a saucepan, and bring to a simmer over medium high heat (do not boil). Reduce heat to medium low, and simmer for anywhere from 30 minutes to 2 hours. Strain. Add apple or orange slices, whole cinnamon sticks, and star anise as a garnish if desired.



[Pine Cookies](#)

If you are looking for a last minute gift or simply want to treat yourself to what basically is an edible wild food encyclopedia in the making, then look no further. A one year subscription to this digital publication is only \$36. There are 20 past issues and until December 31, 2017 only, here is the deal. Regularly 10 issues sell for \$25. You can get 10 issues of your choice for \$20. Here is how to make this happen. My website is not set up for this deal so – what you need to do is [go to this link](#) and scroll down to Conifers in the Kitchen. Order 4 of these - - and I will know it is for the past issues. I will send you the complete list to choose from or you can peruse through the [list at this link](#) and let me know in an email. If you are interested in a subscription then [click here](#). Your support goes to help me in maintaining the website!



Squash Cinnamon Dough

2 cups ground cinnamon (may need a bit more)
 1 to 2 cups cooked (any) squash
 4 tbsp white glue
 20 drops (total) essential oils (your choice of oils)

Mix 2 cups of ground cinnamon into a bowl with 1 cup of cooked squash. Add the glue and essential oils. Dough should be thick, pliable and not sticky. If it is too dry add more squash; if it is too moist add more ground cinnamon.

Sprinkle counter top with cinnamon to work the dough and to prevent it from sticking. Either using a rolling pin or your hands, flatten the dough to about ¼ inch thick. Use cookie cutters to cut out shapes and use a straw to make a hanging hole. Set aside on parchment or wax paper to dry.

Homemade Facial Masks to Help Unwind

The skin care industry is massive yet when you examine some of the ingredients that are in many skin care products, it makes you cringe. Worse, there are some companies that do not have to divulge all ingredients and this should not be legal. Bottom line, our skin is a living, breathing organ. According to a [2007 article in the Telegraph](#): “Dependence on cosmetics and toiletries means that a cocktail of 4lb 6oz of chemicals a year is absorbed into the body through the skin.” It has been debated for years as to exactly how much and how quickly skin products are absorbed. More often than not industry-funded studies have the edge. All I know to be true in my heart, with GMOs, pesticides in our foods, pollution in our homes (yes) and outside, our bodies are taking a daily beating. It only makes sense that anything you put on your skin should be safe enough to eat. That includes facial masks. Men and women alike like to relax and rejuvenate their skin but think about the corporate-bought products...what is in them? Making your own mask may take a little time but consider it an investment in your health. Here are a couple links to websites that have some cool homemade facial masks. Herbs for Health have 10 easy recipes – enjoy!

<https://www.newbeauty.com/slideshow/1276-11-aesthetician-approved-diy-face-masks/>
<https://www.mindbodygreen.com/0-20721/healing-calming-diy-herbal-face-mask.html>
<https://www.herbs-for-health.com/herbal-face-masks/>



Holiday Ornaments using squash dough



Safe homemade facial masks to relax women and men!



When the grid goes down – will you be ready? [Order today!](#)