

# Nutrition – Nature’s Way

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In my part of the world we are on the threshold of the winter months. Although foraging opportunities are less, there is still food to be had out there. I’ll discuss this more in future newsletters.

The past little while I’ve been really busy with writing for my clients and in between, working feverishly to finish off the book about pine – I am getting there!

Before the end of the year I am launching a new project that I’m super excited about and I’m sure all of you will like it too! Big secret for now but, when I announce this, you all will be the first to know either in my usual newsletter or in a special edition newsletter! Stay tuned!

Earlier this year German researchers discovered evidence of garlic mustard in the residues left on ancient pottery shards that were located in three campsites in Denmark and Germany. Researchers studied charred deposits found inside the pottery that they have dated somewhere between 5,800 and 6,150 years ago during the Stone Age. I found this really fascinating so I wrote “[Ancient Garlic Mustard](#)”.

I consider myself a food warrior in and out of the grocery store. Actually I find it much easier to find food that is safe to eat while foraging than in a grocery store. I study labels and I research what these ingredients really are and what they can do to our health. I’ve almost finished compiling an exhaustive list of ingredients you should never put in your body. As of Friday evening you can download “Additives and Preservatives to Avoid” for **free** off my website – take it with you when you shop to help you make safer choices in the grocery store - no matter what country you live in.

*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 – if you use any plant/bush/tree as medicine, seek qualified professional advice first.**



### Junipered Potatoes

3 tbsp olive oil  
 2 tbsp dried juniper berries, lightly crushed  
 8 large garlic cloves  
 1 1/2 lbs (.6 kilos) small new potatoes

Heat the oven to 350°F.

Pour the olive oil into a heavy shallow baking dish large enough to hold the potatoes in a single layer. Sprinkle the crushed juniper berries over the oil and place the dish in an oven for a few minutes to warm. Trim off the stem ends of the garlic cloves and rub off any of the outer skin. Place the potatoes and garlic in the warm dish and roll them in the olive oil to lightly coat.

Bake 10 minutes and roll the potatoes and garlic in the olive oil once more. Reduce the oven temperature to 300°F and bake uncovered for 50 minutes or until the potatoes are just tender. Roll the potatoes in the olive oil to coat once more and transfer to a warm platter.

Sprinkle with some lemon juice, oregano, salt and pepper.

### Steam to Help Upper Respiratory Infections

57 grams (2 oz) dried eucalyptus leaves (preferably young)  
 25 grams (.8 oz) dried sage  
 25 grams (.8 oz) dried juniper berry or leaf  
 4 litres (16 cups) water

Place all the plant matter in a pot with the water and bring to a rolling boil. Remove from heat. Hold head over the steam and cover your head and the pot with a towel. Breathe steam into the lungs. Be sure the steam is not too hot as to cause harm. Return to heat and bring to boil again if needed and repeat as often as required. Add fresh plant matter once the strong smell noticeably diminishes. (This can also be done using 30 drops each of the following essential oils to 1 litre of water: juniper, eucalyptus, sage, and rosemary.)

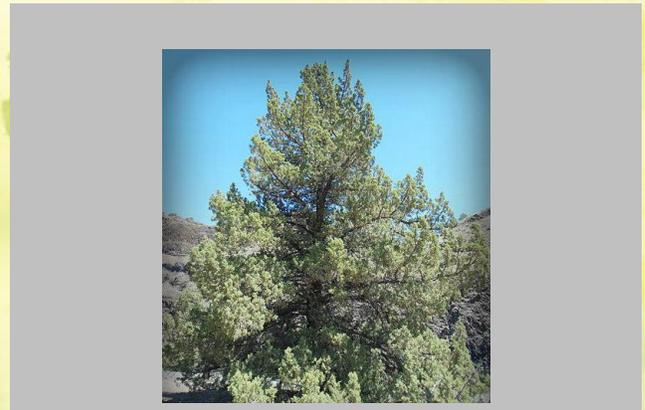
### Nasal Spray for Sinus Infections

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

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



*Juniper tea*



Juniper (*Juniperus occidentalis*)

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