

# Nutrition – Nature’s Way

## EdibleWildFood.com

There is no shortage of fresh wild edibles out there now and it is incredibly invigorating to be outdoors exploring new areas to “case out” what is growing where!

The ability to eat fresh harvested dandelion leaves, shepherd’s purse, mustards, clover, and so on brings a sense of satisfaction knowing that what you are eating holds more nutrition than what is sold in your grocery store. What better way to enhance a salad, sandwich, soup, stew or even toss some fresh leaves into your mashed potatoes! Get creative – make a batch of your favourite gelatin up and toss in some edible leaves – kids will love it! (Grate some carrots and add those as well for colour!!)

Before you start foraging there are some VERY important rules to follow! First – never pick wild edibles in areas that have been sprayed or are beside a road!! Always be sure you are not trespassing on anyone’s property and be sure that no matter where you go – leave only your footprints.

When out there, **NEVER** eat anything you cannot identify for a fact! If you are unsure, take a photo so you can identify it at home. Also, if you are unsure, wear gloves (in the event the plant may be poisonous); and take a sample home to help you make a positive identification.

For a more comprehensive look at the rules of foraging and how to harvest check out [Foraging for Food in the Wild](#).

*Weed "Pic" of the Month*  
*Shepherd's Purse*



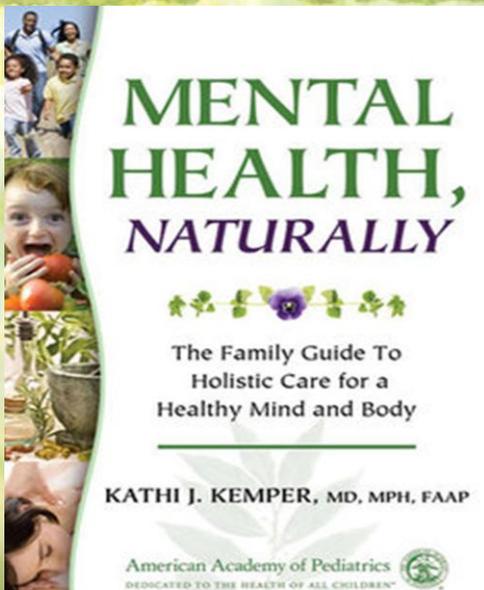
- *Leaves are rich in vitamin C, iron and calcium*
- *Leaves also contain protein*
- *Other vitamins include: vitamins A, B1, B2, B3, B6 and K*
- *Other minerals: magnesium, phosphorus, sodium, potassium and zinc*
- *Also contains choline, inositol, fumaric acid, rutin and nine flavonoids*



*St. John's Wort - Hypericum perforatum*



*Chamomile Flowers- Chamaemelum nobile*



## Mental Health Awareness Week

Mental Health Awareness Week occurs this month, and depending what country you live in, depends on what week in May! Definitions of mental health are constantly changing. It used to be that a person was considered to have good mental health simply if they showed no signs or symptoms of a mental illness. But in recent years, there has been a shift towards a more holistic approach to mental health.

Today, we recognize that good mental health is not just the absence of mental illness. Nor is it absolute that some people are more mentally healthy than others. Various events can occur throughout life rendering a once healthy individual into a struggle with depression or anxiety.

There is a push to label people in order for the doctor to write a prescription and there is more than enough evidence that indicates many psychotropic and anti-depressant meds are creating more harm than good – and in some cases death. (For example, the vast majority of school shootings have been committed by a person who has been affected by these medications.)

Also, according to statistics from Medwatch, the drug reporting system maintained by the FDA, there have been 63,000 cases of people on antidepressant meds committing suicide in the U.S. ([Antidepressant Drugs Linked to School Shootings, Natural News](#))

There are natural ways to manage mental health ailments however, if you are currently on medications, you must see a naturopathic doctor or medical herbalist before making any changes in your medications!!!!

For conquering the blues or mild depression, there are many approaches to helping such as getting some fresh air, exercise, change of diet if you are eating any processed foods, food dyes, food additives/preservatives and start drinking herbal teas. There is no shortage of herbs that help to calm and relax – but what may work for one person may not for another. Here is a list of some herbs that you can make a tea from that helps to relax and calm: [Borage](#), Catnip, [Chamomile](#), Damiana, Hops, Kava Kava, Lavender, Lemon Balm, Linden, Passionflower, [St. John's Wort](#) and Valerian root.

[Book image courtesy of Dr Kathi J. Kemper](#)

Ok guys – do you have a little rum and vodka in the house? This recipe will make an amazing aftershave that will make Isaiah Mustafa toss away his Old Spice. This aftershave you can use safely without any worries of detrimental health effects that are in some [Old Spice products](#).

### Caribbean Breeze Aftershave

½ cup vodka  
 2 tbsp. Jamaican rum  
 2 bay leaves  
 1 tbsp. whole allspice  
 1 cinnamon stick  
 Zest from one orange

Mix all ingredients together in a clean glass jar with a tight-fitting lid. Place the jar in a cool, dark place for two weeks.

After two weeks, strain off the liquid and pour into a clean container (preferably glass). Throw away the solids.

Splash on the face and enjoy!

OK ladies – and here is something for you that is very simple to make!

### Body Splash

¼ cup vodka  
 ¼ cup distilled water  
 2-3 drops of an essential oil you like  
 (Some essential oil suggestions include: lavender, jasmine, sandalwood, ylang ylang, rose or geranium.)

Mix all ingredients together then pour into a clean spray bottle. Spray on your skin or on your hair to give it a fresh scent.



[Leek and Nettle Soup](#)



*Gelatin- garlic mustard leaves & carrots!*

EdibleWildFood.com will be at public events in June!

June 2 – [Spiritfest at the Sharon Temple](#)

June 9 & 10 – [Ecofest in Barrie](#)

June 16 – Inn from the Cold in Newmarket – I will be fundraising by teaching others how to identify weeds for this amazing shelter!

For more details e-mail me at:  
[k.stephenson@ediblewildfood.com](mailto:k.stephenson@ediblewildfood.com)