

# Nutrition – Nature’s Way

## EdibleWildFood.com

### Omega-3 for Bone Health

Our bodies cannot manufacture Omega-3 and as such it is vitally important to our health that our diets contain food sources with enough Omega-3 in them. In fact, diets deficient in Omega-3 fatty acids have been linked to a wide range of serious health issues relating to the brain, nerves, eyes, and the immune system. But did you know that being deficient in Omega-3 fatty acids could also lead to poor bone health?

Just like our skin or muscle tissue, bone is a living tissue. The body is always undergoing a constant process of making new bone matter and removing old bone matter. However, during early childhood and adolescence, the body produces new bone matter at a much faster rate than it removes old bone matter, leading to our bones becoming denser during this time period. By about age 30, our bones reach their peak density. This is important because the amount of bone mass you have in your early 30s helps determine your risk of developing osteoporosis later in life.

During these formative years, it has been demonstrated that Omega-3 is positively associated with increased bone mineral density, meaning that people with higher concentrations of Omega-3 fatty acids in their blood build stronger bones during the body’s peak years for bone density formation, setting the stage for better bone health later on in life.

Several wild plants have Omega-3 including [lamb’s quarters](#), [chickweed](#) and [pigweed](#). However, fresh [purslane](#) leaves contain more omega-3 fatty acids (alpha-linolenic acid) than any other leafy vegetable plant!

### EDIBLE OF THE MONTH PURSLANE



**Vitamins: A, B1, B2, B3, B5, and C.**

**Minerals: Calcium, copper, iron, magnesium, manganese, and potassium.**

**Betalain pigments (powerful antioxidant compounds)**

**Carotenoids**

**Omega-3**

**Omega-6**



Only \$5 – Order this PDF recipe book by [clicking here!](#)

Chocolate Pine Butter Cups



Recipe in **Conifers in Your Kitchen!**



## Conifers in Your Kitchen

Recently I have done some workshops on baking/cooking with conifers and they have been a huge hit for a number of reasons. What many people love about conifers is that they are very healthy for us – the pine in particular.

Pine needles are loaded with vitamins A and C. By comparison, the vitamin C levels are so high that they are on average 5 times greater than lemons. One cup of pine needles provides 136mg of vitamin C. They also contain vitamins B1, B2, B3 as well as calcium, iron, phosphorus, potassium and sodium. Pine trees also contain protein, fat, carbohydrates, and fibre. The amount of vitamin C is reported to be five times the amount found in a lemon, which is 83.2 mg, according to the NutritionData web site. That means a cup of pine needles will yield more than 400 mg per cup of tea.

Pine needles contain the amazing antioxidant resveratrol. They also contain carotenoids, quercetin, flavonoids, tannins, pine oils, anthocyanins, physterols, proanthocyanin and much more.

- Vitamin C and proanthocyanin are considered to be important in preventing cancer.
- Pine oils, according to Russian studies, is useful to control the weight, lower cholesterol and in lowering the blood pressure.
- Proanthocyanin and resveratrol are potent anti-aging compounds.

Pine nuts contain protein, fats, carbohydrates, fibre, calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, sodium, and beta carotene. They also contain vitamins A, B1, B2, B3, B6, B9, C, E, and vitamin K.

It truly is a magnificent world out there and what it offers us by way of free food is a never ending learning experience. What's best is that these 'once-common' food sources give our bodies what we truly need to be healthy (so long as our lifestyle choices are good ones)! Rather ironic when you think of it really – the most nutrient dense foods available to us are free.

If you haven't already, do some research into how critical vitamins, minerals and other nutrients are to our health – and to healing from various ailments. A great way to start is by watching an incredible documentary – [That Vitamin Movie!](#)

## What's New?!

Time for an "edible" update! Lots happening with EdibleWildFood.com behind the scenes thanks to my incredible husband. This year we will be (slowly) working on getting images to accompany the recipes on the website. The store page will be getting a massive overhaul to make it more user-friendly and hopefully this will be real soon! Foraging bags will be added to store page soon so be sure to watch out for this great deal just in time for spring!

I have a few projects happening this year including some e-books that will be available in PDF format - stay tuned for more details later!

Every week there will be at least one new addition to the website whether it be a new plant or edible fungi! This is where I want to do a **shout out!** There are many plants out there that are edible but do not grow where I live (just north of Toronto). If you have a plant that grows in your area and you'd like to see it on the website then please email me! If I do not have photos and you can help by providing good quality images then your name will appear on the website as the photographer. If you have a credible website (no porn, violence, etc.) then I will give you a link back.

At **LONG** last Winter Survival Food is AT the printers! If you purchase a copy before I have them in my possession then I will cover the cost of postage and you'll get a complimentary copy of Conifers in Your Kitchen! When you place an order be sure to leave the message "Free offer" so I know you are a newsletter recipient!

Thank you to everyone for your amazing support! Be sure to "like" EdibleWildFood.com on Facebook; @EdibleWildFood on Twitter and EdibleWildFood on YouTube.



Thank you to Colleen Wiebe for this photo of a winter walk I hosted two weeks ago!



[Recipe on the website!](#)

