

Nutrition – Nature's Way

EdibleWildFood.com

The days are shorter, the weather is colder and the taste of fresh fiddleheads is months away. Oh well, there are conifers that you can experiment with and pine makes an incredible tasting cookie. [Click here](#) for the recipe!

With Christmas rapidly approaching you can buy your loved ones (or yourself) a one year subscription to Wild Edible of the Month. This monthly digital publication has thrilled those who currently subscribe with the in-depth information. Every issue features one edible and you'll learn almost everything there is to know including nutrients, health benefits, how to harvest, lots of recipes and interesting facts. Here is something to sweeten the deal, order now and you'll get six free copies of past issues of your choice. Wild Edible of the Month can be saved onto your mobile device or PC for offline viewing and if you desire, you can print a copy for yourself. [Click here to order!](#) If you are interested in all 15 past issues, for December only, they are only \$20! My store page is not set up for this so in order to take advantage of this offer [click here](#) and go through the process of ordering 5 copies of Free Food from Foraging.

The sales of these magazines goes to help keep this educational website running – which now has edible fungi!

Edible of the Month
White Pine (*Pinus strobus*)



- *High in vitamins A and C*
- *Vitamins B1, B2, B3*
- *Calcium, iron, phosphorus, potassium and sodium.*
- *Resveratrol*
- *Several flavonoids*

COLD SEASON & NATURAL REMEDIES



Reishi
Ganoderma lucidum



Fresh local garlic!

Cold and flu season means get your immune system in shape! Prevention is key and drastically eliminating (or limiting) items that bring down our immune system is important; especially anything with sugar and alcohol.

As a preventative some herbs to take include pine, elderberry, astragalus, ashwaganda and reishi. Supplements to take to really bolster your immune system include pine bark extract (Pycnogenol), vitamin A, C, D3 and zinc.

What can never be stressed enough is to never touch your face with your hands unless you have just washed your hands. [Kissing someone](#) transmits by far less germs than shaking hands. Our hands collect a plethora of viruses making frequent hand washing a must. Get into the habit of washing your hands every time you get home. [Shopping carts](#) are totally disgusting – many have even been found to have fecal matter on them!

Should you feel a cold coming on drinking **lots** of water to help flush out the virus before it multiplies can help. Do not overdo things; there is not a doubt that resting when you are able and going to bed early is the best preventative medicine at helping to veer away from a cold. Drinking lots of ginger tea can help and if you like heat, getting red cayenne into you will be beneficial as well. Combine fresh ginger with garlic and red cayenne along with fresh squeezed lemon juice and you'll have an incredible healthy tonic! Cinnamon and honey works for some people too.

If the cold has taken you there are some herbs and natural methods that can help alleviate some of your symptoms. Some of these include honey, garlic, wild cherry bark, horseradish, mullein, licorice, marshmallow, and horehound.

Trying to fend off a cold, cough, fever, or the flu naturally will take time. Often people think that herbs should work as quickly as pharmaceuticals and this is not the case. Sometimes combining the best of both worlds is necessary and there is nothing wrong with that.



RECYCLE YOUR CHRISTMAS TREE

Having a conifer tree in the home for Christmas has been a tradition in the northern hemisphere for over 400 years.

Christmas tree production is huge not just here in Canada and the U.S., but also in Europe. About 3 million trees are produced annually in Canada alone. Great Britain consumes about 8 million trees a year and in the U.S. anywhere from 35 to 40 million trees are sold in December.

Real trees are more sustainable than artificial Christmas trees. Artificial trees cannot be recycled. The worst part is that the PVC and lead content in many artificial trees remains in landfills for generations. Most fake trees are imported from China where there are no environmental or health laws governing the safety of the ingredients used. A piece of trivia: in the 1930's the Addis Brush Company created the first artificial-brush trees, using the same machinery that made their toilet brushes.

Many may argue that this is a total waste of trees yet the industry (in most areas) ensures that trees are recycled. Forests are not depleted because of this Christmas tradition, they are managed sustainably; in fact many trees are grown on tree farms and have nothing to do with forests. Christmas tree production sequesters carbon and they produce oxygen. In fact, although the stats are from 2001, more than 34,600 hectares were used for Christmas tree production in Canada and each hectare produces enough oxygen for 40 people. In Canada, for environmental and economic reasons, growers will only resort to chemical treatment if it is absolutely necessary.

If you celebrate Christmas by having a real Christmas tree this is a great time to do some research as to what tree farms out there use pesticides. Waste not want not – be sure to pick a tree (firs, spruces or pines) that is pesticide-free so that you can harvest it after Christmas. There are many things you can use dried needles for once processed into a [flour or broken down](#). And of course it's always nice to cut off a sprig every so often and make a fresh cup of conifer tea!



Scots Pine (*Pinus sylvestris*)



Blue spruce (*Picea pungens*)

**MERRY
CHRISTMAS TO ALL AND
I HOPE THAT YOU HAVE
A NEW YEAR FILLED
WITH GREAT MEMORIES
AND GOOD HEALTH!**