

# Nutrition – Nature's Way

## EdibleWildFood.com

May is when morels make their appearance in many areas and harvesting these fruits of nature is what many gourmet chefs and wild edible enthusiasts have long awaited. Morels are technically not mushrooms but they belong to a division called sac fungi which makes it distinctive in flavour and appearance.

You may have heard how these fungal delicacies are exquisite in taste yet the reality is that some of them have very little flavour; however it is how they are prepared that makes them mouth-watering.

Morels are out in full force in May; so where can you find them? Every year you will find them in the same spots and you'll find that many people will not divulge their location. So when it comes to finding a stash of morels, you're pretty much on your own.

It takes work locating morels so don't be disappointed if you go out and get blanked. The usual sites for collecting morels are among maple, poplar, oak, and ash trees where morels happily grow amongst the spring flowers. Look for them on the ground in apple orchards, especially under the drip line of the apple trees, or beside spruce stumps in coniferous woods. They can be spotted on the edges of forested area or they make an appearance from the ground after forest fires.

Don't expect to walk into a forest and expect to find the motherlode of morels; if it were that simply everyone would be out there. If this is your first time out then try an open forest with relatively thin ground cover. Walk slowly and carefully scan the ground; sometimes they are very hard to spot because they are under last year's leaves (and being similar in colour they can be tricky to spot). A walking stick helps to turn over the leaves and saves your back from undue stress.

If you find the motherlode of morels don't fear overpicking them. The morel is just the fruit of the fungus; the fruit body is supplied by kilometres of tiny fungal filaments called hyphae living in the soil. These filaments can persist in forest soils for generations. Look at collecting morels like apple picking – you pick the fruit but it comes back year-after-year.

### Featured Edible Morels (*Morchella esculenta*)



- Iron
- Potassium
- Vitamin D
- Protein
- Fibre

Fatty acids and phenolic compounds are widely present in morels which are responsible for strong antioxidant activity and free radical scavenging abilities.



Personal care products have become a \$50 billion industry in just the U.S. Marketing attempts to seduce you with intoxicating aromas, flashy packaging, and enticing promises of looking young. Are you aware that in the U.S., no pre-market safety testing is required for the industrial chemicals that go into personal care products?

Personal care products are manufactured with 10,500 unique chemical ingredients, some of which are known or suspected carcinogens, toxic to the reproductive system or known to disrupt the endocrine system. Though some companies make products that are safe to eat, others choose to use dangerous ingredients like coal tar and formaldehyde, both human carcinogens, and lead acetate, a developmental toxin.

One common compound is called sodium lauryl/laureth sulfate which makes shampoos and soaps “sud” and it is also used for industrial purposes. SLS have shown links to:

- Irritation of the skin and eyes.
- Organ toxicity.
- Developmental/reproductive toxicity.
- Neurotoxicity, endocrine disruption, ecotoxicology, and biochemical or cellular changes.
- Possible mutations and cancer.

If you haven't already discovered the incredible website [EWG.org](http://EWG.org) (Environmental Working Group) then **please** spend some time there to learn what is in the products you're putting on your head and on your skin – it isn't as pretty as you think.

#### **Making Herbal Shampoos**

You'll need approximately 2/3 cup of dried herbs for one batch of herbal shampoo. The herbs you choose to make your herbal shampoo will vary depending on hair type:

Dark Hair - Rosemary, Nettle

Light Hair - Chamomile, Calendula

Red Hair - Calendula

Dry Hair - Calendula, Burdock Root, Lavender Flowers

Oily Hair - Sage, Lemongrass, Peppermint

Thinning Hair - Rosemary, Peppermint, Lavender

Normal Hair - Red clover, Lavender, Rosemary, Horsetail

#### **Essential Oils**

Make sure you use 100% pure essential oil to make your own herbal shampoo. Again, the type of essential oil you use to make your own herbal shampoo will also vary depending on your hair type.

Dry Hair - Lavender, Sandalwood, Cedarwood

Oily Hair - Lemon, Rosemary, Ylang, Ylang

Normal Hair - Rosemary, Lavender, Geranium

Fine Hair - Rose

Dandruff - Clary Sage, Lavender, Lemon

You can choose one essential oil to make your own herbal shampoo, or combine two or more. You'll need a total of 30 drops of essential oil per batch of herbal shampoo



**Other Required Ingredients**

You'll need distilled water or spring water and four ounces of a castile soap.

Bring 2 cups distilled or spring water to a boil in a medium sauce pan. Once it's at a rolling boil, remove it from the heat. Add the herbs of your choice to the water, cover, and let steep for about 30 minutes.

Strain the herb tea into a medium sized bowl. Add the essential oil and stir vigorously. Then, add the castile soap and stir gently until mixed.

Pour your herbal shampoo into a dark plastic bottle and label. You'll need to keep this shampoo refrigerated if you don't use it within one week. Be sure to label it to remember when you made it.

Before using, shake lightly to mix the oils that tend to separate from the soap and water. Use about a tablespoon or two per wash. This natural shampoo will not produce the suds you're accustomed to but your hair and scalp will love it.

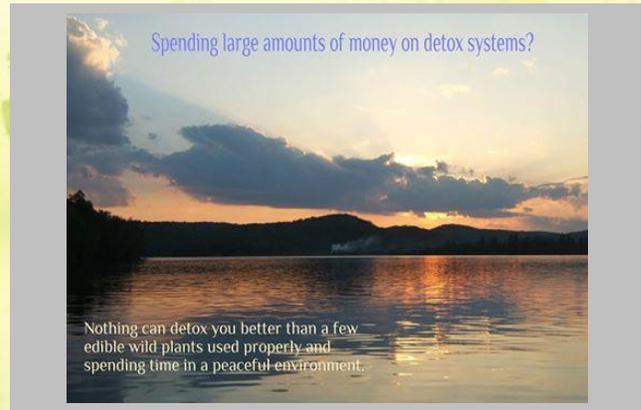
**EdibleWildFood.com News**

My husband has been working hard behind the scenes improving a couple of aspects about the website. The recipe section of the website is totally boring and slowly but surely images and the formatting will be changing. Some of these changes will be happening soon. The store page is getting an overhaul as well.

I am working on more videos to add to the website and on You Tube. If you do not already, please subscribe to the EdibleWildFood.com channel! The [most recent video](#) there is a fun one and some of the answers are on other YouTube vids I did.

And I am doing a shout out for help. I love how many people read one of my blogs then "like" it. The actually landing page for the blog looks sad with only 46 likes. If you are on Facebook can [you please click here](#) to get to that page – then like it? I would really appreciate your help on this!

That's it for now – Happy Spring Foraging everyone!



**Order your copy today!**

