

Nutrition – Nature's Way

EdibleWildFood.com

This year has flown by at warp speed and I am overdue for a newsletter – but better late than never! I trust this summer has been good for you all and you've been enjoying some foraging opportunities.

Earlier this year I graduated and earned a diploma as a Chartered Herbalist. I have no plans to do consulting work with this, I merely did the course because I wanted to have additional knowledge and credentials in this field. My Acute Canine Herbalist certificate is next – in about three weeks!

Plantain

There is not enough space to rave about the nutritional and medicinal benefits of this plant. 100 grams of broadleaf plantain has 45mg of vitamin C. If a person were to eat 133 grams of the fresh leaves per day, this would provide a sufficient amount of vitamin C to meet the government's recommended daily allowance of 60 mg per person. This figure is interesting, considering that the daily vitamin C allowance is provided from 260 grams of tomato, 600 grams of lettuce or 118 grams of spinach. I hear many of you loud and clear – yes – 60 mg of vitamin C is far too low. However, this merely shows you how much better broadleaf plantain is in terms of vitamin C content than those other vegetables. Oh – and only IF those vegetables were grown in mineral-rich soils.

Plantain: Broadleaf and Rugel's is an almost 30 page PDF magazine publication available on my website for \$5. You'll learn a lot about the nutrients, medicinal values, recipes, history, as more from this publication! Click here to order your copy. . . .

[Plantain: Broadleaf and Rugel's.](#)

Edible of the Month Broadleaf Plantain



Some nutrients broadleaf plantain contains!

Vitamins A, B1, B2, B3, C, and K
Many minerals
Flavonoids
Crude and Dietary fibre
Fat
Protein



Alfalfa

Alfalfa is a favourite wild edible of mine and not because of taste, because it is truly a healthy food. Once dubbed “The Father of All Foods”, alfalfa is an excellent source of vitamins A, C, E, and K. In addition is an incredible source of minerals including: calcium, potassium, phosphorous, and iron. Medicinally it has been used to lower cholesterol, asthma, osteoarthritis, rheumatoid arthritis, diabetes, upset stomach, and a bleeding disorder called thrombocytopenic purpura. Alfalfa is easy to spot once flowering (check out my website and [video](#) on alfalfa for more information). Alfalfa is also available as a PDF magazine for \$5 on my website and it, like plantain, is loaded with great information. Click here to order . [.Alfalfa PDF Magazine.](#)

Tick Talk

As many of you are aware we have a serious problem that we as foragers need to be aware of – ticks. Lyme borreliosis is a tick-transmitted bacterial infection caused by some members of the spirochete group *Borrelia burgdorferi sensu lato*. It is the most prevalent tick-transmitted infection in temperate areas of Europe, North America and Asia, and its geographic distribution is ever-increasing.

Transmission of *B. burgdorferi* to humans occurs through a bite from an infected tick, mainly a nymph or an adult. Larval tick bites do not pose a significant risk, as it is rare for larvae to carry infection. Infected ticks are unlikely (but it is possible) to transmit the organisms in the early hours of feeding, but the risk rises steadily with increasing duration of the blood meal, so early removal of attached ticks is mission critical. Here in Canada we have been told that 24 to 48 hours is when transmission of the bacteria can occur – no – not according to my research. Once that tick has found a place on your body to feed, has latched on, and starts to feed, is when transmission can occur. The tick takes in your blood, it wants only the red blood cells. It does not want the white blood cells or the plasma so it regurgitates it back into you - along with *B. Burgdorferi* IF it is infected.

What To Do? Some hospitals in Eastern Ontario see this as an epidemic that they do not need a tick to be tested for *B. Burgdorferi* – they simply just start the person on antibiotics. Antibiotics must be started within two weeks if a person has been infected otherwise Lyme Disease can start. (I know some people with Lyme disease who are successfully getting relief by using Japanese knotweed roots and a total change of diet.)

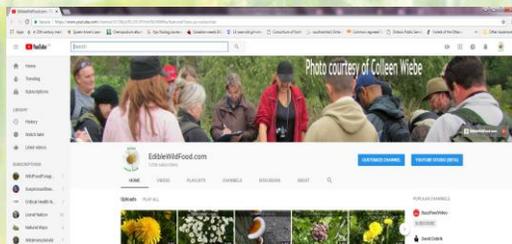
Once you have been outdoors in an area known to have ticks then be sure to check your body!!! If necessary use a handheld mirror with a mirror to get a “rear view”. Always have a tick remover with you if you are on vacation, away for a weekend, etc. These bugs can get make their way to areas that may you feel disgusted. Earlier this year a mother removed a tick from her daughter's ear! ([Read story here.](#))

Ticks can be active in temperatures just over the freezing mark. Oh – and one last point – not everyone gets the bull's-eye rash if bit!

Please be safe!



Image from the California Dept. of Public Health



The past few weeks I've been out there doing some hardcore foraging and in the process, making some videos for my YouTube channel. I have many videos in the queue so please subscribe to [EdibleWildFood.com's channel](http://EdibleWildFood.com) and if you like the videos you see, please give them a thumbs up. Because I am a "small fish" in a huge pond, I need a lot more active subscribers before I "earn" the privilege of choosing what thumbnail image I want. Right now they randomly show me three options and sometimes that image was taken when there was movement (yeech)!! I hope by the end of the year I get to that plateau to choose the thumbnail.

The kitchen has been a wonderful playground for me this year as I've been playing with so many wild plants and seeing what I can come up with. Many failures – but some successes such as the [Saskatoon Elderflower Cake](#) and [Wood Sorrel Soup](#). I am very pleased to have over 130 recipes on my site (most with images now) and if you try one and like it, please be sure to share it! When my husband and I started the website he told me it was too much work to have images for recipes so this section existed without images until two years ago. It has been a process backtracking; but a well-worthwhile journey!

This year has been wonderful and I have met many incredible individuals this year and have done more plant walk/workshops for private groups, organizations and even families who live on lots of land than organizing walks myself. In May, I was brought to Manitoulin Island (the world's largest island in a freshwater lake) by three First Nation communities and did plant walks for them. I felt honoured and humbled to be able to have such an experience.

Thanks for your support and I will be back late August or into September – in time for mushroom season! Be well everyone!



Saskatoon Elderflower Cake



Wood Sorrel Soup

