

# Nutrition – Nature's Way

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### Red Clovers

This plant is a rich source of vitamins A, B1, B2, B3, C, E and vitamin K. It also contains significant levels of calcium, chromium, cobalt, copper, iron, magnesium, manganese, phosphorus, potassium and zinc. This incredible plant even contains beta carotene. Over 125 compounds have been identified in red clover including: proteins, phytoestrogens, phytosterols, coumarins (anti-oxidant and anti-tumour), flavonoids, and more.

Red clover is a rich source of isoflavones (natural chemicals that act like estrogens). When red clover flowers are consumed our liver takes up its isoflavones, alters them slightly and then releases them as active compounds into the circulation; blood levels of these compounds are highest four to six hours after it has been consumed.

Red clover contains ten times more phytoestrogens than soy, without soy's bone-damaging, thyroid-impairing side-effects.

There is not a doubt that red clover plants are vital to our health and they help with so many health ailments.

This is particularly interesting for women who are in battle with cellulite. Red clover is believed to help keep the body from storing further toxins and eliminating the toxin build up already incurred. Drinking red clover tea on a regular basis can help reduce (and perhaps eliminate) cellulite.

### Wild Edible of the Month Red Clover



Red Clover is loaded with nutrients and this is only a partial list of what the flowers and leaves contain.

Calcium - Chromium - Iron - Magnesium  
Manganese - Potassium - Sodium - Zinc

Vitamins A, B1, B2, B3, C, E & K

Most notably the flowers contain genistein and daidzein which are powerful in helping to prevent cancer.





**Red Clover Biscuits**



**Red Clover Salve**

### Red Clover Biscuits

2 cups whole wheat flour  
 ½ cup ground almonds  
 1 tbsp baking powder  
 ¼ cup butter at room temperature  
 2 eggs (beaten)  
 ½ cup plain yogurt  
 ¼ tsp vanilla extract  
 1 cup dried red clover flowers (broken down).

Preheat oven to 350 degrees. In a bowl combine flour, ground almonds, and baking powder. Add butter and knead until it is a crumbly mass.

In a separate bowl mix eggs, yogurt, and vanilla. Add in red clover flowers and blend well. Gradually add to the crumbly mass until it has formed into dough.

Roll out dough on a lightly floured surface to a thickness of almost 1/2". Use a cookie cutter (or a glass) about 2½" in diameter and cut.

Bake on an ungreased baking sheet for 15 minutes or until golden brown. Serve (preferably) warm with jam or jelly.

### Red Clover Salve

Red clover salve helps to relieve the itchiness, discomfort, and redness associated with conditions of skin inflammation. Its therapeutic actions also help the skin recover from minor cuts, wounds, and various dermatological conditions.

*Use dry herbs because the water content in fresh flowers might lead to mold in your salve.*

1 part calendula flowers (4 grams)  
 1 part red clover flowers (4 grams)  
 1 part comfrey leaves (4 grams)  
 2/3 cup olive oil  
 1 tbsp beeswax

Place the herbs in a jar and cover with the olive oil and set in a warm (not sunny) location for 4-8 weeks. Poke to ensure all trapped air is released. Shake daily.

Using cheesecloth, strain the plant matter. Place oil in a double boiler and slightly warm. Add beeswax and melt over low heat. If you find the salve too runny then add a little more wax. Pour into dark coloured jars and let cool. Store in a cool, dark location.



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I am really interested in finding out where everyone who gets my newsletter lives. So I am asking all of you to please e-mail me ([info@ediblewildfood.com](mailto:info@ediblewildfood.com)) and in the subject line just write what state, province or country you live in. I'm not interested in towns – just the general locations. Your help is appreciated!

If you haven't already, be sure to "like" the EdibleWildFood.com page on Facebook and I am @EdibleWildFood on Twitter. Also, I'm trying to build my presence on [Google+](#) so any follows are appreciated! Oh yea – and I am EdibleWildFood at Pinterest as well!

For those that are interested in plants in general there are a couple of really cool documentaries you may be interested in. [BBCs How Plants Communicate & Think](#) is well worth watching. Also [The Secret World of the Plants](#) is another good watch! If there is ever a documentary that you feel is worth sharing please post it on my Facebook page or email me!

**For those interested in receiving Edible Wild of the Month you get a great deal if you order in the month of March. As I have yet to get caught up not only will you get the one year's subscription but all other issues I am working on to get caught up – and that's a great deal! [Order here!](#) Japanese knotweed will be out this week!**

Overall, here in Ontario it has been a very mild winter and very little snow – a far cry from a year ago in which we were in a wicked deep freeze the entire month of February. Soon a new foraging season will begin and with it, please remember when you are out there to always be safe and be sure you know that what you are collecting is indeed what you think it is – and that it is pesticide-free. Following the *Universal Edibility Test* is important and if you are unsure what this is then be watching my blog – I will have it there for you no later than Thursday!

