

# Nutrition – Nature’s Way

## EdibleWildFood.com

It seems like only a couple weeks ago we were ushering in the New Year and already we’re knocking on March’s door. I truly hope that each and every one of you are having a good year so far.

For those who follow EdibleWildFood.com on social media you will have noticed I have a new video uploaded about [winter weed identification](#). Be sure to check it out as knowing what plants look like in all seasons can be beneficial. You just might find a honey hole of one of your favourite edibles in the winter and know where to return during the growing season. While at YouTube, please help me out by [subscribing to my YouTube channel](#)! Oh – there will be a second winter weed identification video out later this week.

I was nominated and accepted as a member in The Association of Foragers based in the UK. Also, I was recently accepted as a member The Food Bloggers of Canada; so I am feeling rather humbled by these memberships.

I am in the midst of developing three programs for elementary school-aged children that will be interactive and fun. So if you are interested and within a reasonable driving distance from York Region (Ontario) then be sure to get in touch!

Lots of events coming up this year! Always keep up-to-date on [my events page](#). I’ll be in **many** areas of Ontario this year including Ottawa and Thunder Bay. If you have a group of minimum 10 people who want an edible plant event in your area, be sure to send an email! Depending on distance I may be able to make something work!

I did not have space on page three to invite you to get to know the Environmental Working Group. Many of you may already know what amazing work this organization has accomplished. For those who do not, be sure to visit [this website](#). This is a valuable resource in learning **exactly** what is in our personal care and cleaning products. Soon, they will be releasing their annual sunscreen report – and you’ll be shocked how many have ingredients that cause cancer.

### Edible of the Month HAWTHORN



- Bioflavonoids and proanthocyanidins in hawthorn berries.
- Significant levels of B1, B2, B9, as well as vitamin C.
- Epicatechin, quercetin, vitexin, and rutin.
- Flavonols, phenolic compounds, and triterpene acids.
- Hawthorn berries, leaves, and flowers are phytochemically similar in composition.

## Heart & Stroke Awareness is Every Month

February is the designated month for heart and stroke awareness; yet the importance for a healthy heart should never be on the back burner for the rest of the year. We all know that exercise and diet are the key factors to help prevent heart disease. Eating some raw fruits and vegetables every day is important because cooking destroys many of the nutrients and enzymes your body needs. The vitamins, minerals and nutrients important to a healthy heart include: vitamins A, C, & E, calcium, magnesium, selenium, copper, potassium and omega 3 essential fatty acids. Are you getting enough?

[Eating sprouts](#) helps to prevent heart disease and lower your risk of stroke, and so does eating weeds! Not just any weeds, [eating wild edibles](#) loaded with the vitamins mentioned above are the ones to target – and if you go out to collect your wild edibles then the exercise and fresh air is an added bonus. (However, it is still winter for many of us so keeping this [information](#) handy until spring is a good thing.) Before looking at what wild plants can help heart health, let's look at three everyday items to help your heart.

**Cayenne Pepper** – Cayenne is a good source of magnesium and potassium, manganese, riboflavin, niacin, iron and a very good source of vitamins A, C, E, and K.

**Garlic** – Garlic has a plethora of medicinal uses, but for heart health it can lower the bad (LDL) cholesterol levels. Garlic can also reduce the triglyceride and blood pressure levels. It is a great source of vitamin C, selenium, and calcium.

**Cinnamon** - Get some Ceylon cinnamon and make yourself a tea because it reduces high cholesterol levels as well. Cinnamon has an anti-clotting effect on the blood, contains calcium and has many other health benefits. (Too much cassia cinnamon can harm your liver.)



**Broadleaf Plantain**



**Alfalfa**

## Edible Weeds for Heart Health

**Alfalfa** – Rich in vitamins A, C, E, calcium, copper, magnesium, and potassium.

**Chicory** - Good source of vitamins A, C, E, calcium, magnesium, potassium and copper.

**Lamb's Quarters** – This edible weed is loaded with potassium, magnesium and omega-3.

**Plantain** – Contains vitamins A, C, calcium, magnesium, potassium and selenium.

**Purslane** – The leaves are very rich in omega-3 fatty acids, essential to a healthy heart.

**Red Clover** - Contains calcium, magnesium, potassium and vitamin E.

**Stinging Nettle** – There is an abundance of vitamin A, C, and E as well as calcium, and potassium.



## Nutrition for Your Skin

The beauty industry, according to an article in Forbes magazine last year, is a \$445 billion (sales) industry. Many businesses and corporations are vying for your beauty dollars, and in my opinion, people's vulnerabilities. Many women and men fall prey to slogans that make promises that grab our weaknesses. Meanwhile, some of these companies are not divulging all their ingredients; and when you read the labels of many of these products, some of these ingredients have, in my opinion, no place on the human body such as ethylene glycol (an ingredient in many windshield cleaner products). Someone once said – if you aren't willing to eat it, don't put it on your skin. Our skin is a living, breathing organ and we need to treat it with kindness.

Nutrition for the skin is just as important as nutrition for nurturing the inner cells of your body. Eating healthy is really important for your skin – knowing exactly what you put on your skin is just as important.

**Exfoliate with plain yogurt and coffee.** Low fat or whole-milk yogurt contains lactic acid which softens the skin and hydrates. (This may help in reducing wrinkles.) Yogurt has anti-bacterial and anti-fungal qualities so it aids in cleansing the skin. **If you have dairy or alpha and beta hydroxyl-acid allergies do NOT use yogurt!** Yogurt has many healthy enzymes and adds natural oils to the skin. It can diminish pore size and can improve the overall skin texture giving a healthy glow to your skin. Fine coffee grounds, fresh or used, (preferably organic) can be added to yogurt to make an exfoliating scrub. Containing lots of **antioxidants**, coffee can help neutralize the effects of free radicals that damage the skin – this lessens the effects of premature aging. Caffeine is a vasodilator meaning it will slightly constrict blood vessels in the skin providing a tighter and firmer appearance.

**Skin Moisturizer:** Rub a small amount of butter on your hands, or other dry areas of skin. Rinse off with a mild soap and water, and you'll feel the difference. Butter also keeps cuticles soft and flexible, and fingernails less brittle. Using butter on your face regularly will leave it hydrated and glowing with vitality as it decreases skin roughness. Butter helps diminish appearance of fine lines and wrinkles, and believe it or not, correct skin pigmentation issues as well. Butter contains potent antioxidants including conjugated linoleic acid (CLA helps to prevent cancer), vitamins A, D and E, which are essential for maintaining healthy skin. If your skin is deficient in vitamin A, it can become dry, rough and flaky among other problems. Vitamin E not only prevents free radical damage that causes skin discolourations such as freckles and age spots, it is also an effective hydrating agent to help skin replenish lost moisture due to various factors like aging, poorly balanced diet and environmental damage.

**Always try to source organic, grass-fed dairy products!**



**Plain yogurt and coffee exfoliation mix!**



**Butter for skin health (grass-fed)!**

Martin, my husband and incredibly talented webmaster will be working on the website over the next couple of months. There will be some changes but all for the better! New categories will be added including edible flowers you grow in your garden!

However, all this takes time and because of the increasing size of the website, monthly hosting costs are going up. Please show your support by attending one of my events or by [making a store purchase!](#) (The store page will be getting an overhaul too!)

THANK-YOU