

Nutrition – Nature's Way

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Start the New Year Making Herbal Vinegars

Once you have a selection of herbs/plants or berries to use, making your own vinegar is much healthier and cheaper than store-bought. The vinegar of choice to use is organic apple cider vinegar (ACV). I won't go into the plethora of health benefits but I do recommend that you read [The Benefits of Apple Cider Vinegar](#).

You will need jars that do not have a metal lid. If you have jars with these lids then use plastic wrap and a rubber band to cover them. Although ACV is alkaline (cancer cells hate alkaline) it may still cause the metal lid to slightly corrode.

Herbs... this is where you can be as funky as you like. No matter what wild edibles, berries, herbs or other items (onions, garlic, etc.,) you use, the ACV draws out the nutritional and medicinal values of the plant matter.

Place into a jar herbs of your choice (half fill for maximum goodness). Then slowly pour the organic apple cider vinegar into the jar until the herbs are just covered, poke all air bubbles out! Continue filling the jar. Cover. Keep in a cool, dark location for 6 weeks to 3 months. The longer the tastier! When ready, strain out herbs and store in bottles.

Vinegars for Your Body and Your Health

- Vinegar extracts healing phytochemicals from wild edible foods that are also medicinal such as dandelion, burdock root, chickweed, stinging nettle, pine needles, and much more.
- Vinegar used as a final rinse will add luster and manageability to any hair type. Hair-specific herbs include rosemary, chamomile, and sage. Put some herbal vinegar in your bath or straight ACV.

For specific recipes please be sure to check out [Vinaigrette Recipes](#) on my website!

Wild Edible of the Month White Pine Tree



Pine needles contain:

136mg of vitamin C per one cup of needles!

They also contain:

- Vitamins A, B1, B2, B3
- Calcium, iron, phosphorus, potassium, and sodium
- Polyphenols, physterols and carotenoids (making pine tea a potent antioxidant health brew.)

WINTER FORAGING



White Birch tea

Winter Sumacade -
Let steep in a pot of boiled water
30 minutes. Strain. Add honey or
pure maple syrup to taste and enjoy!
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Winter Sumacade



January brings a lot of frigid temperatures and snowfall in many areas of the globe. Many people ask me what can a forager collect during the winter months. Depending on where you are there may be more than you think.

If you are in an area in which there is little snowfall and you may find some wild edibles out there. Just the other day I was enjoying garlic mustard and ground ivy. This is a remarkably resilient plant (hence the reason it has earned the title of being invasive). This is one of few plants that can photosynthesize throughout the winter. Even under snow, garlic mustard will stay green. Bottom line, if you come across a plant that is green in the winter months, looks relatively healthy and you know for a fact it is an edible plant – then it is edible. (Last January I was eating red clover leaves and I live in Ontario.)

For those who are looking at a blanket of snow out their window there are some trees you may want to explore and have some fun with. I will mention some briefly here, and for more detail please read my blog [Winter Survival Food: Winter Teas](#).

Pine Tea: The white pine (eastern and western) is so nutrient-rich it truly is a hard act to follow in the winter months for nutrients.

Spruce Tea: The needles, pitch, tips and twigs all can be used to make an herbal tea. This tea however should be avoided if you are pregnant.

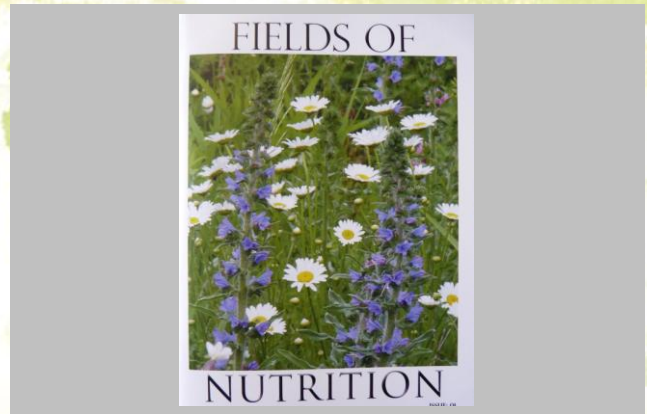
Balsam Fir Tea: Balsam fir needles and twigs make a tea and like most trees mentioned in this blog, can be dried and ground into flour.

Birch Tea: Small twigs and bark from the birch tree makes a tea, although not exciting in flavour (rather bland), it does provide some nutrients.

Beech Tree Tea: The American Beech tree (*Fagus grandifolia*) grows in many areas and the twigs can be used to make tea.

Fields of Nutrition

Time to self-promote! Fields of Nutrition is a publication that contains 30 common plants that are found in many countries and not only are there photographs to help identify each plant; it contains each plant's health benefits and nutritional information. Fields of Nutrition is only (Canadian) \$10 plus postage. Order before January 31 and you will receive a **free** PDF copy of my new publication that will be completed mid-January called Everything Pine (working title). This is a comprehensive look at (primarily) the white pine and includes lots of fun pine recipes to try! [Click here to order!](#)



2013 Goals

This New Year is shaping up to be a very busy and exciting year. When I give talks to groups, I always give reasons as to why people should consider complimenting their daily diet with wild edibles. Nutrition content of wild edibles is one reason, availability (many are drought resistant), they are free, and because much of what is sold in stores harms our health (and I give details on this as well). Although it is still in the formative stages I was asked, and accepted a position as a Board Member for the "Real Food 4 Life Foundation." I'm very excited about this.

Coming soon! I will have a free downloadable colouring book available (hopefully) within the next two weeks. (Be sure to visit the website to look for it!) This is a great way to spend time with your children and to teach them that not all food comes from a grocery store. And as mentioned above, I have a new mini-publication coming out in January (working title), "Everything Pine."

Thank-you everyone for your support, I truly appreciate it. And thank-you to all of you who have emailed me with your encouraging comments – you all are the fuel that keeps me going!

Happy New Year everyone - I hope that 2013 brings you all happy memories, great health and fun foraging adventures! Cheers!



[Shallot and Dijon Mustard Vinegar](#)
This tasty blend is almost ready!

