

Nutrition – Nature's Way

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Have you noticed the sea of beautiful yellow out there? Goldenrod adorns the autumn landscape, is edible and provides many health benefits. The leaves are not that tasty and the flowers make attractive garnishes on salads and can be put into water when making ice cubes. The leaves can be cooked like spinach or added to soups, stews or casseroles and they can be blanched and frozen for later use.

Many people have falsely accused this plant of causing seasonal allergies. Plants that are insect-pollinated (i.e. goldenrod) do not cause allergies. What often happens is that when ragweed pollen is flying around in the wind, it lands on plants that are insect pollinated – so chances are if you are sneezing while collecting goldenrod, there is ragweed pollen nestled in those tiny flowers. As a matter of fact, eating some goldenrod can help with thwarting off a minor seasonal reaction to ragweed!

Goldenrod has no shortage of health benefits. Goldenrod oil is amazing to use on achy muscles and is phenomenal as massage oil! Here is a simple recipe:

Fill a sterilized mason jar with as many fresh-picked goldenrod flowers as possible. Slowly pour enough extra virgin olive oil into the jar to thoroughly cover the flowers. Get all the air bubbles out by poking a skewer into the mixture. Seal tight. Allow the mixture to sit for about six weeks so that all the healing properties from the flowers can be absorbed into the oil. After six weeks, strain it through cheesecloth. You'll notice the olive oil has changed colour as it has extracted all the amazing goodness from the flowers. Re-bottle and enjoy!

Weed of the Month Goldenrod



Goldenrod (Solidago) is used in many health remedies as it is an antioxidant, anti-inflammatory, an astringent and a diuretic. The essential oil has been shown to contain borneol, a volatile oil component also found in cardamom, valerian, and thyme.

- Contains vitamin C.
- Flavonoids in the leaves include: kaempferol, rutin, and quercetin.
- Also contains essential oil, resin, mucilage and saponins.



Highbush Cranberries
Viburnum trilobum



Autumn Olive
Elaeagnus umbellata



Highbush Cranberries: Highbush cranberries are very high in vitamin C. They also contain vitamin A, calcium, iron, dietary fibre, and protein. They must be cooked and made into juice, jellies, etc.; otherwise they may cause an upset stomach or worse. The bark and leaves of this bush may be boiled into a tea that is used as a sedative and to relieve muscle cramps and spasms. The bark, called cramp bark, is also used extensively to relieve menstrual cramping. The major active ingredient in the plant is viburnine.

Autumn Olives (Autumn Berries): Ingrid Fordham, a horticulturalist at US Department of Agriculture Research service, says that not only are these berries edible they are loaded with nutrition. When you make juice with these, the red pigment will settle to the bottom with the whitish colour rising to the top. They contain lots of carotenoids, especially lycopene, the pigment that colours tomatoes red. Fordham's colleague, Beverly Clevidence, analyzed the berries and discovered that, ounce for ounce, the autumn olive berry is up to 17 times higher in lycopene than the typical raw tomato. Lycopene has powerful antioxidant properties, making it of interest for nutraceutical use. The berries also contain high levels of vitamins A, C and E, and flavonoids and essential fatty acids.

Elderberries: Elderberries contain vitamins A, B2, B3, B4, B5, B6, B9, C as well as calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper and selenium.

According to Michael Murray, ND, author of "The Pill Book Guide to Natural Medicines" only blue and black berries have medicinal properties and have been used in folk medicine since the time of the Romans. Elderberries are rich in flavonoids which are natural compounds with antioxidant qualities that protect cells against damage or infections. Elderberry also contains amino-acids. All these nutrients can help to prevent diseases by boosting your immune system.

To make juice with any of these berries, please use my recipe for making [grape vine juice](#) as a guideline.

Fields of Nutrition

Fields of Nutrition is now a hardcopy magazine. This publication 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. When you place an online order you will receive a free PDF copy of Free Food from Foraging! [Click here to order!](#)

Fresh Goodness all Winter Long

The International Sprout Grower's Association compiled an incredible document highlighting some of the most significant research surrounding the health benefits of eating sprouts. There is plenty of evidence indicating that eating sprouts (daily) can improve cardiovascular health, prevent heart disease and stroke, improves bone mineral density, protects our DNA against free radicals, and potentially may help to treat diabetes, Parkinson's disease, and arthritis.

According to this study from the International Journal of Applied Science, sprouts have the **highest concentration of phytonutrients per calorie of any food**. Phytonutrients play an active role in the amelioration of disease.

100 grams a day of sprouts may prevent cancer. This is equivalent to about ½ cup of sprouts. Here is a link to the research from the [University of Ulster](#).

When fresh (local) produce is not available, especially in the winter months then every home should be sprouting. Seeds are **inexpensive** and can be purchased online at [Mumm's Sprouting Seeds](#). If this goodness isn't enough, Mumm's seeds are organic.

To help you get started, use either a wide mouth jar with the mouth covered with window screening or you can check out what Cathy Nesbit from Cathy's Crawly Composters is offering. (See add on this page or [click here.](#))



Elderberry
Sambucus canadensis

Something to Sprout About!



Sprouts are so high in nutritional value
that they are considered
Nature's Superfood.

Add Life to Your Life - Eat Sprouts.

Find out about this Super, Simple Sprouter.

www.cathyscomposters.com/sprouter
1-888-775-9495



Beautify your salads
with chicory flowers!

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