

Nutrition – Nature’s Way

EdibleWildFood.com

Dr. Nichole Teering, host of the **Living off the Land** will launch this free summit on **November 5**. I was interviewed for this great event as well as Wildman Steve Brill! Nichole has brought together about 20 experts to share their knowledge about:

- Foraging for wild edibles
- Raising your own animals
- Hunting
- Fishing
- Preserving food, and
- Growing gardens of all kinds!

This is a free event! In order to reserve your spot, [please click here](#).

When you go to the link above and reserve your spot on this interview series, you'll discover that you can improve your health by learning skill sets that will empower you to source more of your own food.

Velvet Shank mushrooms (*Flammulina velutipes*) are also known as Enoki (Enokitake) mushrooms. There is some controversy however as to whether or not velvet shank is the same as enokitake. (These are in Japan.) Both have yellow-brown caps with rusty-brown velvety stems. It is really important to properly identify these as they can be confused with the deadly galerinas. For identification [please click here](#). The good news is that once you can id these (and it is not too difficult) you're in for a tasty, treat!

These autumn mushrooms contain nutrients our bodies need including the B-vitamins. They also contain various polysaccharides and many other medicinal constituents including genistein. Genistein has been extensively studied for many years and this is powerful in the prevention and treatment of some cancers. These grow even in the winter depending on location!

Velvet shanks are antibacterial, antifungal, antiviral, antitumour, anti-inflammatory, anti-allergenic, and helps strengthen our immune system.

Edible of the Month

VELVET SHANK



Health Benefits

Several B vitamins

Vitamin C

Vitamin D

Magnesium

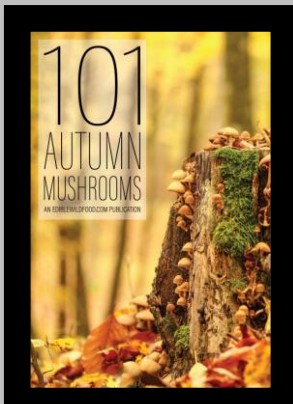
Iron

Potassium

Fibre

Polysaccharides

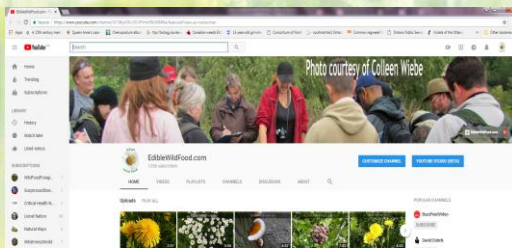
Genistein



101 Autumn Mushrooms



Sample Page



November has arrived – at warp speed it seems. For many of us, autumn is a fabulous time of year because of mushroom foraging. Just this afternoon I came home with some elm oysters to enjoy with dinner. Yesterday I was fortunate to spend an afternoon with my daughter and grandson in a forest enjoying the wonderful aroma of a mushroom-filled forest.

There are many of you out there who would love nothing more than to go out with confidence and gather wild mushrooms. As we know, this is a whole lot different than plants because one bite from some mushrooms is plenty to take a life.

Learning How to Id Wild Fungi

Learning about wild mushrooms is not something that is done in one or two years – it can be decades of learning. One of the best ways to learn is to take a few good quality photos of a mushroom – all angles including the stipe and gills. Get two samples to do [a spore print](#). Yes, there are mushroom identification groups on Facebook and they can be helpful in minimizing what species you may have. Please keep in mind that no one with 100 percent certainty should be saying “it is....for sure.” without being able to examine it themselves. Mistakes can happen.

In my opinion, many people are only interested in “is it edible?” and although I totally understand that, being cautious can never be stressed enough.

Within a week I will have a new PDF available for sale – **101 Autumn Mushrooms**. In this there are two full colour images of mushrooms per page so clarity is maximized. You can see a sample page to the left. All mushrooms are divided by their type (ie toothed mushrooms) and within the “type” whether they are edible or not – that’s it. No physical description – just images, names, type, and whether they are edible, medicinal or toxic.

The images I have taken over the past 6 or 7 years and they helps me to learn. Although I live in southern Ontario, some of these images I took while traveling and many of these occur throughout Canada and the U.S. as well as Europe.

Pre orders of **101 Autumn Mushrooms** sell for \$9.50. Once finished (guaranteed no later than November 7) then the cost goes up to \$12.50. [To pre-order your copy, please click here.](#)

Root Harvesting Time!

Once that first frost comes in, plants shift their energy into the root so they can stay strong and survive the cold harsh winter in order to continue its life cycle the following year. Roots are harvested after the first few frosts, up until the ground is frozen. Cold temperatures signal the roots to convert some of their complex starches into sugar, making them sweeter and generally giving them a more enjoyable flavour.

Some roots, like dandelion, burdock, and yellow dock, can be quite brittle and easy to break off in the soil. So taking your time when digging them up is important. A few things to remember:

- Roots, in some plants, can take in toxins from the soil; harvest from clean locations.
- Some plant roots are not to be consumed as they are only to be used for medicinal purposes.
- If you harvest a root on a plant that has berries or seeds, plant these and encourage propagation for years to come.
- Certain plants harvested for their roots are over harvested – find out what these are in your area and avoid these plants. (For example: echinacea and goldenseal.)
- To clean roots with water using a vegetable brush to clean off the dirt.
- To tincture fresh, dry (free from water) roots are best.
- Slice into thin slices and dry below 35 degrees Celsius (95 degrees F.) Air drying is best.
- Store in mason jars in a cool, dry place out of direct light.

To find out what roots you can harvest, be sure to check out my blog [Root Harvesting in Autumn](#).

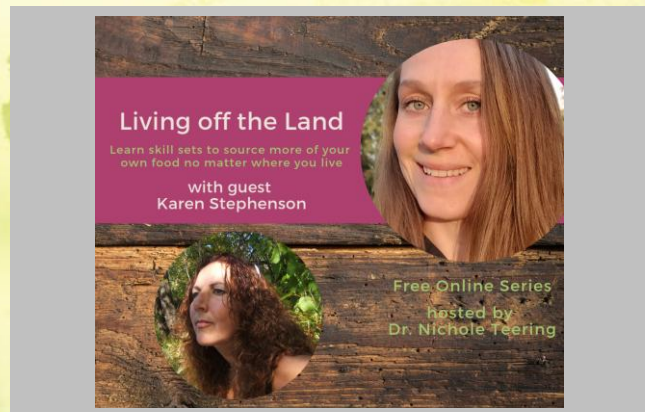
So please remember to listen to my interview coming up real soon! Even if you don't have time to listen in – please sign up for a spot as it shows at the very least, there is an interest for these types of summits.

And if you are interested in [autumn mushrooms](#) be sure to take advantage of the pre-sale price!

Until next time – be safe and thank you for your support!



Burdock Root



[Click here for your free spot](#) to the
Living off the Land Summit
Starting November 5!

