

Herbs As Food

Gathering wild foods is both fun and educational and will enhance the eye and taste appeal of your menus along with healing benefits at the same time. Collecting these plants is not difficult. Many of them grow in your back yard or in almost any rural area.

Because of their longer growing time, in most cases, wild plants contain many, many times the vitamin and mineral content of fruits and vegetables we get from our gardens. With just a little knowledge of wild herbs, you could live well and stay healthy even if you were isolated in the bush.

And remember, unusual dishes will intrigue your friends.

Wild Herb Compared to cabbage, celery, lettuce, peppers, spinach

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| <i>Lamb's quarters</i> | - more protein; over 3 times more calcium than spinach and 5 or 6 times more than most vegetables; more phosphorus; more Vit A; more vit. C |
| <i>Dandelion greens</i> | - highest in carbohydrates; more calcium; more vit. A |
| <i>Amaranth</i> | - more calcium; more iron; more vit. C |
| <i>Purslane</i> | - more calcium; more iron; EFAs |
| <i>Watercress</i> | - more calcium; more vit. C |
| <i>Curled Dock</i> | - more iron; more vit. A |
| <i>Nettles</i> | - more vit. A; more iron; more vit. C; more calcium; more potassium |

Eating plants that have specific medicinal properties can also be beneficial. It is not always necessary to drink the teas or take the tinctures for desired results. For example, eating a lot of parsley will have a diuretic effect.

Common Wild Greens

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| Chickweed | before going to seed |
| Common Mallow | buttons also |
| Dandelion | strong, pick young or in shade |
| Yellow Dock | tart, lemony, best young |
| Sheep Sorrel | most tender in spring |
| Plantain | older plants get fibrous, just remove fibers |
| Mustard | hot |
| Shepherd's Purse | hot, mustard - like |
| Chicory | young leaves |
| Lambs Quarters | young plant and mature leaves and seeds |
| Stinging Nettles | young plants and mature seeds |
| Purslane | whole plant |

Wild And Domestic Flowers For Salads Or Cooking

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|---------------|-----------|------------|-------------|---------|
| Red/White | Clover | Nasturtium | Dandelion | Daisy |
| Wild Pansy | Wild Rose | Chives | Marshmallow | Borage |
| Elder Flowers | Lavender | Columbine | Calendula | Mullein |
| Chamomile | Mustard | | Feverfew | Chicory |