

## Did you ever eat ...

Acorns? boil in shells several times, dump water, open, eat  
Cattail shoots? peel the outer layers, boil & eat inner part  
Chickweed? eat raw or steamed, good for kidneys  
Dandelion? eat raw or steamed leaves, roots used as "coffee"  
Goldenrod? flowers or seeds can be added to soups  
Grape leaves? cook foods in them or eat new leaves raw  
Henbit? young, tender stems, leaves & flowers are edible  
Kudzu? use only the last 4" of new growth, steam or boil  
Lamb's quarter? add raw to a salad or steam lightly  
Plantain? brought from England as a vegetable, now a weed  
Sassafras leaves? eat raw or dry to use as a seasoning  
Sow thistle leaves? steamed they taste better than dandelions  
Sow thistle roots? brush with oil, cover in foil, roast in oven  
Wild violets? eat raw when picked or put in a salad

## Did you ever make bread flour from ...

Acorns? boil, dry & pulverize  
Curly dock seeds? adds protein to soups or breads  
Grass seeds? grind them up (what do you think wheat is?)  
Kudzu roots? now used in treating alcohol addiction  
Inner tree bark? most can be dried, ground, and used for flour  
Maple tree seeds? separate the seed from the "chaff" & roast  
Maple tree inner bark? dry and grind into flour  
Pine nuts (pinon) or pine bark? very nutritious, resinous  
(Remember, you can make 'bread' from any kind of flour.)

## Did you ever dry ...

Berry bush leaves? use new leaves, makes a tasty tea  
Cayenne peppers? sew together & hang in refrigerator to dry  
(Cayenne is an antibiotic that can be used in soups  
or can be applied as a powder topically to stop bleeding)  
Clover leaves or blossoms? make the famous anti-cancer tea  
Lamb's quarter root? can be used as a soap for wet hands  
Oak bark? boil 2 hours to produce soapy tannin solution  
Pine needles? chop, add to boiling water, steep, strain  
Peppergrass seeds? they make a tasty addition to soups  
Sassafras leaves or roots? the taste has a "kick" to it.  
Spinach or Tomatos? dry, crush to a powder for soups  
Wild rose "hips?" (the knot left after bloom) rich in vitamin C

## Drying Food - in different climates

- 1) In a cool, dry climate: dry leaves, roots or flowers by hanging them upside down (nutrients flow from the stems) in an area—not the kitchen or bath (too much humidity there) and away from direct sunlight (or they'll lose their dark colors). Remove when brittle & crush.
- 2) In a wet, humid climate: dry leaves, roots or flowers in an 200° oven or over a small fire (don't cook--just warm them) for a few hours until brittle. Cool and store in a jar or can. It helps to add a packet of sugar or salt to absorb moisture. Separate leaves & dry them in the refrigerator.

## Food Tips:

- 1) Eat only when you feel hungry (otherwise you will throw your metabolism off and not fully digest food).
- 2) For better digestion, eat slowly and chew thoroughly
- 3) When your system is "backed up" (with undigested food) you may "get the munchies" in an effort to unclog and eliminate. Instead, drink lots of water.
- 4) Listen to your body. Does it want salt? Eat a pinch of salt instead of a bag of chips. Want sugar? Eat fruit.
- 5) To lose weight, don't combine fruits & vegetables or meats & starches (meat & potatoes aren't digested well together).
- 6) Don't microwave food, it kills all the living nutrients.
- 7) No thick salad dressing—it inhibits vitamin absorption.
- 8) Eat meat first (it takes longer to digest) then veggies.

## Water Tips:

- 1) To filter drinking water, boil it and add peppermint leaves or grapefruit seeds and peel (to absorb bacteria)
- 2) Eat some charcoal or burnt food (toast?) before or after drinking bad water (charcoal absorbs 300 known toxins).
- 3) In warm weather, standing water can be purified with plants that have lots of dangling roots, but it takes time.
- 4) Use very little water in cooking foods and don't dump it (unless you are draining the bitter taste from acorns or old, tough leaves) because the vitamins are in that water.

## Eating weeds is better than buying vitamins:

- 1) Hard pills don't break down easily (try soaking them in vinegar and find out). Nurses call them "bedpan bullets."
- 2) If they aren't made totally from a whole food, they are synthetic and, under a microscope, are dead, not alive, like whole food. Most 'vitamin' pills are drugs--not foods.
- 3) If they are made totally from a whole food, they have a short "shelf life." Dried food loses potency in heat (vitamins are not shipped in refrigerated compartments).

## Eating weeds is better than buying herbs:

- 1) If the herb wasn't grown in the U.S.A. (most aren't), it was probably sprayed with ethylene oxide (a known cancer-causing agent) for hepatitis and was rendered impotent in the process. And, herbs are affected by heat.
- 2) Labels are very deceptive and virtually unregulated. If it says 100% pure..., that means that whatever (often tiny) amount of that herb is in the bottle, that amount is 100% pure, but the other 98% in the bottle may be sawdust..
- 3) The shelf life of most herbs is less than 3 months.

## Eating weeds is better than buying produce:

- 1) 65-70% of the produce in the grocery is genetically altered.
- 2) Produce may be misted with sulfites (triggering asthma).
- 3) Foods grown in the eastern U.S. have few trace minerals (asthma is an example of a severe selenium deficiency).
- 4) Produce may be irradiated to preserve shelf life--but it then lacks the live enzymes necessary for complete digestion.

# Wild



# Foods

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(your input is welcome)

*This brochure contains suggestions from a grandma,  
NOT professional medical advice.  
No 'dosages' of foods are given.*

## VITAMINS

If you have ...	... then eat
<b>Vitamin A deficiency:</b> bad breath, nightblindness, eyes sensitive to light, skin, sinus & respiratory trouble, brittle fingernails, impaired immune system, rashes	<b>Foods rich in Vitamin A:</b> watercress, chickory, sweet potatos, dandelion, kudzu root, poke leaves, spinach, liver nettles, butternut squash, red clover, carrots, violets
<b>Vitamin B deficiencies:</b> dark circles under eyes, sunlight breaks out skin <b>B<sub>1</sub> (thiamine):</b> confusion <b>B<sub>2</sub> (riboflavin):</b> lips crack <b>B<sub>3</sub> (niacin):</b> headaches <b>B<sub>5</sub> (pantothenate)</b> gray hair <b>B<sub>6</sub> (pyridoxine):</b> PMS <b>B<sub>9</sub> (folate):</b> anemia <b>B<sub>12</sub> (cobalamin):</b> fatigue	<b>Foods rich in B Vitamins:</b> blackstrap molasses, liver brewer's yeast (wet & rub on) sunflower seeds, sow thistle okra, almonds, peppergrass peanut, chestnuts, arrowhead eggs, whole grains brown rice, greens, beans peanuts, beans, greens, grains eggs, meats, milk, yogurt
<b>Vitamin C deficiency:</b> bleeding gums, colds, slow healing, nosebleeds, sinusitis, allergies, aging prematurely, constipation	<b>Foods rich in Vitamin C:</b> violet leaves, elderberries, plantain leaves, pigweed (lamb's quarters), watercress, fruits, henbit, peppers, berries
<b>Vitamin D deficiency:</b> poor teeth, brittle bones, slow growth, 'growing' pains, nail biting	<b>Foods rich in Vitamin D:</b> greens, yogurt, also get SUN-LIGHT without glasses on--- <i>(glass blocks retinal absorption)</i>
<b>Vitamin E (tocopherols):</b> weak heart, hot flashes, cramps, PMS, pain	<b>Foods rich in Vitamin E:</b> brown rice, red clover, peanuts wheat germ, asparagus, eggs
<b>Vitamin F (fatty acids):</b> skin disorders, dry hair	<b>Foods rich in Vitamin F:</b> sunflower seeds, nuts, oils
<b>Vitamin K deficiency*</b> blood won't clot, bruising, <i>*often caused by aspirin use</i>	<b>Foods rich in Vitamin K:</b> oats, wheat & rye seeds, alfalfa, greens (like kale...)
<b>Vitamin O deficiency</b> frequent illness, no energy	<b>Foods rich in Vitamin O:</b> germanium (minerals+oxygen)
<b>Vitamin P (bioflavonoids):</b> Rutin deficiency: veins pop Hesperidin def.: colds, flu Resveratrol def.: tumors	<b>Foods rich in Vitamin P:</b> wild violets, rue, buckwheat, citrus inner peel, berries, pine bark, grape seeds, cherries

## FOOD SOURCE MINERALS\*

If you have ...	... then eat
<b>Boron deficiency:</b> arthritis, PMS, backache	<b>Foods rich in Boron:</b> fruits, vegetables, nuts
<b>Calcium deficiency:</b> brittle bones, bad teeth, weak nails, leg cramps, osteoporosis, high blood pressure, muscle twitches	<b>Foods rich in Calcium:</b> dandelions, peppermint, figs beans, pecans, garlic, rape, coriander, mallow, salmon, watercress, dayflower
<b>Chromium deficiency:</b> craving for sweets	<b>Foods rich in Chromium:</b> thyme, black pepper, beans
<b>Copper deficiency:</b> osteo-arthritis, anurisms	<b>Foods rich in Copper:</b> soybeans, nuts, dandelions
<b>Iodine deficiency:</b> nails losing 1/2 moons at base, fat, cold, tired, craving salt	<b>Foods rich in Iodine:</b> seaweed, rutabaga, broccoli, beets, black walnut hulls
<b>Iron deficiency:</b> paleness, clumsiness, restless legs, flat nails, low energy	<b>Foods rich in Iron:</b> sorrel, spinach, grape/raisins, soybeans, butternuts, mallow
<b>Magnesium deficiency:</b> nausea, nervousness, kidney stones, cramps, high blood pressure	<b>Foods rich in Magnesium</b> honey, almond, pecans, beans chickweed, greens, chocolate <i>(or bathe in epsom salts)</i>
<b>Manganese deficiency:</b> dizziness, slow nail growth, black hair turning red, scaly skin, schizophrenia	<b>Foods rich in Manganese:</b> outer layer (bran) of grains, beets, nuts, fruits, greens, milk, organ meats, shellfish
<b>Molybdenum deficiency:</b> sulfite intolerance, rapid heart, poor eyesight	<b>Foods rich in Molybdenum:</b> honey, soybeans, greens, wheat & rye seeds
<b>Phosphorus deficiency:</b> fatigue, inattentiveness, seizures, weakness	<b>Foods rich in Phosphorus:</b> cashews, oats, squash, beans, walnuts, carrots, chickory
<b>Potassium deficiency:</b> lightheadedness, fainting, insomnia, blood pressure irregularity, tremors, weak heart, stroke, muscle pain	<b>Foods rich in Potassium:</b> crabapples, black walnuts, arrowhead, bamboo, chicory, garlic, ramp bulbs, bananas, peppergrass, milkweed, cider
<b>Selenium deficiency:</b> asthma, skin spots, cancer	<b>Foods rich in Selenium:</b> brazil nuts, garlic, radishes
<b>Silicon deficiency:</b> brittle nails, hair loss, flab	<b>Foods rich in Silicon:</b> oatmeal, horsetail herb
<b>Vanadium deficiency:</b> low blood sugar, diabetes	<b>Foods rich in Vanadium:</b> black pepper, dill seeds
<b>Zinc deficiency:</b> white spots under nails, acne, colds, senility, prostate trouble, dull hair, odor	<b>Foods rich in Zinc:</b> pumpkin or sunflower seeds, soybeans, wheat bran, eggs fruits, vegetables

## PROTEINS

If you have ...	... then eat
<b>Protein deficiency:</b> nervousness, weakness, brittle fingernails and hair, slow growth, pale gums, insomnia, neuro-muscular disorders, sugar cravings, mental imbalance	<b>Foods rich in Protein:</b> meat, eggs, soybeans, wild rice, nettle, raw peanuts with skins, sunflower seeds, garlic, alfalfa, mugwort, kudzu, pawpaw, black walnuts, beechnuts, any nuts

*Note: Always eat legumes (beans, peas) with grains (breads, rice) because they are "incomplete proteins" alone.  
Eat nuts with water (they need water to digest fully).*

## CARBOHYDRATES

If you have ...	... then eat
<b>Sugar**deficiency:</b> no energy (**not refined-- <i>it destroys vitamins)</i>	<b>Foods rich in Sugars:</b> honey, fruits, berries, corn, molasses, melons
<b>Starch deficiency:</b> no weight gain at all <i>(also is a symptom of parasites or worms)</i>	<b>Foods rich in Starches:</b> potatos, rice, breads <i>(for worm treatment: eat raw pumpkin seeds)</i>

## FATS (Oils)

If you have ...	... then eat
<b>Fat (oil) deficiency:</b> arthritis, joint pain, hair loss, nervousness ( <i>natural fats protect the nerves</i> ), dry skin & hair, wrinkles, mental depression & disorders	<b>Foods rich in Fats (oils):</b> pecans, olives, coconuts, avocados, hickory nuts, peanuts with skins, raw acorns, black walnuts, sunflower seeds or any nuts

### WARNING--Avoid Wild Plants or Weeds that:

- 1) are slimy
  - 2) might have been chemically sprayed
  - 3) are near a busy road or factory (plants absorb lead)
  - 4) have a colored sap or cause a skin rash
  - 5) smell like bitter almonds or peaches when crushed
  - 6) are mushrooms-even if you think they're not poisonous
- CAUTION:** Avoid hybrid seeds (they can't reproduce) and genetically adulterated food. See: [www.purefood.org](http://www.purefood.org)

*Unless food is grown in rich soil (soil with earthworms), it will be deficient in most of these necessary minerals.  
\*A few minerals are omitted (sodium, chlorine, sulfur, fluorine...)*