

WILD EDIBLES...

The Gourmet Herbalist

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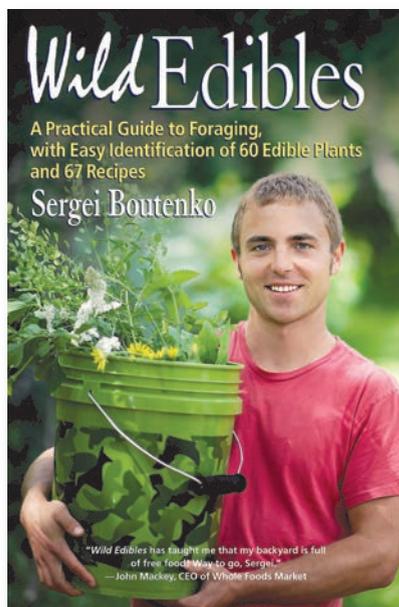
Right in Your Own Back Yard!

Parents are always looking for a fun way to engage their children, especially in these times. I came across the *Wild Food Homeschool Teaching Guide*, by Linda Runyon, from the Wild Food Company (OffTheField.com). Linda writes: “Over my decades of teaching about wild food, I’ve noticed that people who become interested in learning it often have two reactions— one right after the other. First, there are many who had no idea that FREE, tasty nutrition is available everywhere, right under their nose. Second, wheels start turning in their minds as they realize that they have come upon information that practically guarantees that they and their loved ones need never go hungry.”

Children are fascinated with the idea of going out in their back yard, or to an open field or forest, to find that the wild food growing there can be picked, washed, and eaten. They, soon after, become very interested in finding additional wild plants to identify and harvest. They love to help prepare meals that can be served using the foods that they themselves gather. The guide includes a “Rules of Foraging” list and a fun project where you rototill a patch of ground in your yard to just wait and see what springs up naturally to identify, harvest, and eat.

Another great resource for wild-edible foraging is Sergei Boutenko’s books and videos, where he takes you on virtual foraging walks, demonstrating how to find, identify, and eat twenty-five common weeds and wild-edible plants. For an extra bonus, watch this video on your mobile device while you look for these same plants in your backyard! (Visit: SergeiBoutenko.com.)

Sergei’s journey began something like this: His mother took the family on a long hike, and they ran out of food. They had to forage and figure out what to eat—or starve! His book, *Wild Edibles: A Practical Guide to Foraging, with Easy Identification of 60 Edible Plants*



and 67 Recipes, is available on Amazon. Sergei writes: “The most common definition of a weed is any plant that grows where it is not wanted. By this description, even the most magnificent flower or edible plant can be considered a nuisance if it sprouts in the wrong place. The plants I present here are weeds and wild edibles with which I have had extensive practice. The plants I discuss represent a starting

point for those interested in living a healthier, wilder life.” Watch Sergei’s engaging video by searching: “Learn how to forage for 25 wild-edible plants” on YouTube.



After you get the *Wild Food Homeschool Teaching Guide* and materials on Linda Runyan’s website, and enjoy Sergei’s videos and books, you will be capable of identifying, harvesting, storing and preparing wild-edible foods. You will always have access to nutritious food, as long as there is dirt where weeds can grow. Many children will want to pass this info forward and form a “grass-roots” movement of wild enthusiasts. This could change the way the world thinks about the hunger problem, so it can be vanquished forever! ■