



Raw Family Newsletter, May 2006

We dedicate this issue to wild edibles.

In this issue:

1. Raw Family's new recipe: Dandelion Supreme Smoothie
2. Seeds of Weeds for sale!
3. Why Eat Wild Edibles? by Victoria Boutenko
4. Cartoon by Jason Love

=====
**Victoria's book GREEN FOR LIFE
has been selected as finalist for
Prestigious 2006 IPPY National Book Awards!**



Available at our website:

www.rawfamily.com

DANDELION SUPREME SMOOTHIE

The quickest and the most elegant tasting!

Blend well:

- ½ bunch dandelions
- 2-cups raw apple juice
- 1 pear (optional)

Yields: 1quart of smoothie

=====
SEEDS of WEEDS!

Available only through May
Exclusively from Raw Family:
Seeds for wild edibles
Certified Organic!

Lambsquarters.



Lambsquarters is rich in vitamin A, vitamin C, calcium, sodium, folic acid, phosphorus, iron, proteins, and fiber. Lambsquarters is delicious and can be used in salads and smoothies. It tastes better than spinach.

Purslane



Purslane is rich in natural fatty acids, vitamin C and E, coenzyme Q10, antioxidants, glutathione, pectin, phosphorus, zinc, silicon, copper, calcium, manganese, magnesium, iron, potassium, alpha-linolenic-acid, beta-carotene, and tocopherol.

Purslane is delicious and can be used in salads and Smoothies. It can be used in the healing of wounds.

Red Clover



Red Clover is high in calcium, magnesium, potassium, vitamin C, iron and niacin. It helps cleanse the blood, liver, lymph, nerves, lungs and digestive system.

Clover is delicious and both flowers and leaves can be used in salads and smoothies. Red clover is very useful in treating cancer because of its beneficial effect on protein assimilation.

Seeds of Weeds are available now at www.rawfamily.com

Each package contains approximately 150 seeds.

\$2.39 ea

©2006 Copyrighted material!
Please reference this source when sharing this
information: www.rawfamily.com

WHY EAT WILD EDIBLES?

An excerpt from a book Green For Life
by Victoria Boutenko

Wild edibles often contain more vitamins and minerals than commercially marketed plants. Weeds have not been "spoiled" with farmers' care in contrast to the "good" plants of the garden. In order to survive in spite of constant weeding, pulling, and spraying, weeds had to develop strong survival properties. For example, in order to stay alive without being watered, most weeds have developed unbelievably long roots. Alfalfa's roots grow up to 20 feet long reaching for the most fertile layers of the soil. As a result, all wild plants possess more nutrients than commercially grown plants. I feel so silly now when I remember how I used to always pull out the "nasty" lambsquarters from my garden to let my "precious" iceberg lettuce grow.

...Once in a while I read in the news or receive an e-mail about kale or spinach or parsley or any other green having a toxic ingredient and therefore being dangerous for human consumption. This is all true but not to a degree as to exclude any particular green from our diet.

...Plants "allow" humans and animals to eat all of their fruits, but only part of their leaves, because plants need to have leaves for their own use - which is manufacturing chlorophyll. However, plants depend on moving creatures for many different reasons, like pollination, fertilizing the soil, and hanging around to help eat the ripe fruit. For this reason, plants accumulate a lot of highly nutritious elements in their leaves, but mix these nourishing ingredients with either bitterness or very small amounts of alkaloids (poisons). That is how animals are forced to rotate their menu and that is why all wild animals are browsers.

There are several other ways in which plants protect themselves from being destroyed. Some plants have thorns instead of alkaloids and one type of acacia tree in Africa is inhabited by colonies of very aggressive ants with a painful sting.

Thorny plants, like cactuses and stinging nettles, contain very little alkaloids which makes them a valuable addition to

our diet. Of course, we need to first figure out how to eat them. For example, adding stinging nettles to green smoothies totally eliminates the stinging effect of its leaves.

...Let us learn to increase the variety of greens in our diet and to constantly rotate them for better nutritional results.

The best way to learn which weeds are edible is to sign up for an herb walk with an experienced guide in your local area. This way you can learn to recognize particular edible plants by actually touching, smelling, and tasting them so that you can gather your "wild produce" on your own. Also, there are lots of articles and photos of edible weeds on the internet. You may also find many books that help identify edible plants in your area. The following is a list of the most well-known and delicious weeds.

- Clover (greens and flowers)
- Dandelion (greens and flowers)
- Lambsquarters (greens)
- Malva (greens)
- Miner's lettuce (greens and flowers)
- Plantain (greens)
- Purslane (greens)
- Stinging Nettles (greens)



Green For Life is available at our website:

www.rawfamily.com

=====

Cartoon by Jason Love



Please note: Previous issues of the Raw Family Newsletter are now available free of charge on our website: www.rawfamily.com

If you have signed up before but are not yet receiving the newsletter, it may be because of your anti-spam program. Every time we send the newsletter out, we receive over 1000 returns due to the anti-spam programs. Make sure we are added to your address book!

**If you got on our list by mistake, please send this e-mail back with REMOVE in Subject line.
Please specify WHICH email address you would like removed.**