



Free Wild Food

by Linda Runyon

Almost everyone owns free food. Whether it grows in your backyard, or neighborhood field or meadow, the common wild food is considered free food in most societies. Two-thirds of our United States of America is suburbs. Two-thirds of these properties in the suburbs have access to lawns, or backyards. Almost everyone owns free food. They actually pay taxes for the space it surges upward in. The common wild foods are found throughout the nation and the world. **FREE FOOD!**

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Clover

From *The Essential Wild Food Survival Guide* by Linda Runyon

Trifolium pratense (red clover),
Trefolium repens (white clover),
 Legume Family, *Leguminosae*.

Other Names: Long stalk, strawberry clover (red clover); common, sweet, short stalk clover (white clover).

History: Naturalized from Europe. With over 300 species, clover has been used by all cultures throughout history. Native Americans used it widely as a vegetable or cure for chest congestion.

Habitat: Roadsides, fields, lawns.

Characteristics: Biennial or perennial herb. Red clover reaches height of 10 inches or more, with hairy stems. Red or purple blossom with oval nectar sections; elongated leaves form trefoil with white veins when mature. White clover reaches a height of 2 inches or more. White blossoms have dozens of nectar filled sections; round leaves form trefoil at end of stem.

Primary Uses: Culinary, medicinal, cosmetic.



A Red Clover Blossom soaking up the sun.

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Queen Anne's Lace

Queen Anne's Lace

by Linda Runyon

Most of us are familiar with the flowers of Queen Anne's lace, commonly known as wild carrot. I use the Queen Anne's lace seeds as my table salt. I also sauté the

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Free Wild Food (cont'd from pg 1)

Let's take a simple known wild food, such as clover. Clover, especially red clover, is sold in the marketplaces of the Orient, China, and Japan. Extremely high in vegetable protein, the plant is well known to put energy in the body. Nutritionally, the facts speak for themselves. Looking closer, we find there are two common types on most lawns. White clover (white flower buds) and red clover (red flower buds). More technical, the Latin name of white clover is *trifolium repense*, and red clover, *trifolium pretense*. Also, separated in looks by their leaves, white clover has smaller, round, three-sectioned leaves, growing up to six inches tall; where red clover has more Elliptical leaves, tapered to a point. Red clover leaves are larger, also three-sectioned, and grow up to eighteen inches tall. Flowers of both clovers resemble each other, but one is white, of course, and one a purplish red. Each has delicious nectar sections completely edible when raw. Dried, both flowers find their way to health food stores as a blood tonic tea! The leaves are amazing in their uses.

Let's take a moment to review all our types of food groups: liquids, soups, salads, breads, gourmet dishes, jelly, jam, flour, sprouting, and just plain simple and raw. Does our clover fit in each of these categories? Dried, the clover heads of both red and white



Red Clover

make a nutritious flour. Dry the whole plant, put through a grinder when dry and crispy. Bake with clover, adding a bit at a time to your favorite recipes until you have a half and half blend of flour. We prefer one-half whole wheat, one-half clover flour...an herby, vegetable bread packed with energy! **FREE ENERGY!**

Clover heads may be also French-fried using a batter of choice. And salads are not the same without being topped with a few delectable clover heads. We find from the lawn to the salad bowl the most enjoyable way to add to a Luncheon meal! Luscious popsicles are made from steeping the clover heads in boiling water, cooling and pouring into a mold. Country jelly is just a must from your clover beds. Float a few in the jelly for interest! Wild clover wines go without any sales

pitch—country-wild clover wines! A jug of wine and thou.

Let's consider the wild food clover leaf. A raw vegetable to us representing high nutrition and vegetable protein, the clover leaves may be simply washed and added to salads, soups, stews, sandwiches, and casserole dishes. Our favorite is clover and rice. Dry clover leaves powder to flour easily. You may even put the dried, crispy leaves in a pillow case and wring well. Pour out the flour and add this pungent green flour to other recipes. You should taste our clover bread, and our clover pizzas! Going from the raw to the cooked vegetable, clover leaves steam for a delicious free gourmet touch.

Growing the clover in your home is relatively simple. Pick clay pots, they are just earthier. Keep moist, but do not overwater—pretend the pots are our lawn! Everybody knows you mow your lawn and the clover grows. Same for your pots—clip the leaves with scissors, be gentle to your plants and keep in partial sun. A field in your kitchen!

One more hint: If you steam a batch of clover, keep the water and freeze in a freezer block container. This stockpot soup will make a wild meal from a dull lunch! You can put it in ice cube trays, and pop out a cube for the uninitiated to have clover tea. In actuality, a tea, soup, drink, ice cube are all the same. Keep it basic from the lawn to the table.



Sound

by Phillip K. Lewis

Let your ears be your eyes
and behold the colors of sound
around you.

Listen to the tempo of a gurgling brook,
smoothing and polishing
multi-colored stones,
journeying to a distant lake
that glimmers like gold.

The eddies and swirls of a miniature fall
caress the air
with crystal clear notes.

Bubbling and brimming,
like a whisper to mountains above
of its cleanliness.

Hear the soft whistles
of sturdy pines
breathing a gentle wind
like a sigh of gratitude
for the breath of life.

A field of wild wheat,
golden brown from the sun,
sings to blue skies above,
waving hands to the heavens
and speaking in graceful delight.

A symphony of voices
heard all over the Earth,
no one need see them
to know of their worth.





White Clover

Clover

(continued from pg. 1)

Leaves are eaten raw; steamed; boiled; sautéed; cooking liquid drunk. Dried and ground for flour. Flowers eaten raw; steamed; sautéed; fried; cooking liquid drunk. Dried for tea; used for wines. Seeds crushed for cereal; sprouted. Entire plant is steamed or boiled and used in soups and stews; cooking liquid is drunk.

Nutritional Value: High in calcium, potassium, niacin and vegetable protein.

Medicinal Value: Red clover is used as tea for cough, whooping cough; blood tonic or purifier. Clover syrup used for chest congestion and bronchitis.

Cosmetic Value: Cosmetics, facial creams, rinses, shampoos, wash for pimples, poultices for athlete's foot fungus.

Collection and Storage: Plants are most succulent in spring and early summer. Gathering a winter's supply of clover takes only a few minutes.

Clover can be frozen by placing it in a single layer on freezer wrap, folding over 2 sides to hold the clover in place, and freezing. After the clover is frozen, roll the paper to make a compact package, fasten, and label. Dry seed heads separately for an attractive potpourri.

Linda Says - White clover has a particularly different flavor from red clover, with a smaller flower and leaf. The white clover leaves are easily sheared for food as they grow close to the ground in patches. One clover patch 3 feet wide will provide dozens of servings in one season. One summer I conducted an experiment. Shearing a 3-foot patch every morning for 3 weeks, I successfully fed 200 people several different clover dishes: clover with rice or potatoes, clover casserole, breaded clover heads, clover tea, candied clover head, clover flowers in spaghetti sauce for meatballs, too!

Clover Soup

- 1 1/2 cups chopped onions
- 6 cups water
- 3 cups clover leaves and flowers washed
- 4 teaspoons tamari or soy sauce
- 1 teaspoon wild thyme salt or Queen Anne's lace seeds to taste
- 3 cups cooked brown rice (optional)

Simmer the onions in the water for 20 minutes. Add the remaining ingredients, except rice, and simmer 10 minutes. Eat as broth or stir in the brown rice and cook until the rice is done. Variation: Add 2 cups chopped dandelion root and 1 cup sliced carrots to the water and simmer with the onion. Serves 6.



RULES OF FORAGING

1. Positively identify all plants you intend to ingest as food or medicine.
2. Use three photographic references whenever possible. Roll a tiny bit of the plant between your fingers and sniff. Does this smell good? Then, run that tiny bit of plant on your gums. WAIT 20 minutes. Look for burning, numbing, nausea, itching, or stinging. If no reaction, take a TINY bit of plant, pour a cup of boiling water over and drink slowly, over a period of 20 minutes. Look for symptoms of nausea, upset stomach, burning, etc.
3. People with allergies should juice up a small piece, and place on inner arm using a band aid and wait for several hours. If your skin has no redness, proceed with small amount of plant.
4. Keep all samples away from children, pets, storing seeds, bulbs out of sight.
5. Teach children to keep all plants out of their mouth. (See our new coloring book, *The Wild Foods and Animals Coloring Book*, for a dozen safe, common plants that kids can learn about.)
6. Avoid smoke from burning plants.
7. Call and report chemical spills resulting in contaminated areas.
8. Keep plants in separate bags when foraging and collecting. Smells and other contents can be picked up by other plants touching each other.

Queen Anne's Lace

(con't from pg 1)

fresh lace flowers in olive oil for a "potato chip". The leaves are delicious whether served fresh in salads or cooked in soups. And, of course, the carrot root is fantastic.

But you must identify Queen Anne's lace or wild carrot with 100% certainty. This wild plant does look like the deadly poison hemlock. There is one way to always be sure of the difference—besides the obvious carrot smell of the wild carrot. The stem of Queen Anne's lace has fuzz or tiny white hairs on it. The deadly poison hemlock has purple striated lines and is smooth—no hairs. So look with your eyes and with your fingers. Check for the fuzz on the stems of Queen Anne's lace, then roll and smell the carrot odor.

The flowers of wild carrot freeze easily for future sauté dishes. Cut the flower off, leaving a tiny bit of stem for you to hold. Place the flower face side down on a long sheet of plastic wrap. Dozens of flowers may be frozen easily by rolling up the plastic wrap like a rug. Freeze the roll and whenever you want a bunch of flowers, unroll the wrap.

To make Queen Anne's lace salt, collect the heads in early fall, when they "birdcage" up and turn a light brown. Pull on the curled nest, "popping" the head into your hand, and pulling the

seeds off easily. Carry a jar with you. When you spread out your collection of seeds, remove the tiny stems and twigs. Place seeds on a tray and put in the oven at 250 degrees Fahrenheit for five minutes, or put on a tray on top of the stove pilot until completely dry. Bottle in glass. This salt substitute lasts for years. Seeds can also be eaten raw.



Poison Hemlock!

See Part V of *The Essential Wild Food Survival Guide* for a full study of poisonous look-alikes. Know all of the differences & have 100% positive identification!

The wild carrot leaves are just delicious as a raw salad green, in sandwiches, or frozen for use in soups. The leaves also may be used raw in salads, frozen, or dried. The leaves dry well and crumple easily for a "carrot" additive to soups, stews, or as a salt substitute.

Roots from the wild carrot are the most elegant part of eating for me. I dig the carrot easily in the early spring and scrub with water and a

toothbrush, getting in and out of all the crevices. For the best nutritional value, steam the roots until the meaty part is soft; they may also be frozen or dried. You might choose to use a wild carrot root whole in salads by using a potato peeler and shredding it. Or, try cooking the wild carrots whole by placing in a crock pot and simmering approximately as long as you would bean dishes. I strip the roots of the wild carrot lengthwise into "shoe lace" sections. I dry or freeze the strips this way and they make cooking much simpler.

According to the age of the carrot, the center of the root has a pith. The pith is usually inedible and woody. Just eat around this pith and discard.

Flowers can be used raw or sautéed in olive oil, frozen or dried.

Other Names for Queen Anne's lace: Wild carrot, *daucus carota*, anise substitute, salt substitute, carrot substitute. The history of this plant spans all cultures, including Native Americans. The natural habitat of Queen Anne's lace is in fields, waste areas throughout the United States.

Again, be sure to identify this plant with 100% certainty, as Queen Anne's lace looks similar to poison hemlock.

The best times for collection are as follows: for leaves, early spring and summer; roots in the spring; flowers in summer and seeds in the fall.



Welcome to the World of Wild Foods!!



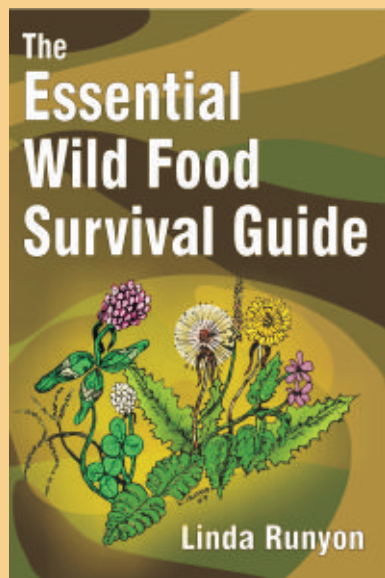
Linda as seen at her grandson Jason's recent wedding

Thank you very much for signing up for our Wild Foods newsletter. I know the forthcoming information will be a great addition to your "natural life"!

Wishing Wild Green Abundance for everyone,

Musi Linda Runyon

Do you have the definitive Wild Food Guide?



This book is the key to the preparation of wild foods without the use of preservatives, extenders, invasive chemicals or factory processing. Formerly released as "From Crabgrass Muffins to Pine Needle Tea", "The Essential Wild Food Survival Guide" is new & improved. It will become your valuable companion on the path to healthful living.

The majority of the plants are found in ALL 50 states, and, indeed, most of the world. A few are unique to the East or the West United States.

Linda Runyon's "The Essential Wild Food Survival Guide" is the "How-To" guide we have all been waiting for that identifies many varieties of edible wild foods. Her 13-year experience of homesteading without stores, electricity, and all other modern conveniences, brought about the creation of this ultimate wild food survival guide!

Besides being far less expensive, differences from the earlier edition include a larger, easier-to-read format, clearer improved graphics throughout and an expanded recipe section. The photographs of the wild foods are there to study in clear black & white. This is the edition we were hoping for all along.

Ebook version available with color photos of the plants, searchable, with links.

\$20 at OfTheField.com

(Dealers, please inquire at www.ofthefield.com/wholesale for easy account activation.)



Seek, and Ye Shall Find!

Words, like weeds, can be in any direction!

B Q W S R A S P B E R R Y N D P Z N H I A J H D M
 E E I E R M U S L P R W D A I O O Q E T C C R A Y
 D T S Y Y A H B A H P E N N R E U R E T S A L E U
 F N Y R O C I H C R D D E E W E L B M U T L P N G
 P G D T U F N K K A G E M I E F V L E S O L N A F
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 F F N A I R A T N E M O R I V N E C O S P M E Y A
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- ALOEVERA
- AMARANTH
- ARROWHEAD
- ASTER
- BALSAMFIR
- BIRCH
- BLACKBERRY
- BLUEBERRY
- BULRUSH
- BURDOCK
- CATTAIL
- CHAMOMILE
- CHICKWEED
- CHICORY
- CHOLLA
- CLOVER
- CRABGRASS
- DAISY
- DANDELION
- DOCK
- ENVIROMENTARIAN
- EVENINGPRIMROSE
- FILARIE
- FIREWEED
- GOLDENROD
- GRAPE
- LAMBSQUARTERS
- MALLOW
- MAPLE
- MEADOWSWEET
- MILKTHISTLE
- MILKWEED
- MINT
- MULLEIN
- MUSTARD
- NETTLES
- PHRAGMITES
- PINE
- PLANTAIN
- PRICKLYPEAR
- PURSLANE
- QUEENANNESLACE
- RASPBERRY
- ROSE
- SAQUARO
- SHEEPSORREL
- SHEPHERDSPURSE
- SOWTHISTLE
- STRAWBERRY
- SUMAC
- SUNFLOWER
- THISTLE
- THYME
- TUMBLEWEED
- VIOLET
- WILDLETTUCE
- WILLOW
- WINTERGREEN
- WOODSORREL
- YARROW

(Solution in Next Newsletter!)

DISCLAIMER

This newsletter is intended to be an educational tool for gathering and cooking wild plants. The information presented is for use as a supplement to a healthy, well-rounded lifestyle. The nutritional requirements of individuals may vary greatly, therefore the author and publisher take no responsibility for an individual using and ingesting wild plants.

