

Herb Info

Website: [Healthy Christian Living - Living by the Blueprint](http://HealthyChristianLiving.com)

Hello all, there are so many wonderful resources on internet already existing. I'm pushing hard to get a cabin habitable by this winter. Here are a few resources.

This is by SDA couple. I went to their Christian end times survival camp program about 10 years ago. I always enjoyed camping in rough & it was great watching people who never been in that environment learn & grow in skill & closeness to the Lord. Others that couldn't walk a block took upon themselves to get in better condition & able complete long hike at end of program. God is so good & our faith was tested & grew. I haven't watched this video yet but know you will learn from it.

Here is link <http://wildinkpress.com/blog/2011/04/13/oiledfloors/>

Another trusted person with much knowledge is internationally known & respected Green Deane Eat the Weeds (check out his entire collection videos YouTube). He finds edible plants & does a good job teaching about them with corny humor (usually without worldly fables & new age stuff though might be random mention evolution time to time. It's all about the plants & pictures good). He goes many places throughout the world & plants not near us so find a plant & learn about it.

Here is a good one to start with-lambs quarter. It shows up most places especially disturbed soil that has been manured. Years ago, my first country garden brought in load manure & grew some good vegetables but it was the weeds that got me interested in wild edibles. Amaranth, lambs quarter came up everywhere. I had to go online figure out what these things were & discovered the wonderful world of edibles. That lead to numerous classes online & wow, had over 50 easy edible &/or medicinal plants on my small property that I started using in all the ways possible to learn them. Lambs quarter is delicious!

<https://www.youtube.com/watch?v=4oL49PBsCP0>

His website plantago <http://www.eattheweeds.com/white-mans-little-foot-dwarf-plantain-2>

Linda Runyon of the field is another great resource. She lived & raised her children on wild edibles. She died in 2017 but left wonderful resources for all. I have two of her books. Sign up for her free newsletter. It covers a different plant each one in the series. Ignore the parts new age as she influenced indian cultures & just read about the plant. Her recipes are very simple using things we would have in our kitchens. Many recipes out there with wild edibles so complex. We are to be simple & of course grocery stores won't be available to us. There is a deck of playing cards (not thrilled that part) that have a different herb picture & uses each card. The plants show common & exists virtually everywhere around the world. I keep it in my emergency backpack in vehicle when travel as good resources identify those common edibles & to show others.

<https://ofthefield.com/ongoing-information/>

Those are a few resources I've benefited from over the years. Have collections of mp4 videos on computer & should someday try to put onto disk but time & equipment challenges.

Just start simple with one plant. Search to identify & see what learn about it.

Have fun. God is so good!

PS. Always be careful but don't let the disclaimers cause unnecessary worry about eating plants. Its lawyer protection. Such a world discouraging what generations before us did all the time. Eat from the outdoors.

Glenda from MM group

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