Amaranth
This plant grows in areas of full sun during summer and fall. All above-ground parts are edible raw and it has no poisonous lookalikes. The green seed tops (pictured) can be collected in the fall to rub between the hands and collect the small black seed grain.

Chicory
This plant grows in areas of full sun all year round. All above-ground parts are edible raw and it has no poisonous lookalikes. The roots can be roasted and then boiled as a caffeine-free coffee substitute. Chicory cleans toxins from the blood and parasites from the digestive tract.

Wild Broccoli
This plant grows in areas of full sun all year round. All above-ground parts of it are edible raw and it has no poisonous lookalikes. Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.

Plantain
This plant grows in areas of full sun all year round. All above-ground parts of it are edible raw and it has no poisonous lookalikes. The leaves can be mashed for their juices and directly applied on wounds to soothe pain, stop bleeding, prevent infection and heal the skin.

Stinging Nettle
This plant grows in moist shaded areas all year round. All above-ground parts are edible raw and it has no poisonous lookalikes. The bottom-side of the leaves have stinging hairs that can be easily avoided by rolling the leaves under themselves into a tube that can then be eaten raw. Nettle leaves contain serotonin and melatonin which are helpful for relieving stress, fear, nervousness, depression, insomnia and chronic fatigue.

American Broo kline
This plant grows near moving water all year round. All above-ground parts are edible raw and it has no poisonous lookalikes. The leaves can be used to make a medicinal tea that helps alleviate lung congestion. Women can eat large amounts of brookline to lessen the chance of pregnancy or induce miscarriage.

Chickweed
This plant grows in moist areas during spring, fall, and winter. All above-ground parts are edible raw and it has no poisonous lookalikes. The stem is uniquely identifiable by the single line of fine hairs that grow up its side.

Optimal Energy Eating

Nature’s Medicine Cabinet
ALL-PURPOSE CLEANER: Crushed wood charcoal and water can be used as an antibacterial wash, first aid poultice, poison oak poultice, mouthwash or emergency toothpaste/bruh using your finger. Wood charcoal can be used periodically on a skin wound and typically to help draw out a bleeding wound.

ANTIBIOTICS: Garlic can be eaten raw in large doses or applied directly as a quick poultice to treat any infection.

FOOT ROD REMEDY - Quickly passing fire under a socked foot will help prevent and heal foot rot.

INSECT REPELLENTS - Mosquitoes are most attracted to us when we are sweating and after we eat salt, potassium or dairy products. Terpy, Mecogal, Permethrin, Cyhalothrin, Lavendar, Mf, Mf, Multan, Bay leaf, Rosemary, Ceymon or Salt can be mixed with these herbs and applied to the skin as a mosquito repellent. Salt water repels bees, black pepper repels ants, and the juice from mixed red ants will repel most insects. The smoke from Sage, Lavendar, Rosemary, Catnip, Yarrow, Juniper, Cedar, Poppy or Willow will repel ants.

MEDICINAL TEA'S - Use this tea for poison oak, plantar blisters and burns (insect bite tea for insect bites.)

Cannabis: India tea for indigestion, diarrhea and burns. Mix the dried leaves with a dash of salt and a pinch of baking soda, mix it in boiling water and let it steep until it is clear.

Crushed wood charcoal and water can be used as an antibacterial wash, first aid poultice, poison oak poultice, mouthwash or emergency toothpaste/bruh using your finger. Wood charcoal can be used periodically on a skin wound and typically to help draw out a bleeding wound.

CONSENSUS - A group of people meeting collectively in a process that results in decisions or agreements, accomplished through discussion and mutual respect. Many methods for reaching a consensus decision exist. The method chosen is based on the group's needs and the issue at hand. This guide provides a few standard methods for reaching a consensus decision, including: Direct Consensus, Indirect Consensus, and Categorize + Vote. These are just examples and can be found in the literature and literature. A consensus decision is the result of a process in which the group members agree to the decision and are able to move forward.

TOOTHBRUSH - Brush, Delta, Elm, Juniper, Maple, or Oak leaves can be used as an improvised toothbrush by chewing the end until fibrous then rubbing it on the teeth and gums.
**Lamb’s Quarter**

This plant grows in areas of full sun during summer and fall. All above-ground parts are edible raw and it has no poisonous lookalikes. The leaves can be identified by the white shimmery “dust” that grows on them (cultivated variety is magenta).

**Familiar Survival Food**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Lamb’s Quarter (100g)</th>
<th>Spinach (100g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>210</td>
<td>43</td>
</tr>
<tr>
<td>Protein</td>
<td>15</td>
<td>2</td>
</tr>
<tr>
<td>Carbs</td>
<td>22</td>
<td>18</td>
</tr>
<tr>
<td>Fat</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>

**Recommended Intake**

- 50g daily
- 300IU Vitamin D
- 90mg Calcium

Lamb’s Quarter is recommended for 50g feed the plants in a pinch.

(1 part per 20 parts water) can be used to

**Sweet Potato**

- 210 Calories
- 15g Protein
- 22g Carbs
- 1g Fat

Recommended 50g

**Salsify**

This plant also comes in yellow and grows in areas of full sun during summer and fall. All parts of them are edible raw and they have no poisonous lookalikes. The flowers change into large seed globes like the flowers of dandelion. Seed s can be easily harvested for consumption by pulling them out before the seed globe opens.

**Common Mallow**

This plant grows in areas of full sun year round. All parts of it are edible raw and it has no poisonous lookalikes. All parts of mallow can be diced and added to soups as a thickening ingredient. The mashed leaves can be applied directly on external or internal wounds as an anti-microbial and anti-inflammatory poultice. Mallow seeds are as much as 21% protein and 15% fat.

**Duckweed**

This plant grows on still water during spring, summer and fall. All parts of it are edible after boiling and it has no poisonous lookalikes. Duckweed can reproduce itself every other day and provide protein all winter long by simply setting a bucket of it indoors at a sunny window. Diluted urine (1 part per 20 parts water) can be used to feed the plants in a pinch.

**Miners Lettuce**

This plant grows in moist areas during spring, fall and winter. All above-ground parts are edible raw and it has no poisonous lookalikes. Miners lettuce contains more vitamin C than oranges!

**Vegetable Kraut Preserving**

1. Fill large jar 3/4 full with finely chopped vegetables, add salt and work it into the vegetables with a fork which will draw the juices out. It should be noticeably salty but not unpleasantly salty.
2. Then place the smaller jar in and pour enough water into the smaller jar to give it enough weight to hold the veggies below the level of their own juice.
3. Put in a dark place at above 70°F for at least 3 days, then remove anything discoloring off of the kraut surface.

Store closed jar in a cool place (below 60°F) and eat it for as long as it tastes good. (several months)

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**Simplified Constitutional Rights**

1. Protects the people’s right to practice religion, to speak freely, to assemble (meet), to address the government and of the press to publish.
2. Protects the right to own guns.
3. Guarantees that the army cannot force homeowners to give them room and board.
4. Protects the people from the government improperly taking property, papers, or people, without a valid warrant issued (or probably cause (good reason)).
5. Protects people from being held for committing a crime where they are properly indicted that they may not be tried twice for the same crime, and that you need not be forced to testify against yourself. It also contains due process guarantees.
6. Guarantees a speedy trial, an impartial jury, and that the accused can confront witnesses against them, and that the accused must be allowed to have a lawyer.
7. Guarantees a jury trial in federal civil court cases. This type of trial is no longer heard in federal court.
8. Guarantees that punishments will be fair, and not cruel, and that extraordinarily large fines will not be set.
9. Simply a statement that other rights aside from those listed may exist, and null because they are not listed doesn’t mean they can be violated.
10. Says that any power not granted to the federal government belongs to the states.

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**Purslane**

This plant grows in areas of full sun, during summer and fall. All above-ground parts are edible raw and it has no poisonous lookalikes. Purslane contains more omega-3 fatty acids than any other leafy vegetable plant.

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**Survival Log**

Keep a record of all discoveries such as edible plants and other resources. It becomes a valuable reference and makes it help keep up morale.

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**PRONUNCIATION**

- **a** = “ah”
- **e** = “ay”
- **i** = “eye”
- **o** = “oh”
- **u** = “oo”

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