

Amaranth



Amaranth grows everywhere, all parts of it are edible raw and it has no poisonous lookalikes. The green seed tops (pictured) can be collected summer-fall to rub between the hands and collect the small black seed grain. Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.

Recommended Daily Intake	50g Protein	300g Carb	3000IU Vit A	90mg Vit C	1300mg Calcium
Amaranth Leaf(100g)	3g	4g	2971IU	43mg	215mg
Amaranth Grain(100g)	14g	66g	-	-	159mg
Brown Rice(100g)	8g	77g	-	-	23mg

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Miners Lettuce



Miners lettuce grows everywhere, all 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.

Recommended Daily Intake	3000IU Vitamin A	90mg Vitamin C
Miner's Lettuce(100g)	660IU	120-860mg
Orange(100g)	225IU	50mg

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Duckweed



Duckweed grows everywhere, all parts of it are edible 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 inside a window. Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.

Recommended Daily Intake	50g Protein
Duckweed(100g dried)	15-25g
Tofu(100g extra firm)	10g

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Wild Broccoli



This wild broccoli grows everywhere, all 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.

Recommended Daily Intake	3000IU Vit. A
Wild Broccoli(100g)	7000IU
Broccoli(100g)	2500IU

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Chickweed



Chickweed grows everywhere, all parts of it are edible raw and it has no poisonous lookalikes. The stem is uniquely identifiable by the single line of fine hairs that grow up it's side. Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.

Recommended Daily Intake	90mg Vit C.	1300mg Calcium	4700mg Potassium
Chickweed(100g)	375mg	1200mg	1840mg
Spinach(100g)	28mg	99mg	558mg

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Watercress



Watercress grows everywhere, all parts of it are edible and it has no poisonous lookalikes. Watercress contains high amounts of the rare mineral iodine that is needed for normal thyroid function and the prevention of goiter. Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.

Recommended Daily Intake	90mg Vit. C	1300mg Calcium
Watercress(100g)	43mg	120mg
Spinach(100g)	28mg	99mg

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Salsify



Purple and Yellow Salsify grow everywhere, 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. Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.

Recommended Daily Intake	50g Protein	300g Carbs	90mg Vit.C	1300mg Calcium
Salsify Root(100g)	4.4g	35g	11mg	80mg
Sweet Potato(100g)	2.1g	27g	3mg	40mg

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Lamb's Quarter



Lamb's Quarter grows everywhere, all parts of it are edible raw and it has no poisonous look-alikes. The leaves can be identified by the white "dust" that grows on them (cultivated variety is magenta). Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.

Recommended Daily Intake	50g Protein	3000IU Vit.A	90mg Vit.C	1300mg Calcium
Lamb's Quarter(100g)	4.2g	11,600IU	80mg	309mg
Spinach(100g)	3g	9377IU	28mg	99mg

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Stinging Nettle



Nettle grows everywhere, all parts of it 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. Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.

Recommended Daily Intake	50g Protein	3000IU Vit.A	90mg Vit.C	1300mg Calcium
Nettles(100g)	6g	2011IU	75mg	481mg
Spinach(100g)	3g	9377IU	28mg	99mg

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