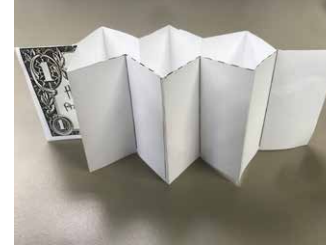


Information is already the most valuable thing in the world with DIY, sustainability and survival knowledge only becoming more and more valuable as economies decline. Making and trading this information-based alternative currency is the most efficient way for people in a community to “cross-train” each other into knowing how to make, bake, grow and sew everything it is they need to thrive when SHTF.

## DIRECTIONS



**Step 1:**  
Cut along dotted lines.



**Step 2:**  
Fold along solid lines into booklet form.



**Step 3:**  
Add your own title and useful info for value.

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.

### 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 stem is uniquely identifiable by the single line of fine hairs that grow up its side.

### Chickweed



This plant grows in areas of full sun all year round. All parts of it 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.

### Chicory



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. Nettles contain serotonin and melatonin which are helpful for relieving depression, insomnia and stress, fear, nervousness, chronic fatigue.

### Stinging Nettle



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.

### Wild Broccoli



This plant grows in areas of full sun year round. All above-ground parts are edible raw and it has no poisonous lookalikes. The leaves can be mashed for on wounds to soothe pain, stop bleeding, prevent infection and help alleviate lung congestion. Women can eat large amounts of leaves in cool water to make a first-aid drink for sore throats, congestion, stomach ulcers or internal bleeding.

### Plantain



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 shimmer “dust” that grows on them (cultivated variety is magenta).

### American Brooklime



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 shimmer “dust” that grows on them (cultivated variety is magenta).



### Lamb's Quarter



### 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. Seeds may 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.



### Watercress

This plant grows in moist areas all year round. All above-ground parts are edible raw 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.



### 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. The leaves are uniquely identifiable by their lack of veins and shimmering bottomside. Purslane contains more omega-3 fatty acids than any other leafy vegetable plant.



### Miner's 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. Miner's lettuce contains more vitamin C than oranges!



### 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 (1part per 20parts water) can be used to feed the plants in a pinch.

