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.

**COMMON EDIBLE WEEDS**

- **Amaranth**
  - The plant grows in areas of full sun all year round. All parts of the plant are edible and it has no poisonous lookalikes. Amaranth seeds are as much as 21% protein and 15% fat.

- **Chickweed**
  - 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. Chickweed contains high amounts of the rare mineral iodine that is needed for normal thyroid function and the prevention of goiter.

- **Chicory**
  - 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. Chicory contains more omega-3 fatty acids than any other leafy vegetable plant.

- **Common Mallow**
  - 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. Mallow contains more vitamin C than oranges!

- **Duckweed**
  - This plant grows on still water during spring, fall and winter. All above-ground parts are edible raw and it has no poisonous lookalikes. Duckweed contains more vitamin C than oranges!

- **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. Miner’s lettuce contains more vitamin C than oranges!

- **Purslane**
  - This plant grows in moist areas all year round. 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.

- **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 broccoli is more nutritious than garden broccoli and they also garden a variety of wild edible plants. Both are often times more nutritious than garden broccoli and garden varieties.

- **Watercress**
  - This plant grows in moist areas during summer and fall. All above-ground parts of it 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.

- **Wild Radish**
  - 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 of wild radish can be boiled and use as a thickening ingredient. The mashed leaves added to soups as a thickening ingredient.