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.

---

**Familiar Wild Edible Plants**

<table>
<thead>
<tr>
<th>Plant</th>
<th>Edible Parts</th>
<th>20g</th>
<th>60g</th>
<th>100g</th>
<th>200g</th>
<th>1g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purslane</td>
<td>Leaves, Flowers</td>
<td>1.6g</td>
<td>3.7g</td>
<td>6.2g</td>
<td>15.3g</td>
<td>0.52mg</td>
</tr>
<tr>
<td>Lamb’s Quarter</td>
<td>Seeds, Leaves</td>
<td>4.2g</td>
<td>11.6g</td>
<td>20.9g</td>
<td>51.7g</td>
<td>1.67mg</td>
</tr>
<tr>
<td>Salsify</td>
<td>Leaves, Roots</td>
<td>1.4g</td>
<td>3.5g</td>
<td>5.8g</td>
<td>14.4g</td>
<td>0.49mg</td>
</tr>
</tbody>
</table>

---

**Common Edible Weeds**

- **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 shimmery bottoms. Purslane contains more omega-3 fatty acids than any other leafy vegetable plant.

- **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).

- **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 globs like the flowers of dandelion. Seeds may be easily harvested for consumption by pulling them out before the seed globe opens.

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**Condiment Cooking**

**Cocktail Sauce (ketchup, horseradish, mayo, hot sauce)**

- **Tartar Sauce (mayo & relish)**
- **Karashi (mustard, horseradish, mayo)**
- **American Brooklime**
- **American Brooklime**
- **American Brooklime**

---

**Normalization:**

- Money is an Illusion used for control, Creative Bartering/sharing have infinite potentials.

---

**Survival Log:**

- **Pine Needle Tea**
- **Dandelion Leaves (raw)**
- **Safflower**
- **Safflower**
- **Safflower**

---

**Shamrocks**

- All “Shamrocks” are edible raw.

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**Group Decision-Making**

- Information Currency: for use in creative bartering.

---

**Edible Insect Nutritional Guide**

- **Earthworm**
- **Broccoli**
- **Maple**
- **Flower Petals**
- **Snails (escargot)**

---

**Macronutrients**

- **Duckweed (100g dried)**
- **Acorns**
- **Clovers**
- **Dandelions**
- **Earthworm**

---

**Edible Currency:**

- *Cocktail Sauce (ketchup, horseradish, mayo, hot sauce)
- *Tarter Sauce (mayo & relish)
- *Karashi (mustard, horseradish, mayo)
- *Cocktail Sauce (ketchup, horseradish, mayo, hot sauce)

---

**End:**

- **Telephone**
- **Pine Needle Tea**
- **Dandelion Leaves (raw)**
- **Safflower**
- **Safflower**

---

**American Brooklime**

- **American Brooklime**
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- **American Brooklime**

---

**American Brooklime**

- **Broccoli**
- **Maple**
- **Flower Petals**
- **Snails (escargot)**
- **Safflower**

---

**Normalization:**

- Money is an Illusion used for control, Creative Bartering/sharing have infinite potentials.