

BY LINDA
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THE
FORGOTTEN
POWER OF
WILD
FOODS

FOR THE
LOVE OF ALL
THINGS WILD

HOW COULD WE EVER FORGET

WE ARE PART OF NATURE

Nature nourished us in so many ways throughout our whole lives.

From the first air we breathed, the water we drink, to the foods that sustains and nourishes us on a daily basis.

Our bodies are basically built up from nature's particles and will return to her once our spirit leaves our bodies when we move on to the heavens above.

Nature, all it wants in return for her gifts is our gratitude, expressed in taking care of the bigger nature (environment) as well as the little nature (our bodies) in a harmonious way.

Wild foods are the perfect way to honour nature. By being sustainable, local & adept to exactly what we need right here and now in so many ways.



NOT LONG AGO

WE STILL KNEW

In fact, we relied on nature in the most direct ways for most of our human history.

We needed to know the local plants, how to live and move with the cycles of the moon & seasons, not as a hobby, but for our **basic survival**.

In the last 100 years we have become more and more disconnected from nature and where our foods are coming from. Food quality has plummeted remarkably as we started to focus more and more on the quantity and outer appearance of food.

Somewhere we forgot to **protect & honor the essence**; The powerful macronutrients that work so brilliantly synergistically to give you the utmost best. Working together with the soil to gain as many as possible valuable nutrients, to nourish you to their fullest ability.

Many now grown food crops (even organic) are **depleted of the vast richness of macro nutrients and especially minerals**, that are naturally present in the wild soil.



WILD FOODS

THE MISSING LINK IN TODAY'S DIETS



While all having their own special superpowers there are some things these wild foods have in common:

Still growing in natural areas instead of on depleted soils these wild foods are **way higher in minerals and trace elements** than any store bought foods. Minerals are key for many of your bodily functions. To name one very important one nowadays: it helps your body to relax. It helps with grounding and feeling safe.

Next to this, they still contain a lot of **bitters**. A taste that is not often a favorite of our tastebuds (therefore they have been cultivated out of most conventional veg species by now). Yet, they are very much welcomed by the rest of your body. **Bitters help detoxify our bodies naturally**, plus aid in digesting our food properly and help us feel satiated faster and longer.

WILD FOODS

THE ANSWERS TO TODAY'S CHALLENGES



While their dietary value is surely and unmistakably off the chart, there is more.

The energetics of wild foods -and mostly of those incredibly common ones called weeds- may be EXACTLY what we as a human race are in need of **right now.**



Weeds of the wild have oftentimes been unwanted, hated and even uprooted. Yet, most weeds are hard to get rid of, they are **resilient** and **resourceful** **knowing how to adapt to a changing climate and environment.**

These are skills that are extremely valuable in a time where everything seems to be changing with rapid speed.

These wild weeds rise up in between the tiniest of cracks in the manmade concrete. They show us hope, they show us the innate strength to bounce back up and to never ever, give up. When we connect with these plants, we connect to these energies as well. It makes it easier to tap into.

Next to this, these **weeds of the wild**, are still **untouched by man** in any way. Where most species of herbs, fruits and veg have been cultivated and altered by man, wild weeds remain wild. Thereby they still carry much more **ancient codes and wisdom.**

WILD FOODS

WHAT THEY WANT US TO KNOW



Even though I am pretty sure they will love to tell you themselves (and maybe many more things) when you take the time to sit down and listen to them, here we go. The lessons I keep on getting from the wild nature are:

1. natural state of service

2. nature of abundance

3. gratefulness



LESSON ONE

NATURAL STATE OF SERVICE



Nature - as everything in their natural state - loves to serve.

Its is NOT a coincidence that medicinal weeds pop up right in your frontyard, the minute you get an illness.

There are numurous accounts that show that this is happening to many many people. Probably to most if not all, but how many of us are still trained to recognise this?

Also, whenever I go out foraging I have learned to ask the plant if it wants to give (part of) it's life for the purpose that I want to use it for (food or medicine). Almost always, I feel the same answer: "It would be our honor, thank you for recognising our strength and using it for the good off all, **we love to be of service**".

LESSON TWO

THE NATURE OF NATURAL ABUNDANCE



When you are directly harvesting out in nature it will be difficult NOT to receive this lesson.

As you will easily intuitively feel how much you need to take for the plant (or species in that spot) to still be able to survive and thrive. **It does simply not feel good to take more then you need or will use.**

Taking more then you need is not abundance, as greediness only comes out of a state of lack.

Any one who ever planted a garden knows: **nature so naturally shows us abundance in many ways.**

In species, colors, fragrances and uses throughout the year. Also, most plants produce seeds, one plant produces multiple seeds per fruit, creating natural... yup, abundance! No need to take more than you need.

LESSON THREE

GRATEFULNESS



When you receive as much as we do from nature it is hard NOT to be grateful.

It gives great satisfaction to gather your foods, medicine and/or supplements in the forest.

Even though it has been a while (100-150 years), **somewhere in our DNA lingers the remembrance of gathering in the wild** and the satiating feeling that comes along with this act. We feel cared for, nurtured and nourished. This creates a natural state of gratefulness.

A great state to be in that produces a deep respect for nature, that easily results in us taking great care of the nature all around us, in return. And so, the natural cycle is round.

PLEASE DO NOT FORGET

NATURE IS ON YOUR SIDE



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THANK YOU NATURE



FOR BEING WITH US, ALL WAYS &
ALWAYS .

YOUR FOREVER LOVER,

LINDA