

Wild Plants are Good for Us!

Wild greens are gathered during the warm months of the year. Greens for the willow, mountain sorrel and fireweed provide nutrients such as vitamin A, iron, calcium, magnesium and fiber. These nutrients are important for healthy skin, bones, teeth and blood as well as to prevent infection.



Did you know?

Wild plant greens are excellent sources of vitamin C. This vitamin keeps our gums, teeth and skin healthy. They also help wounds heal and help our bodies fight sickness.

Young, raw Fireweed leaves provide more Vitamin C and Vitamin A than the amounts in more mature plants.

Vitamin C is lost when heated or soaked in water. Eat wild greens fresh, steam them or cook them in small amounts of water to get as much vitamin C as possible.

Preparation

Wild plant greens are eaten raw, cooked, or added to soups. Some leaves and flowering stems are used in soups as potherbs. When Mountain Sorrel is boiled, it adds a tart flavour to cooking. When eaten raw, Sorrel leaves have a refreshing flavour and are eaten rolled into a ball or as a salad.

Fun Facts About Wild Plants

- Fireweed leaves are often eaten raw with seal blubber or cooked and eaten like spinach. The flowers can also be eaten raw.

- Seabeach Sandwort is added to boiling seal meat. Because of its high salt content, it adds flavour to boiled meat.

- Plants, such as Labrador Tea, are brewed and steeped for tea and provide a source of vitamins.

- Purple Saxifrage flowers are eaten where berries are not available.

- Tundra Tea is made by pouring boiling water over the leaves and steeping gently. Tundra tea is known to soothe an upset stomach. Also traditional used for heartburn, colds, arthritis, as a wash for sores, and a laxative.



arctic willow



netted

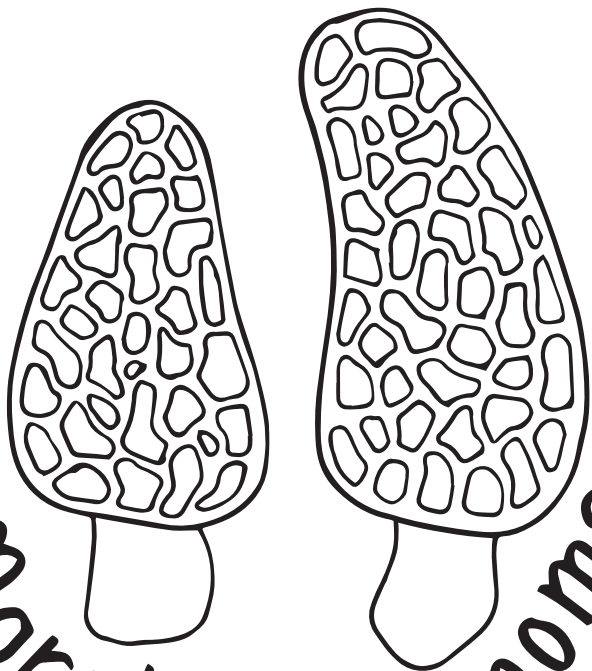


willow

fireweed leaves



Morel mushrooms



mountain sorrel

