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Eat Weeds! (the art of nibbling)

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Written by Frank Cook
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Perhaps you have come to see the weeds as your friends. But it is still a prevalent belief that weeds are bad and should be eradicated by any means possible. I admit that there are still many weeds I have not come to know well enough yet. But that is entirely my own failing. For I flutter about here and there doing things while the weeds are always present in some manner being their weedselves. It is only a matter of my taking time to be present with them.

There are many, many weeds I do know whom you can readily use for tea, food, and/or medicine as well as other basic needs and wants. In the most basic sense weeds hold the soil and provide green compost. They also occupy niches in complex ways we are only beginning to understand.

The majority of Americans consume only a couple of dozen plant species in their diet. A few hundred years back the inhabitants here consumed over 200 kinds of plants in their diets. This seems at the root of our alienation from the Earth.

I could rattle off to you the impressive figures of how weeds feed us in the macro nutrient ways not to mention them as energetic healers and allies to humans. They have been here with us since we came to be. They shaped and formed us. We are told that we use only 10 percent of our brain capacity. Maybe all those neurons are meant to connect us with the web of Gaia.

I want to encourage you to nibble the plants you are getting to know! As you move about through each day reach out and touch, smell, admire and yes, certainly taste those plants whom you have come to know as friends. In addition to this energetic model of nibbling, it can be demonstrated the importance of nibbling as a means of obtaining micro-nutrients and taking in catalysts. I personally nibble on plants throughout the day. I find it helps me to ground and center and acclimate to the setting I am in.

Get to know the weeds beneath your feet! Get your hands on some good weed books as well as Thomas Elpel's "Botany in a Day" 6th ed which teaches you to recognize plant families. Know a dozen plant families and you will recognize over 75% of the plants you meet. The most common weed families are the: composite (Asteraceae), legume (Fabaceae), buckwheat (Polygonaceae), grass (Poaceae), mustard (Brassicaceae), mint (Lamiaceae), lily (Liliaceae), carrot (Apiaceae), nettle (Urticaceae), lambsquarter (Amaranthaceae) and buttercup (Ranunculaceae). Learn them first. You will see them around your garden. Learn from and share with others. Grow to know them and you will always be fed! They are waiting to meet you. Learn them! Nibble them! Let the Prana flow.