

46



Quinoa

Cereal (edible seeds) Latin
"Chenopodium quinoa"

Edible Parts



The seeds



The Leaves



Quinoa is rich in fiber, minerals, antioxidants and all 9 essential amino acids. A superfood for your body.

Other uses



The leaves can be eaten like spinach



109



Kiwi

edible fruit
Latin: "Actinidia deliciosa"

Edible Parts



The Fruits



Kiwifruit is packed with vitamin C and dietary fibre. It keeps your heart healthy.

Other uses



The roots & stems can be used as sedatives and helps clean the urinary tract.



53



Blackberry

edible fruit
Latin: "Rubus fruticosus"

Edible Parts



The fruit



Young leaves & young shoots



Blackberries are loaded with vitamins & minerals; are rich in powerful antioxidants to keep the cells very healthy.

Other uses



The root and leaves can be used medicinally to treat diarrhea, sore throat and wounds.



95



Peach

edible fruit
Latin: "Prunus persica"

Edible Parts



The fruit



Peaches are rich in antioxidants, with loads of vitamin A & other minerals. They help in digestion & protect the skin.

Other uses





Juice, jams, dried fruit





109


Kiwi
Perennial vines that need both male & female to grow seeds.


 Plant in full sunlight or in shade.


 Water a few times a week during the growing season

 Plant in spring, just after the last frost.

 Ripe when it yields easily but can also ripen in room temperature.


 Grows in sandy, loamy and heavy soils.


 Can be grown all-over Europe.


 **19**  **93** **153**


46


Quinoa
Perennial or annual herbaceous flowering plants


 Plant in full sunlight



 Keep soil moist until the seedlings sprout.

 Plant in spring, just after the last frost.

 Wait until the plants shed their leaves.


 Adapts to most soils, but prefers well-drained loam.


 Can be grown in countries with longer sunny period.


 **48**  **118** **130** **108**

95


Peach
Perennial trees


 Plant in full sunlight.

 Water a few times a week during its first summer.

 Plant in autumn.

 Peaches yield easily when ripe: can also ripen in room temperature.


 Needs loam to a clay loam


 Grows in most of Europe but unusual in Scandinavian countries


 **152** 


53


Blackberry
Perennial plants; typically biennial "canes" from the perennial root.


 Plant in full sunlight.



 Water a few times a week after planting if planted in summer.

 Plant in spring, just after the last frost.

 When berry is plump & yields easily when picked.

 Prefers well-drained sandy or loamy soils.

 Can be grown all-over Europe.

 **123** 

74



Redcurrant berries

edible fruit

Latin: "Ribes rubrum"

Edible Parts



The fruits



Redcurrants contains lots of vitamins C and K & high in antioxidants. Great for your skin & over-all health.

Other uses



Jams, jellies, as face-masks by adults



116



Grapes

edible fruit

Latin "Ribes rubrum"

Edible Parts



The fruit



The pips



Grapes are a good source of fibre, potassium, & a range of vitamins & other minerals. Great for your eyes and skin.

Other uses



Juice, jelly/jams, dried fruit snack



123



Peas

legumes

Latin: "Pisum sativum"

Edible Parts



The leaves



The stem



The flowers
tendrils



Peas have high levels of protein and Vitamins A, C & K, iron, folate & many more. They help build muscles.

Other uses



The shoots which include the leaves, stem, blossom & tendrils are edible.



137



Shallots

Vegetable bulb

Latin: "Allium cepa aggregatum"

Edible Parts



The leaves

The shoots



The flowers

The bulbs



Shallots are high in antioxidants; help fight seasonal allergies & germs; keep the heart & bones healthy.

Other uses



chutney, shallots confit



116



Grapes

Perennial vines.



Plant in full sunlight.



Newly planted needs immediate watering.



Bare-root grape vines, plant in the early spring.



Plump and juicy-looking.



Grapes prefer acidic soil.



Grow in most parts of Europe, special varieties for Scandinavian countries.



15 60

123



74



Redcurrant berries

Perennials, plant them once and enjoy them for a life-time.



Plant in full sun or partial shade.



Regular watering only in first summer if too hot.



Plant in autumn.



Plump and juicy-looking.



Almost all soils with good drainage.



Now can grow all over Europe.

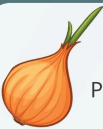


160

130



137



Shallots

Perennial like most onions.



Plant in full sunlight.



Water during dry period.



Mid-November to mid-March.



Harvest to your need/taste.



Rich, light, well-drained soil.



Grow all over Europe, new in Scandinavian countries.



100

34

19



123



Peas

Annual plant, so keep some seeds for next year.



Full sunlight is ideal.



Water is needed after planting or when hot.



Plant in spring or late summer. Check your variety.



When the size suits your taste but before maturity.



Tolerate most soils except heavy clay soil.



Can grow all over Europe.



19

48

77

91

134

157

53



158

Radish



Root vegetable

Latin: "Raphanus sativus"

Edible Parts



The leaves

The tops



The seeds

The bulbs



Radishes are high in nutrients, minerals & antioxidants, packed with Vitamins E, A, C, B6, and K. They keep the body in good working condition.

Other uses



/Pickles



151

Leek



vegetable bulb

Latin: "Allium porrum"

Edible Parts



The leaves



The bulbs



Leek is a good source of vitamins A, C and K; minerals such as iron & manganese. It keeps your eyes and bones in excellent condition.

Other uses



/confit or chutney



130

Garlic



vegetable bulb

Latin: "Allium sativum"

Edible Parts



The leaves



The flowers



The bulbs



Garlic is rich in vitamins C & B6 & in manganese; protects the body from microbial infections and cold & is good for the heart.

Other uses



Garlic relieves itchy skin, an athlete's foot remedy, a natural anti-fungal & mosquito repellent.



144

Brussels sprouts



vegetable

Latin: "Brassica oleracea var. gemmifera"

Edible Parts

The stalk

The bud



Brussels sprouts are low in calories but high in many nutrients, especially fibre, vitamin K & C. They are the cold-weather superfoods.

Other uses



/



151



Leek

Perennial, though often mistaken as a biennial



Plant in full sunlight.



Does not need much water.



During cool weather of early spring and fall.



When its white stem or shaft is at least 7 cm long.



Prefers acidic but tolerates slightly alkaline soil.



Grown all over Europe.



2

19

49

137



158



Radish

Annual or biennial.



Plant in full sunlight; some ok in partial-shade.



Does not need too much water.



Spring or fall.



When roots are approximately 3 cm in diameter at the soil surface.



Fertile moisture-retentive soil.



Grows all over Europe.



100

134

41



144



Brussels sprouts

Biennial plants



Plant in full sunlight.



Regular watering, unless you mulch well.



Early spring, or mid- to late summer.



When the sprouts are about 3cm in diameter.



Light, well-drained soil.



Can be grown in most parts of Europe.



100

91

41

19

133



130



Garlic

Perennial



Plant in full sunlight.



Regular watering, unless you mulch well.



Usually, garlic is planted in the fall.



Before all the leaves have turned brown.



Light, well-drained soil.



Can be grown all over Europe.



128

118

89



60



Basil

herb
Latin: "Ocimum basilicum"

Edible Parts



The leaves



The flower bud



Basil is an excellent source of vitamin K, manganese, iron, vitamin A, and vitamin C, calcium, magnesium, and omega-3 fatty acids.

Other uses



Extracted to make essential oil used for treating cuts, wounds, and skin infections.



81



Tarragon

herb
Latin: "Artemisia dracunculus"

Edible Parts



The leaves



Fresh tarragon herb contains high antioxidant value with many beneficial nutrients but few calories and carbs. Great for your over-all health.

Other uses



Extracted to make essential oil used for the breath, belly, muscles, joints, throat, and for relaxation.



102



Watercress

herb
Latin: "Nasturtium officinale"

Edible Parts



The leaves



Watercress is rich in vitamins A, B6, C, E, K, and also of folate, calcium, iron, potassium and iodine. Good for your eyes & skin.

Other uses



watercress oil



67



Lentils

legumes
Latin: "Lens culinaris"

Edible Parts



The seeds



Lentils are rich in B vitamins, iron, magnesium, potassium and zinc. One of the best sources of plant-based protein and fiber.

Other uses



/



81



Tarragon

Perennial herb



Plant in full sunlight.



Water only following the seedling transplant.



Seed indoor before the last expected frost in spring.



When there are enough leaves.



Tolerates all types of soil.



Can be grown all over Europe.



157



60



Basil

Annual herb



Plant in full sunlight.



Water deeply once a week. Indoor, water daily.



Transplant seedling in early spring.



When there are enough big leaves.



Light, rich, well-drained soil.



Can be grown all over Europe.



157



161

67



Lentils

Annual legumes



Plant in full sunlight.



Maintain even moisture but stop watering when pods begin to dry.



Seed indoor 2-3 weeks before the last expected frost in spring.



110 days after sowing.



Prefer loose, rich, well-drained soil.



Can be grown in many parts of Europe.



26



134

102



Watercress

Perennial herb



Plant in shade or full sunlight.



Keep moist with regular watering or mulch well.



Seed indoor before the last expected frost in spring.



As soon as the seedlings are three weeks old.



Wet / humid soil.



Can be grown in most parts of Europe.



60



32



Chickpeas

legumes

Latin: "Cicer arietinum"

Edible Parts



The seeds

The fresh green pods



Chickpeas are dense in protein, dietary fibre, folate & minerals, such as iron & phosphorus. Aids in the digestion.

Other uses



/chickpeas powder as flour
al



88



Linseed / Flaxseed

seeds

Latin: "Linum usitatissimum"

Edible Parts



The seeds



Linseeds are rich in omega-3 fatty acid ALA, lignans and fiber. Builds muscles & keeps bones strong.

Other uses



As linseed oil, it is used as a nutritional supplement & as an ingredient to protect wood. Flax fibres are used to make paper & linen.



11



Cow

Cow is a female cattle, the male is called Bull

Edible Parts



The meat



The milk



Beef protein & cow's milk may promote muscle maintenance and growth. Eat less / more based on your dietary choice/needs.

Other uses



Cow's skin or cowhide is used for rugs or furnitures. Milk is converted into cheese.



4



Duck



Edible Parts



The meat



The eggs

The liver



Duck meat is a good source of selenium and zinc & contains high amounts of iron.

Other uses



Ducks help in the garden by preying on slugs, snails, insects and other pests.



88

Linseed / Flaxseed



Annual plant



Plant in full sunlight.



Keep soil moist during growing season.



Early spring, late summer/early fall in temperate climates.



When approximately 90% of the seedheads have turned tan or gold.



Plant in average to sandy well-drained soils.



Can be grown in some parts of Europe.



26

19



32

Chickpeas



Wild chickpeas are mostly perennial, but some varieties of chickpeas are annual



Plant in full sunlight.



Water once a week in cool areas, keep soil moist in dry areas.



Seed indoor 2-3 weeks before the last expected frost in spring.



100 days from planting date.



Prefer loose, rich, well-drained soil.



Can be grown in many parts of Europe.



19

91

100



4

Duck



Family: Anatidae
Kingdom: Animalia
Class: Aves



Homegrown ducks eat garden pests, vegetable peelings, grass, weeds, leaves, algae.



Duck pen is needed in case of predators.



If not slaughtered: 5 - 10 years.



Ducks grow in any climate.



Aside from controlling the insects and weeds, the ducks' paddling feet oxygenate the water & their poop fertilizes the soil.



41

2

3



11

Cow



Cattle
Species: B. taurus
Kingdom: Animalia
Family: Bovidae



Free range organic cows eat lots of grass & healthy grains.



Free range organic cows graze in green fields most of the year. In CAFO, cows are in cages all their lifetime.



If not slaughtered: 18 - 22 years.



Domesticated cows were introduced in Europe during the Neolithic age.



Roving and grazing cows in very large grasslands like in some deserted African countries, can reduce CO2 and restore soil function and fertility. CAFO farming is an environmental and public health disaster.




15

107

140




18




Dried fruits & vegetables


5
19
48
49
71

91
120
130




Fruits & vegetables when dried or dehydrated lose some of their nutritional value like Vit. C & betacarotene but retain most of the minerals.

Other uses  Vegetables can be used as seasoning. You can snack on dried fruits.



25




Infusion


2
16
53
81
103


107
108
109
118
128

134
135
154



Infused water is great for hydration & immune defense. Fresh fruits, herbs & aromatic roots assimilate their nutrients in the water. Dried ones provide their remaining vitamins & minerals.

Other uses  Fruits used in infused water can be fed to chickens & ducks. All others can be composted.



39



Rye bread

147



Rye bread is low in gluten, rich in fiber and Vitamin B and is packed with energy.

Other uses  In case of left-overs, rye bread can be fed to chickens and ducks.

4
33



25

Infusion



Infusion is a drink. For thousands of years herbal infusions have been consumed for medicinal reasons.



Infused water can be drunk according to your liking. Infusion from dried leaves of herbs or roots must be adapted to your dietary needs.



Infused water: cut, peel if necessary & soak fruits or herbs of your choice in drinking water. Let it infuse for at least 3 hours. Infusion can also be done in oil or alcohol, keeping the ingredients suspended in the solvent over time.



Optimise use of fresh food produce.



Hot infusion



18

Dried fruits & vegetables



Dried fruits for snacking & dried vegetables for seasoning. Dehydration is one of the oldest methods of food preservation, sun-drying seeds in prehistoric times.



Dried fruits can last for 12 months while vegetables can be preserved for 6 to 12 months. Consume as much as necessary.



Fruits and vegetables can be dried in the sun, in an oven or in a food dehydrator by using the right combination of warm temperatures, low humidity and air current.



Ensure food supply in winter season. Prevent food wastage.



39

Rye bread



As sandwich or eaten with main meals, rye bread goes well with cheese & smoked salmon. The grain is believed to have originated in Asia.



No harm to eat daily but it's always better to have food variation. Shelf-life is 5 to 7 days.



In general: Step1: Preparation of the dough. Step 2. Leaving the dough to rise for 1-2 hrs Step3: Kneading briefly to knock out any air bubbles, then leave again to rise somewhere for further 1 - 1.5 hrs. Step 4: bake for 30 minutes until ready.



Rye, like any grains often require intensive land use. Farmers should opt for diversified crops.



1



23

93

155