

Herbs - part 2

By Lady Aurora Leilani

BOTANICAL SOURCES OF...

VITAMIN A (carotene): carrots, broccoli, beets, garlic, sweet potatoes, spinach, lamb's-quarters, dandelions, violet leaves, parsley, garden cress, butternut squash, hubbard squash, pumpkin, cantaloupe

VITAMIN B1 (thiamin): Dried beans, brown rice, nuts, sunflower seeds, millet, turnip greens, dried peas, sesame seeds, soy beans

VITAMIN B2 (riboflavin): dried beans and peas, sunflower seeds, mushrooms, millet, collard greens, broccoli, amaranth, lamb's-quarters, kidney bean sprouts

VITAMIN B3 (niacin): broccoli, tomatoes, potatoes, peanuts, sunflower seeds, ginkgo nuts, wild rice, brown rice, dried beans, peas, collards, mushrooms, whole wheat, barley, oats

VITAMIN B6 (pyridoxine): carrots, lima beans, bananas, avocado, spinach, dried lentils and dried garbanzo beans, orange juice, brown rice, soybeans, kale, black-eyed peas, pigeon peas, potatoes (with skins), sunflower seeds, peanuts, parsley, whole grains

BIOTIN: most fresh vegetables

CHOLINE: legumes, grains

FOLIC ACID: escarole, spinach, romaine, beans, legumes, seeds, nuts, oranges, avocado, asparagus

INOSITOL: fruits, vegetables, lima beans, peas

PABA: rice, molasses, whole grains

VITAMIN C: broccoli, berries, citrus, cantaloupe, kiwi, papaya, brussel sprouts, kale, turnip greens, cauliflower, parsley, watercress, currants, honeydew melon, sweet peppers, snow peas, violet leaves, rape, alfalfa, rose hips, chili peppers,

VITAMIN E (tocopherol): vegetable oils, dark green leafy vegetables, brown rice, whole grain rice and wheat, roasted peanuts, sesame seeds, lima beans, cabbage, asparagus, oats, sunflower seeds, sweet potatoes

VITAMIN K: broccoli, soybeans, spinach, cabbage, cauliflower, carrots, tomatoes, peas

POTASSIUM: legumes

CALCIUM: bok choy, broccoli, collard greens, flax seed, figs, almonds, black-eyed peas, kale Legumes, mustard greens, okra, sesame seeds, sunflower seeds, soybeans, dandelions, rutabagas, many seaweeds, fava beans, spinach, chard, sorrel, beet greens, parsley, lamb's-quarters, rhubarb, wheat bran

MAGNESIUM: avocado, banana, potato, spinach, lentils, walnuts, seeds, brown rice, peanuts

FLAVONOIDS: apples, citrus, cranberries, grapes, broccoli, celery, onions

CAROTENOIDS: carrots, peppers, tomatoes, dark green leafy vegetables

ALLICIN, SULFURALLYL CYSTEINE: chives, garlic, leeks, onions

ISOTHIOCYANATES: broccoli, cabbage, cauliflower

INDOLES: broccoli, cabbage, cauliflower

TERPENES: citrus

BORON: apples, pears, purple grape juice

FOLIC ACID: soybeans, sunflower seeds, wheat germ and bran, pinto beans, watercress, spinach, garbanzo beans, brussel sprouts, romaine lettuce, mung beans, white beans, kidney beans, lima beans, peanuts, pigeon peas, black-eyed peas, potatoes, orange juice

PANTOTHENIC ACID: sunflower seeds, fava beans, peanuts, soybeans, oats, pigeon peas, lentils, broccoli, brussel sprouts, sweet potatoes, green peas, filberts, cashews, ginko nuts.

PHOSPHORUS: pumpkin and squash seeds, sunflower seeds, millet, dried beans, lima beans, peas, corn, soybeans, wheat germ and bran, dark green leafy vegetables

IRON: parsley, pumpkin and squash seeds, dried beans, millet, sesame, amaranth, pigeon peas, sunflower seeds, sorghum syrup, dark rye, wild rice, sunchokes, prune juice

How To Can Food For Long-Term Storage

1. Gather necessary equipment
 2. Blanch product
 3. Skin/pit/slice product as needed
 4. Poach if needed
 5. Place product in jar and add liquid (to within half an inch of the jar's top)
 6. Cook and seal: Put on a dome lid that is screwed down snug, but loose enough to let air escape. Place filled jar in boiling water bath or pressure canner for specified amount of time.
 7. Label (name and date)
 8. Cool and store
- This method is appropriate for acidic foods. Non-acidic foods must be pressure cooked to avoid contamination (sea level - 1000' =250 degrees at 10 pounds/ higher elevations at 15 pounds)

How To Freeze Food For Long-Term Storage

1. Gather necessary equipment
2. Place empty tray in freezer
3. Boil item(s) to be stored
4. Chill cooked product in ice water
5. Cut as needed
6. Put in zipper-seal freezer bags
7. Label (name and date), and seal
8. Place on cold tray in freezer

To Press Flowers

1. Pick flowers in the morning after the dew has dried
2. Lay, so they don't touch each other, between sheets of paper towel.

Gently place them between the pages of a heavy, old phone book.

3. Put the book in a warm, dry spot and place more heavy books on top of it. Leave in the book for at least six weeks to dry completely and quite flat. If they are damp or stick to the paper towels, leave them to dry for another week.

Air-Drying Flowers

Hanging is the easiest way to air-dry bulky or thick-petaled flowers.

1. Gather several flower stems together, remove the leaves, and secure stems tightly with a rubber band
2. Bend a paper clip into an S-shaped hook. slip one end of the paper clip through the rubber band. Twist the other end onto a coat hanger.
3. Hang the coat hanger with the suspended bundles of flowers in a warm, dark place where they wont be disturbed. Spread out newspaper on the floor beneath because some flowers mat release seeds or pollen as they dry.
4. Allow between three days and a week for bouquets to air-dry., depending on temperature, humidity, stem thickness, size of bundles, and flower type.