



Article Side

Ignite Your Wild Side by Cooking Wild Foods by [Julia Roger](#)

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Cooking with wild foods is not only a passion for some people but it can even become a very useful tool if you find yourself in a difficult situation. In addition to this, gathering of wild foods for the purpose of cooking and consuming them encourages you to experience the wild streak of nature. This even makes you appreciate the beauty and immense diversity all around yourself and you develop a sense of respect for the natural web.

It is a popularly known fact that the kinds of diets you generally consume on a daily basis are devoid of all the essential nutrients and vitamins, which are required to maintain a healthy body and mind. However, if you start cooking with wild foods, you can bring all the nutrition back to your daily diets. This is because wild foods are known to contain a wide variety of micro nutrients which have the ability to protect you against various harmful diseases. One of the very common examples is the Masai. Masai are known to consume a diet which is rich in saturated fats yet they do not suffer from any kind of diseases associated with such a diet. This is because they also consume a lot of wild plants as a part of their daily diet. In addition to this, wild foods have also been discovered to be rich sources of anti-oxidants. In fact, it has been researched that blackberry leaves contain a higher percentage of anti-oxidants as compared to green tea. It is not only the vegetarians, but the meat eaters also who can benefit from the consumption of wild foods. This is because it has been discovered that wild flesh has more of essential fatty acids and less of saturated fats as compared to farmed meat.

However, when foraging into wild places, you must ensure to choose the plants very carefully because there are certain species of wild plants and herbs which are not edible and highly toxic.

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