

# Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

## Red Clover Ice Tea

12 red clover flowers (with leaves is fine)  
8 cups water  
3/4 cup organic cane sugar or monkfruit (low-glycemic)  
one half lemon, squeezed

Boil water in a saucepan, then remove from stove and allow to cool 10 minutes. Place red clover flowers in water; infuse minimum 1/2 hour. (For a stronger flavour and more nutrients allow to sit 1-2 hours.)

Strain, add sweetener of choice and fresh squeezed lemon juice. (The amount of sweetener can be reduced or increased based on your taste buds.) Chill in the refrigerator and enjoy!

Makes 8 one cup servings.



Recipe + photograph courtesy of Karen Stephenson  
[www.ediblewildfood.com](http://www.ediblewildfood.com)

Episode 24: Foraging for Wild Edibles

Email Lynn with questions or comments at  
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*"This common edible plant has a long and colourful history. Traditional Chinese medicine believed that it was a good tonic for colds, to purify the blood, and at one time they burned it as incense. Native Americans used it as a salve for burns, as well as for bronchial problems. Many cultures have traditionally used red clover to treat whooping cough, respiratory problems, psoriasis, eczema and even cancer. Red clover is one of the herbs in Essiac, and grows in many areas around the world."*

**Karen Stephenson**

Wild food is all about the unbroken arc from field to table that includes foraging, harvesting, preparing, eating, and sharing foods from nature.

**Because What You Put In Your Body Matters!**