

### Chat record

YP: Thank you, a very informative presentation

SG: Please how much does cooking reduce the vitamins in these plants?

Pv: awesome, was looking forward to this presentation from the start on monday! And it was great! Thanks Eric!

JB: Thanks Eric. Really fantatsic to hear about all this reserach. Incredibly useful. Really grateful. Thank you.

JB: I eat beech leaves all through the year, they get a bit tougher and I might chew it and then spit out tough bits.

JB: I understand that almost every young tree leaf is edible. I have been eaing oak and sycamore for example. This is not common knowledge.

JB: Wow, thank you.

HD: Welcome back all. If you have any questions for Eric throughout his talk, please type them in the Q&A tab above for Eric to answer after his presentation.

CP: Thank you!

MR: I'm inspired by Eric's ability to never speak in hyperbole and still tell really interesting stories from the data.

MR: The fundraising Eric mentions did reach its target and I believe some of the other researchers are here at the symposium too: <https://experiment.com/projects/nutritional-analysis-of-cold-climate-perennial-vegetables>

MR: Beech leaves are a common spring nibble around here (Denmark). The aroma is quite nice, citrusy ... I find they get fibrous very fast, even when they are the most tender there is some chewing to do when raw. Haven't tried cooking them.

MR: Handbook of Phytochemical Constituents of GRAS Herbs and Other Economic Plants

MR: Tremendously exciting presentation.

AA: Hi Sagara, where did you source yours?

AA: Thanks, that would be fab. :)

AA: Perfect, thank you!

Ss: I've found the Pakistan Mulberry leaf is very delicious

Ss: Hi Aranya - got it years ago. So can't remember- I may be able to give you a cutting.

Ss: Pakistan mulberry availbale here:<https://www.orangeippintrees.co.uk/trees/mulberry-trees/pakistan>

Ss: Thank you Eric!

JS: Phantastic talk - thanks for sharing your very relevant discoveries!

JS: Did anybody get that Book Reference ERic just mentioned straight away?

JS: Thanks!!!

JS: Thanks a lot!!!

PL: quite the contrast to Adolfo's earlier evaluation!

PL: thanks!

SD: Thank you!

YB: Thanks for the presentation. Where can we find the list Eric just refered to ?

YB: That is the same list, ok, thanks Martin !

YB: Very very nice talk, thank you !!

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LB: Folate insufficiency/deficiency is indeed a serious problem, especially in developing countries. Not only because access to nutrients is difficult, but also because the most vulnerable people are exposed to the most serious risk factors, such as fumonisin

LB: great talk! thank you.

ME: thankssss!!!!!!!!!!!!!!!!!!!!

ME: we are on a roll!!!!!!!!!!!!

AM: total inspiration. Thanks

JM: thank you!!!

HK: <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0234611>

HK: Yeah would be nice to buy an nice edible mulberry, I'd prefer to skip the tasting of several different trees for a few euros. Is Martin not selling some?

aP: parsley juice is also toxic

MC: See link from Han above

MR: My mulberry was a tasty leaf. Too tasty perhaps as it was decimated by slugs and snails.

MR: Mulberry\*

RA: Hello Eric and all - sorry to be late.

RA: Yes, it's the 'good eating' aspects that we need to know about as well!

RA: I love saltbush - I've grown it and it's very tasty. It's less salty, in my limited experience, when not growing right next to the coast. (It's naturalized in a couple of places I know of on the Isle of Wight.)

RA: <https://journals.plos.org/plosone/article?id=10.1371%2Fjournal.pone.0234611>

RA: Thanks Eric! Really helpful information!

RA: Good point Martin about nutrient-rich species not getting too many pests - but could that be because they're relatively new here in Britain so perhaps their pests and diseases haven't arrived yet?

RA: Beech leaves are good when young. From memory both Richard Mabey and Roger Phillips include them in their wild food books.

RA: Thanks Roland on stingless nettle!

RA: Britain also has stingless nettle but I haven't seen it (or touched it!) yet.  
<https://www.brc.ac.uk/plantatlas/plant/urtica-dioica>

RA: I wouldn't eat young yew leaves though! Every part of yew is toxic except the flesh around the seed (and the seed is poisonous so that flesh needs to be eaten very carefully!

RA: The book on E USA plants written with first people chefs sounds fabulous!

RA: 'what temperate perennials are high in fats but NOT high in omega 6 oils (Linoleic acid)?'  
Walnuts, *Juglans regia*, are high in omega-6 fats, but also high in omega-3 fats, and the ratio between the two is better than in many other plants.

RA: Not a perennial but the *Camelina* research by Rothamsted on omega-3 is fascinating.  
<https://www.rothamsted.ac.uk/articles/gm-camelina-trial-frequently-asked-questions>

RA: Thanks Eric! And thanks to all of us for some great questions!

SB: Thanks!

DR: Brilliant talk, thank you Eric

RT: For the question in the Q & A - *Urtica galeopsifolia* should exist probably as a subspecies of *Urtica dioica* in the east of Europe, I would like to find it there some day. This info is according to a botanical book "Exkursionsflora von Österreich". and ste

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kh: thanks a LOT !

PM: Thank you! Great talk!

AA: thank you ver mus=ch Eric, an excelent prentation. Would love to explore expanding this research towards Tropical countries like Malaysia, where I farm.

AA: Thank you very much Eric for a great presentation, how would u see an extention of this research towards Tropical countries like Malaysia, where I farm ?

AA: Do your researches make references of these info from communities of the aborigines ?

DT: Have you checked for lectin content or oxalic acid content of these plants?