

Food as Medicine Rockspire April 25th 2026

Presenters:

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Simply Red

A recap on our sharing with Rockspire community. This is a brief description of foraged foods, early spring, and where else to find daily intake foods that are beneficial to our health.

By adding foraged greens, the benefit of nutrient dense fresh foods are a plus in a way to enhance our health, as our ancestors did.

Find the lovely Corn Masa Fritter recipe from Simply Red's kitchen, play with this by adding all sorts of foraged and beneficial greens.

Early Spring foraged foods benefits

Dandelion Calcium Iron Potassium Zinc Vit A

Yellow Dock Calcium Iron Magnesium Zinc Vit A & C

Nettle Calcium Iron Magnesium Potassium Zinc

Chickweed B Complex, especially B1 & 2 Vit A Calcium Iron Magnesium
Potassium Zinc

Where Else to find and Why

Calcium

Milk Yoghurt Cheese Sardines Salmon Leafy Greens Kale Bok Choy

Lowers the amount of cholestrol in the Gall bladder and Kidneys. Reducing the risk of Stones.

Calcium from food is the key

Iron

Red Meat Organ Meat Shellfish Spinach Chard Asparagus Carrots Brussel Sprouts
Broccoli Avocado Sweet Potato Nuts and Seeds

Nutrient food, boosts energy, immunity, muyscle function and brain health.

Treats iron deficiency anemia reducing fatigue and improving concentration

Potassium

Potato's Sweet potato's Avocado salmon White Beans Dates Squash Bananas
Leafy Greens

A Electrolite - mineral salt whorks closely with Sodium together they play a huge role in the health of every cell.

Regulates Blood Pressure, bone health, muscle and nerve function.
Deficiency = muscle cramps, mental confusion, irritability and heart disturbances.

Zinc

Pork, Beef, Lamb, Oyster, Sardines, Peas, Turmeric, Ginger, Seaweed, Brazil nuts, Almonds, Pumpkin seeds, Lentils, Chickpeas.

Mineral involved in skin repair - needed for taste and smell. Provides structure for proteins in muscles, tissue and cell membranes, supports eye health. Essential for energy production, metabolism of fats and maintaining cellular health. It is not stored in the body making daily intake necessary.

Vit A

Beef liver, fish, dairy, eggs, sweet potato, carrots, spinach, kale cantelope, Red Bell Peppers, butternut squash.

Micronutrient, anti inflammation, vision immune function, cellular health, psoriasis.

Vit C

Bell peppers, brocolli, strawberry, kale, pineapple, kiwi, tomatoes, cauliflower

Boosts immune function, helping the body fight off infections.
Acts as a powerful antioxidant, protecting cells from damage.
Aids in the absorption of iron from plant-based foods.
Supports collagen production, promoting healthy skin and joints.
Enhances wound healing by facilitating tissue repair.
May reduce the risk of chronic diseases through its anti-inflammatory properties.

Simply Red Kitchen

Chef Samantha Buyskes

Masa Corn Cakes

Makes 12

1 1/2 masa corn flour

1 cup gluten free flour

2 tbsps sugar

1 tbsp baking powder

1 tsp baking soda

1 tsp salt

2 eggs

2 cup milk

1/4 cup foraged green pesto

Whisk all ingredients together and prepare in your pan of choice. In a non stick or cast iron you won't need additional grease but you may want some butter in the pan before cooking them. They can be saved in the fridge or freezer and reheat by dropping in the toaster.