

Alive or Undead? Wild Food Foraging and the Fear of a Zombie Apocalypse

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Applied Food Studies





Zombies worth over \$5 billion to economy

The walking undead reflect our anxieties over scary times

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 Horror genre has found a new home

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By **JON C. OGG**

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Zombies may be the walking undead, but their contribution to Main Street's economy is very much alive. In modern times, the zombie genre has evolved from a cult following to a highly popular theme. 24/7 Wall St. estimates that the today's zombie genre economy is worth billions of dollars.

Think way beyond zombie movie ticket sales. Think about DVD sales, video games, comic books, novels, Halloween costumes, zombie walks, merchandise, conventions and



DANGER
INFECTION HAZARD
QUARANTINE AREA

**BEST MAJORS
FOR SURVIVING THE
ZOMBIE APOCALYPSE**



BE ORGANIZED
BE PREPARED
BE SAFE

WHAT NOW?

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"A beautiful, cock-eyed culinary concoction—truly as genius in its conceit—and wickedly delicious in the scope of its recipes. Flesh-eating zombies and haute cuisine—eating foodies collide in this trippy, rustic cookbook chock full of inside dish on both the walking dead and the post-apocalyptic larder."

—Jay Bonansinga, *New York Times* bestselling author of *The Walking Dead: Descent, Frozen, and The Sinking of the Eastland*

"A disturbingly delicious and mouth-watering collection of truly apocalyptic recipes. Who thought the end of the world could be this yummy? Go on... take a bite!"

—Jonathan Maberry, *New York Times* bestselling author of *Rot & Ruin* and *Fall of the Night*

JUST BECAUSE THE UNDEAD'S TASTE BUDS ARE ATROPHYING DOESN'T MEAN YOURS HAVE TO!

You duck into the safest-looking abandoned house you can find and hold your breath as you listen for the zombie horde you've been running from all day. You hear a gurgling sound. Is it the undead? No—it's your stomach.

When the zombie apocalypse comes, there will be no more take out, no more brightly lit aisles of foods just waiting to be plucked off the shelves. No more trips down to the local farmers' market. No more microwaved meals in front of the TV or intimate dinner parties. No, when the undead rise, eating will be hard, and doing it successfully will become an art.

The Art of Eating through the Zombie Apocalypse is a cookbook and culinary field guide for the busy ztop survivor. With more than 60 recipes (from *Overnight of the Living Dead French Toast* and *It's Not Easy Growing Greens Salad to Down & Out Sauerkraut, Honey & Blackberry Mead, and Twinkie Trifle*), scads of gastronomic survival tips, and dozens of diagrams and illustrations that help you scavenge, forage, and improvise your way to an artful post-apocalypse meal, *The Art of Eating* is the ideal handbook for efficient food sourcing and inventive meal preparation in the event of an undead uprising.



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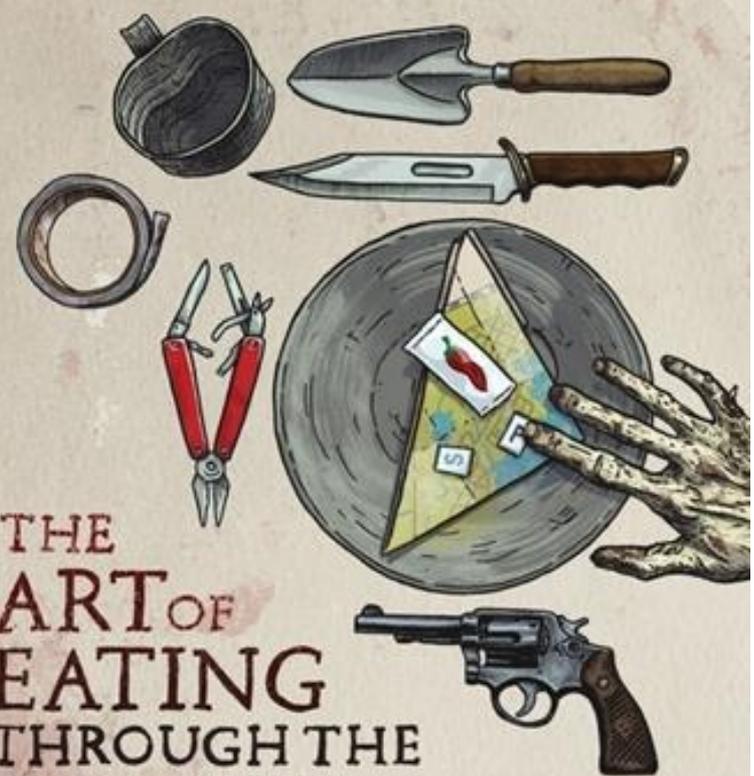
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WILSON
&
BAUTHUS

THE ART OF EATING THROUGH THE ZOMBIE APOCALYPSE



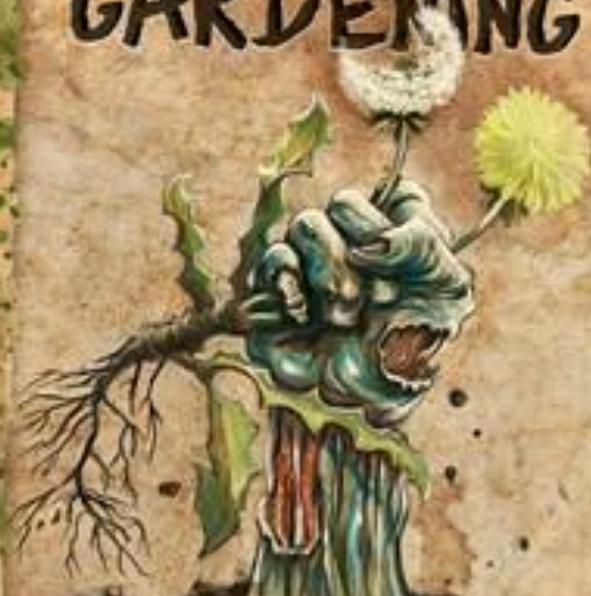
THE ART OF EATING THROUGH THE ZOMBIE APOCALYPSE

A COOKBOOK & CULINARY SURVIVAL GUIDE

written by LAUREN WILSON

illustrated by KRISTIAN BAUTHUS

ZOMBIE GARDENING



ADAM KESSEL

COMMON CHICKWEED

(*Stellaria media*)

Uses: Tea used to treat coughs. The seeds and stems can be used in salads. (24)

Survival Notes: Nothing with a seed.

Harvest Away! This plant is native to Europe and is considered a non-native invasive species in North America.

Where to Forage

- Open fields are great for leafy greens.
- Deep woods tend to be best for mushrooms.
- Forest edges tend to have brambles, vines, and large leafed plants.
- Avoid trespassing.
- Don't harvest from anywhere that might have been sprayed.
- Don't harvest in areas where you are unsure about the water source.
- Don't harvest on the side of busy roads, no matter how tempting they may be.
- Avoid vacant lots, and abandoned industrial sites.



When to Forage

- Spring and summer are usually best for greens.
- Late summer and fall are best for most mushrooms.
- Mushrooms are really dependent on rain.
- Early spring and late fall tend to be best for root crops.



Ticks

Tuck your pants

Use tick spray

Check yourself after foraging

Shower with strong soap



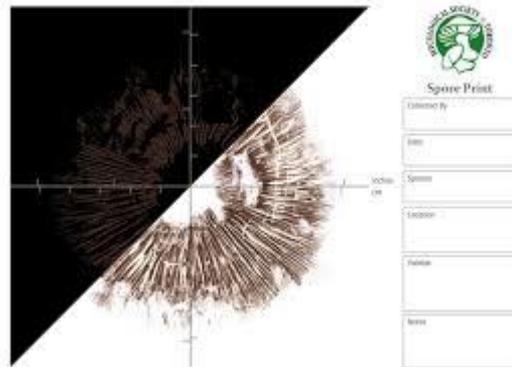
Harvest Responsibly

- Be careful not to overharvest perennials that take many years to come back. This is a particular problem with ginseng, ramps, chaga, and many other products that can sell for a lot of money.
- As a rule of thumb, don't take more than 1/3rd of the plants growing in any given patch in a single year.
- Try to spread seeds and spores while you harvest.



Equipment

- Knife
- Scissors
- Basket or Mesh Bag
- Jeweler's Loop
- Spore print paper
- Keys




Spore Print

Collected By	
Date	
Species	
Location	
Number	
Notes	



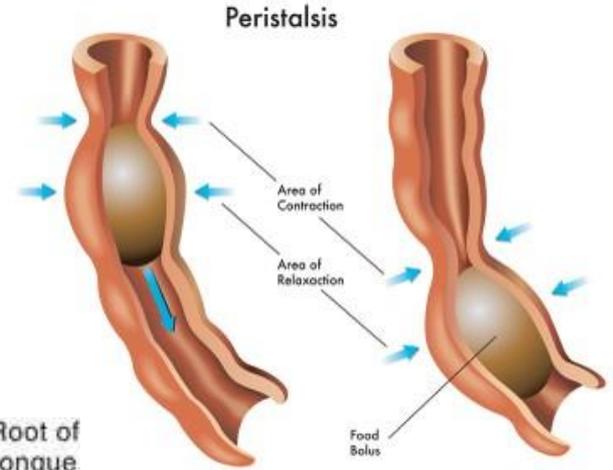
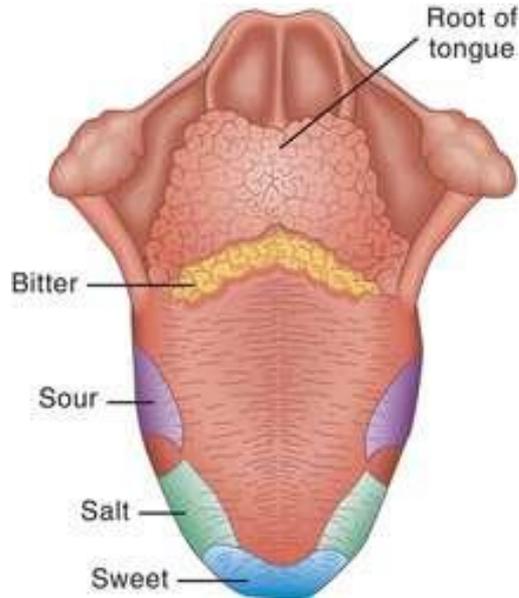
Fiber

- Wild plants are often high in fiber
- Many health benefits
- Don't get stuck on the toilet in a world full of zombies



A Word About Bitter

- Saltiness, Sweetness, Sourness, Bitterness.
- Important in many cultures.
- Stimulates peristalsis.
- Stimulates production of stomach acid.
- You need to taste it to get that effect.
- You get used to it.



Carol's Cookies

[https://www.youtube.com/
watch?v=83ZYX5HucEo](https://www.youtube.com/watch?v=83ZYX5HucEo)



Acorns



Gathering Acorns

September-October

Trees don't produce well every year

Inspection is really important

Discoloration, enlarged bundles, separated cups, attached caps, small holes, are all bad signs.

Biting open a few.



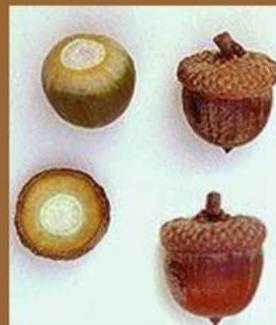




White Oak

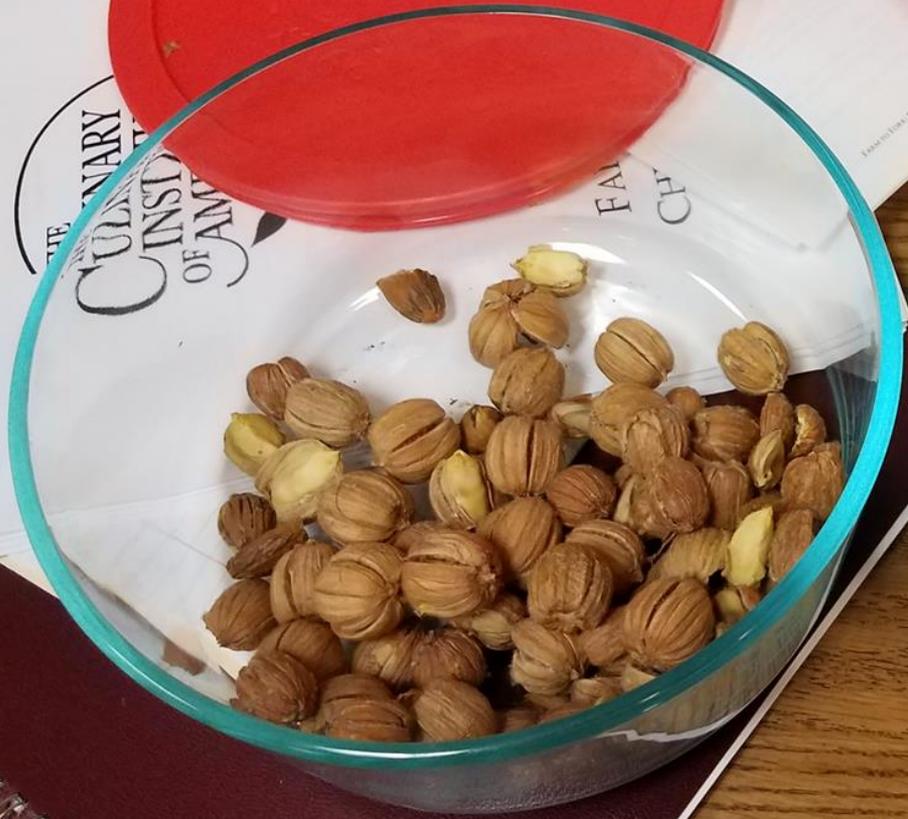


Red Oak



Dry





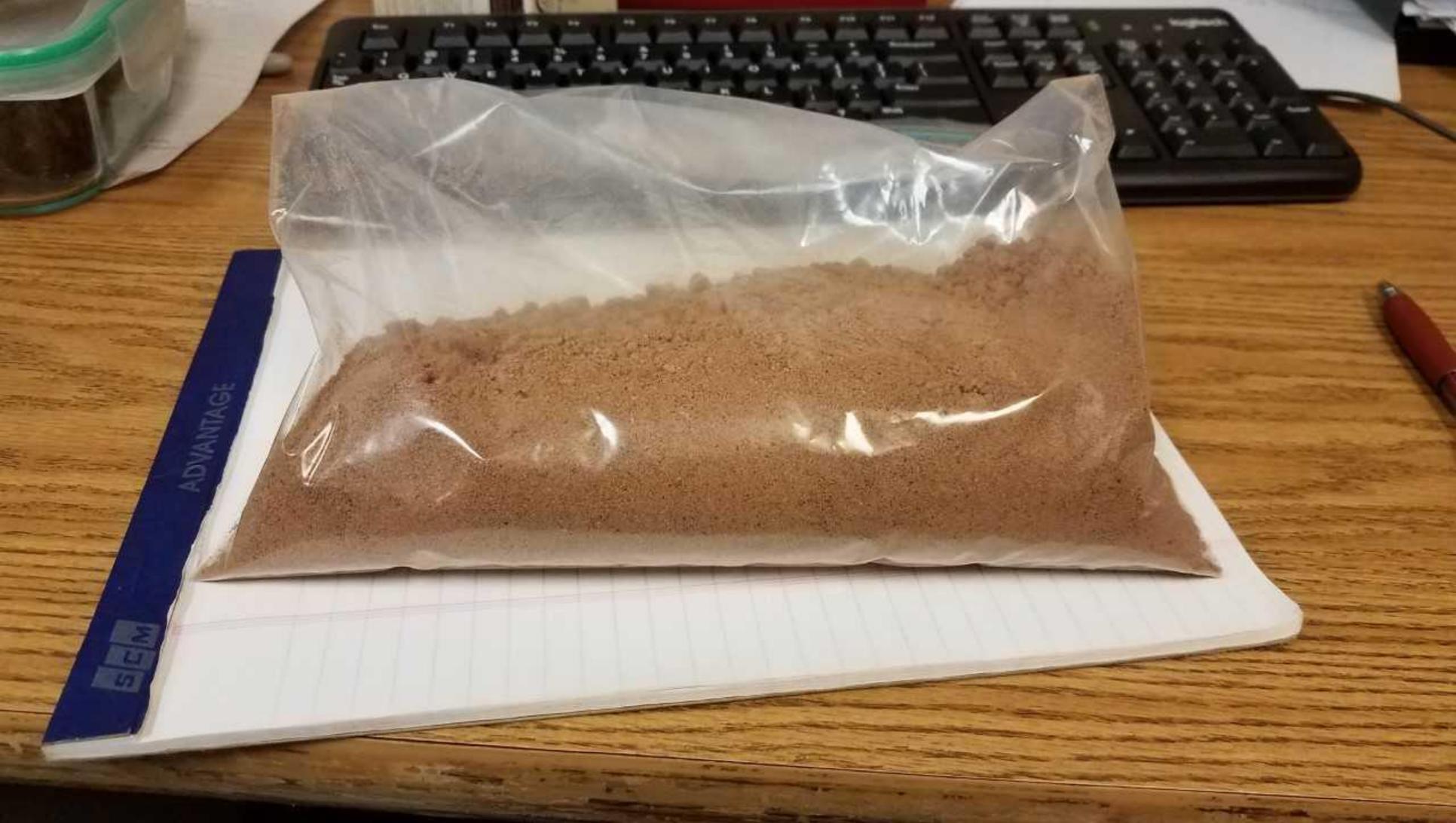
Leaching Tannins



hot leached acorns







Be Safe

- Proper identification is vitally important. Eating misidentified plants and fungi causes illnesses and death every year.
- Don't eat anything unless you are absolutely sure.
- Avoid plants and mushrooms with deadly look-alikes.
- Learn to use dichotomous keys.
- Participate in forays and workshops as a beginner.



Clockwise from upper left:
Roman Emperor Claudius,
Amanita phalloides,
Holy Roman Emperor Charles VI

Poison Hemlock



Wild Carrot



False
Morel



Morel



Health in the Apocalypse

Prevention Before Treatment

Systems not Symptoms



The 100 Yard Salad



Bedstraw

Lady's **bedstraw** is used for treating cancer, epilepsy, spasms, tumors, loss of appetite, and chest and lung ailments. It is also used as a diuretic for relieving water retention, especially swollen ankles.

Some people use lady's bedstraw to cause sweating; as a tonic; to increase sexual desire; as an astringent; and as a purgative.

Lady's bedstraw is sometimes applied directly to the skin for poorly healing wounds and to stop bleeding.



Ground Ivy (Creeping Charlie)

Some people take ground ivy by mouth for mild lung problems, coughs, and bronchitis. They also take it by mouth for arthritis and other joint pain, ringing in the ears, stomach problems, diarrhea, hemorrhoids, bladder infections, bladder stones, and kidney stones.

Some people apply ground ivy directly to the skin for wounds, sunburn, ulcers, and other skin conditions.

In food manufacturing, ground ivy is used as a flavoring.



Dandelion

Dandelion is used for loss of appetite, upset stomach, intestinal gas, gallstones, joint pain, muscle aches, eczema, and bruises. Dandelion is also used to increase urine production and as a laxative to increase bowel movements. It is also used as skin toner, blood tonic, digestive tonic, and liver purifier.

Some people use dandelion to treat infection, especially viral infections, and cancer.

It is also a potassium neutral diuretic.



Garlic Mustard

What does it
have in common
with zombies?





Burdock Seed Heads



Ueong Jorim



THE GREATEST OF ALL BLOOD PURIFIERS

BURDOCK BLOOD BITTERS

⁴ DYSPEPSIA. BILIOUSNESS. ⁴
SICK HEADACHE. CONSTIPATION
⁴

THE above represents fully three-fourths of the suffering of the present day, and can justly be termed the four greatest afflictions of the American people. Burdock Blood Bitters is particularly prepared for their relief; and we do not think there is a sufferer from Dyspepsia, Biliousness, Sick Headache or Constipation who will fail to receive a cure by using B. B. Bitters. Hundreds of persons are sending us letters like the following:

DYSPEPSIA.

GENTS—I have used two bottles of your B. B. BITTERS for DYSPEPSIA and a broken-down constitution, and they have done me *more good* than all the other remedies I have ever tried. They cannot be equaled.

H. E. OVES,
Port Royal, Pa.

BILIOUSNESS.

GENTS—I thought it was *my duty* to let you know what your B. B. BITTERS have done for me. I have long been a great sufferer from *Biliousness* and disorders of the blood. I got some of your BITTERS, and they have *made a new man of me.*

THOMAS CAMPBELL,
Mt. Vernon, Ind.

SICK HEADACHE.

GENTS—For many years I have been made miserable by bilious disorders, and severe *Sick Headaches*, and seldom enjoyed a refreshing night's sleep. I tried B. B. BITTERS, and they gave me immediate relief. My headaches have all disappeared, and I now have no more sleepless nights. MRS. DANIEL H. HERB,
Lancaster, Pa.

CONSTIPATION.

GENTS—I was badly troubled with headache and *Constipation*, loss of spirits and weak stomach. Since commencing the use of your B. B. BITTERS I feel better than I have for years. They remedy the complaint. MRS. JAS. A. ERWIN,
Little Falls, N. Y.

Presented By
Potter & Chapman
Jewett City, Conn

<https://www.morp-hemeremedies.com/benefits-of-burdock-for-skin-hair-and-health/>

0030

REVIEW

A review of the pharmacological effects of *Arctium lappa* (burdock)

Yuk-Shing Chan · Long-Ni Cheng · Jian-Hong Wu ·
Enoch Chan · Yiu-Wa Kwan · Simon Ming-Yuen Lee ·
George Pak-Heng Leung · Peter Hoi-Fu Yu · Shun-Wan Chan

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Abstract *Arctium lappa*, commonly known as burdock, is being promoted/recommended as a healthy and nutritive food in Chinese societies. Burdock has been used therapeutically in Europe, North America and Asia for hundreds of years. The roots, seeds and leaves of burdock have been investigated in view of its popular uses in traditional Chinese medicine (TCM). In this review, the reported therapeutic effects of the active compounds present in the different botanical parts of burdock are summarized. In the root, the active ingredients have been found to "detoxify" blood in terms of TCM and promote blood circulation to the skin surface, improving the skin quality/texture and curing skin diseases like eczema. Antioxidants and anti-diabetic compounds have also been found in the root. In the seeds, some active compounds possess anti-inflammatory

effects and potent inhibitory effects on the growth of tumors such as pancreatic carcinoma. In the leaf extract, the active compounds isolated can inhibit the growth of micro-organisms in the oral cavity. The medicinal uses of burdock in treating chronic diseases such as cancers, diabetes and AIDS have been reported. However, it is also essential to be aware of the side effects of burdock including contact dermatitis and other allergic/inflammatory responses that might be evoked by burdock.

Keywords *Arctium lappa* (burdock) ·
Traditional Chinese medicine · Anti-inflammatory ·
Pharmacology

Stinging Nettle



Plantain



SPETSGROBLAD, *PLANTAGO LANCEOLATA* L.



Lambsquarter

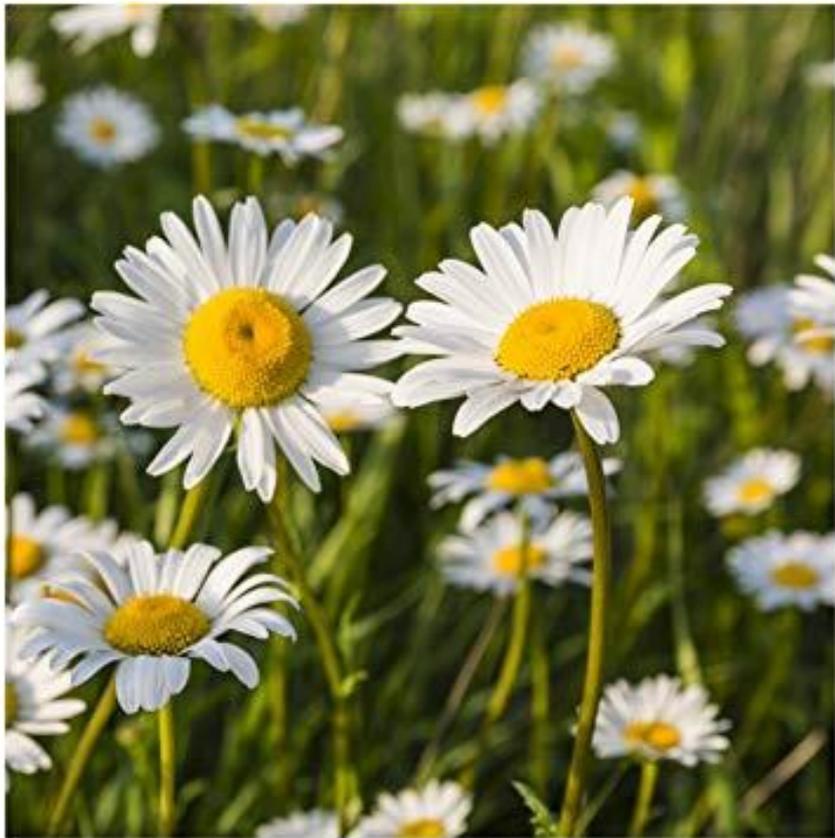
Cattail



Wild Grape



Oxeye Daisy



Mushrooms

- Don't mess around
- Underutilized, but becoming more popular
- Many have medicinal properties



Maitake Mushroom (Hen of the Woods)

Grifola frondosa

- Antitumor effects
- Lowers cholesterol
- Lowers blood sugar
- Lowers blood pressure
- Immune booster
- Improves effectiveness of anti-cancer medications



Lions Mane

- Protects and promotes healthy nerve cells in the brain and nervous system, and can treat nerve damage, anxiety, and depression.
- Shown to have anti-inflammatory antioxidant, and immune boosting properties.
- Shown to lower risk of heart disease, cancer, ulcer, and diabetes.



Chanterelles





Books

Mushroom Books

- Mushrooms of Northeastern North America (Bessette and Bessette)
- Mushrooms Demystified (David Arora)
- All the Rain Promises and More (David Arora)
- Field Guide to North American Mushrooms (Audubon)

Wild Plant Books

- Incredible Wild Edibles, Nature's Garden, and The Forager's Harvest (Samuel Thayer)
- Botany in a Day (Thomas Elpel)

Questions?



Why do you think interest in foraging has suddenly blossomed?

Why was it so unpopular for so long?

What has changed?

Is it coincidence that its rise in popularity has directly tracked that of the zombie genre?