

PLANTS ETC. SOUTH:

EX: MEXICO ETC.

BENEATH COASTAL PINES.

TROPICAL REGION:

If wild life and plants are rich in food source they still represent more danger that you have to beware.

IN TROPICAL AREA THE COLOUR RED IS ALWAYS A DANGER SIGNAL & A GOOD RULE IS TO AVOID ALL BERRIES.

BAMBOO STEAMER!:

The compartmented sections of **Bamboo** also make an Excellent Steamer. Make a comparatively small hole between the sections, but big enough to let water through to fill the bottom section.

Make a lid not too tight for the top. Water boiled in the lowest section will produce steam to cook food in the top one.

PLANTS & LEAVES WARNING:

The colour **RED** associated with a plant in Tropical or Sub-Tropical areas can be regarded as a **DANGER SIGNAL**.

Any plants that show red in any parts of its growth in its fruits, in its leaves or in its stalks should be regarded with suspicion unless you know for certain that it is absolutely safe.

SO UNLESS YOUR ARE ABSOLUTELY SURE BETTER NOT TAKE A CHANCE.

This is particularly applicable to Tropical Berries and fruits.

ANOTHER GENERAL SIGN OF PROBABLE POISON IS ANY FRUIT WHICH IS DIVIDED INTO 5 DIVISIONS.

This a generalisation but better cautious than overbold and dead. See below??

BEWARE! COLOURED SAP:

OF ALL TREES WHICH HAVE A COLOURED SAP, WHITE, RED OR BLACK.

Many of these saps are a danger signal and some particularly the white saps can inflict painful burns to skin or if allowed in the eye can cause blindness.

Also **Beware of the Ground Trefoils** particularly those which have little corns or tubers they are **often poisonous**.

WATER FROM PLANTS & VINES:

TRY THIS METHOD!

On a vine at its highest peak, make a deep cut, then: **Cut the vine very close to ground level** and let the water run into your mouth or in a container. When the water ceases to run, start all over the same method till the vine runs out.

TROPIC PLANT:

In the TROPIC there is the #Guayaba Tree# which produces a yellowish seedy fruit about the size of crab apple **VERY GOOD TO EAT in Winter month.**

TROPICAL FOOD:

SURVIVORS IN THE TROPICS HAVE SAFELY EATEN ALL FRUITS AND PARTS OF PLANTS WHICH WERE FED ON BY BIRDS AND MAMMALS.

THERE IS SCARCELY ANY KIND OF INSECT WHICH A SURVIVOR COULD NOT SAFELY EAT.

CACTUS & WATER:

You can peel cactus leaves and retrieve the thin layer of core pulp which is full of moisture and can be used as a source of water in an emergency

PINON FOR THE EATING:

Found in area of New Mexico they are soft delicate nuts that resemble peanuts in appearance are **found in** the cones of the short gnarled pines of the arid south-western highlands.

They are flavourful **raw**, even more delicious roasted, and have a delicately nutty sweetness when pounded into flour & baked.

MINER'S LETTUCE:

This salad plant whose crisp leaves & stems can be also boiled as greens & is easy to distinguish.

Just look for a small green plant with flowers stems growing from a short mass of leaves at ground level.

The clinching feature is that part way up each stem a pair of leaves grows together so as to form a sort of cup through whose middle the stalk continues. It is eaten to cure **oravoid Scurvy**. Enjoyed in Spring **found in** damp locations **beneath the coastal Pines**.

A few of the larger & thicker plants are filled with enough watery sweetish juice to be **Vital under survival conditions for quenching thirst**

LIST OF VENOMOUS PLANTS FOR TROPICS:

#MANGLIER BLANC# :

This plant has white leaves carrying white berries growing in swamps, estuary or mouth of rivers and along the coast.

If you touch the sap your skin will cover up in blisters. If sap gets in your eyes **you will be BLIND**.

#CHERRY OF ANTILLES# :

Plant with 3 leaves with purple flowers coming down, its tusks or shells are soft but its hair cause irritations and blisters & **BLINDNESS** if in contact with the eyes. It grows in thickets and groves but **NEVER** in full forest.

NETTLE:

This plant very numerous most particularly in Swamps or around them. Its dented leaves are **venomous** to the touch and cause a burning sensation. **YET IT'S GOOD TO EAT**.

#STRAMOINE# :

Also **found in** Temperate Regions along roads or cultivated lands especially SOYA fields. Its flower a whitish violet has the form of trumpet. Its leaves have axed edges and it has shell or pod that are prickly.

ALL PARTS ARE VENOMOUS SPECIALLY ITS SEEDS.

#PANGI#: (CAUTION)

It is a climbing plant, with leaves in form of heart growing especially in Malasia jungle. Its seeds contain prussic acid that is **TOXIC when eaten raw, yet EDIBLE when cooked.**

#PIGNON D'INDE# :

It is a shrub which leaves look like maple leaves and its seeds are a **powerful laxative.**

#RICIN# :

Leaves of this shrub look strangely like the top of a miniature palm tree. Grows in grove & #clairiere#. Its seeds are **toxic** and laxative (Ricin oil) and mature in grapes.

#CORNOUILLER# :

Grows wild most everywhere under the tropics. Its fruits are white and yellow and most attractive resembling to an orange. Its skin is most bitter.

ITS SEEDS CONTAINS ONE OF THE MOST DEADLY POISON KNOWN TO HUMAN CALLED: STRYCHNINE.

COCONUT:

Although wild in T/R it is found also in North America. **Opening them without a machete is very easy to know how:**

You pry off the tough husk in strips by thrusting the nut downward against a hard sharpened stick anchored in the ground.

WEST INDIAN PLANT OKRA: pix need

Cultivated for the seed pods which is used as vegetables and in soups.

AZTEC PLANT AMARANTH:

Photo need. S. America

This Aztec plant was used up till the 16th century and now is back.

THIS PLANT RESISTS EXTENDED DROUGHT PERIODS AND IS HIGHLY NUTRITIONAL and was cultivated in Central and South America about 8,000 years ago & was a **major staple of Aztec diet.**

Amaranth leaves which **ARE EDIBLE** and taste like spinach remains soft and tender right through summer and flour from the plant's nut flavoured seeds can be used in bread & pastries.

IRISH MOSS = SEX BOOSTER:

All around booster from old African knowledge called Irish Moss which is like a porridge, it put lead into the old man. To find who sells it & its composition via s/book.?

BANANA: (Going banana MMM!??)

REMEMBER that Banana leaves which are full of oil, makes an excellent frying pan. Place over hot embers and crack the egg onto the leaf. If a boiled egg contains an embryo chick remove the embryo and roast it.

SAGO:

Proper Sago comes from the Sago palm, but Buri, Sugar, Fishtail and in the American Tropics, Cabbage palms can be used in the same way. The average Sago Palm yields about 275kg (600lb) of Sago-enough to feed 1 person for a year.

Cut down the palm at the base of the trunk, trim off the tip just below the last flowering line. Divide a large trunk into section.

Cut length-wise-hard work, for the outer bark is 5cm (2in) thick and hard as bamboo. Using each section as trough, pound pith into a mash.

Then knead in a container of water, the bole of the trunk will do and strain through a cloth. A starchy paste will precipitate in the water. Roll this into sticky balls & cook.

PALM SAP:

Palm sap is extracted from flowering parts, not the trunk. Choose a fat stalk carrying a flowering head at the base of the crown of the trunk. Bruise with a club to stimulate the flow of sap, then cut off the head.

Sweet juice will flow from the end of the stalk. 1.5 litre (3pts) per day. Bruise and cut daily to stimulate the flow.

Drink Raw or boil then cool it to produce toffee like lumps of almost pure sugar. Sugar, Nipa, Coconut and Buri palms can all be used in the same way.

You pry off the tough husk in strips by thrusting the nut downward against a hard sharpened stick anchored in the ground.