

# TODAY'S NEWS

## Wolfberry

### Name

There are many species of Wolfberry woody shrubs. Flowering pink, lavender with orange/red fruit, and the fall flowers are nectar to Duskywing, Skippers, Queen and Monarchs. They are growing at Far View Sites around Coyote Village.

### Goji - food

Goji is *Lycium barbarum* and is native to Asia and has been a traditional medicine for thousands of years. Those red dried berries often found in Chinese Markets can be eaten like raisins, or in teas, juices, or congees (breakfast porridge). In Traditional Chinese Medicine the berries tonify the Liver and Kidneys.

### 8 Treasures Congee

Pear is great fiber, vitamins and full of water. Cut one pear into pan, add powdered cinnamon (great for digestion, warms the belly), cranberries and/or raisins for (blood), pecans or nuts for good oils/fats, simmer then add organic oats which are great for damp/phlegm loaded with nutrients, antioxidants, lowers cholesterol, controls blood sugar. And yummy for a great breakfast.



## Wolfberry *Lycium sp.*

In times of famine, the desert dwellers of the southwest ate the dried berries for food and sometimes it is written they mixed the berries with saline clay. In this form they were called "food clay" by the Navajo or "potato clay" by the Hopi. The clay may have been used to reduce bitterness. Medicinal uses include applying the soaked leaves to cuts and using the ground-up roots for toothache.

