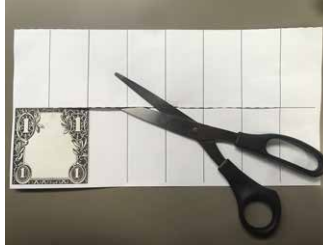


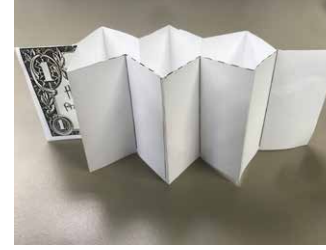
Information is already the most valuable thing in the world with DIY, sustainability and survival knowledge only becoming more and more valuable as economies decline. Making and trading this information-based alternative currency is the most efficient way for people in a community to “cross-train” each other into knowing how to make, bake, grow and sew everything it is they need to thrive when SHTF.

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## DIRECTIONS



**Step 1:**  
Cut along dotted lines.



**Step 2:**  
Fold along solid lines into booklet form.



**Step 3:**  
Add your own title and useful info for value.

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Recommended Daily Intake	50g Protein	3000IU Vit.A	90mg Vit.C	1300mg Calcium
Amaranth Leaf(100g)	3g	4g	297IU	43mg
Amaranth Grain(100g)	14g	66g	-	159mg
Brown Rice(100g)	8g	77g	-	23mg

**Amaranth**  
This plant grows in areas of full sun during summer and fall. All above-ground parts are edible raw and it has no poisonous lookalikes. The green seed tops (pictured) can be collected in the fall to rub between the hands and collect the small black seed grain.



Recommended Daily Intake	90mg Vit.C	1300mg Calcium	4700mg Potassium
Chickweed(100g)	375mg	28mg	99mg
Spinach(100g)	1200mg	558mg	1840mg

**Chickweed**  
This plant grows in moist areas during spring, fall and winter. All above-ground parts are edible raw and it has no poisonous look-alikes. The stem is uniquely identifiable by the single line of fine hairs that grow up its side.



Recommended Daily Intake	2500 Calories	300g Protein	50g Fat
Common Mallow(100g dried leaf)	360	71g	12g
Okra(100g dried)	374	71g	17g

**Common Mallow**  
This plant grows in areas of full sun year round. All parts of it are edible raw and it has no poisonous lookalikes. All parts of mallow can be dried and added to soups as a thickening ingredient. The mashed leaves can be applied directly on external or internal wounds as an anti-microbial and anti-inflammatory poultice. Mallow seeds are as much as 21% protein and 15% fat.



Recommended Daily Intake	3000IU Vit.A	7000IU	2500IU
Wild Broccoli(100g)	360	71g	12g
Broccoli(100g)	374	71g	17g

**Wild Broccoli**  
This plant grows in full sun all year round. All above-ground parts of it are edible raw and it has no poisonous lookalikes. Wild edible plants are often times more nutritious than garden variety vegetables and they also garden themselves naturally.



**Purslane**  
This plant grows in areas of full sun, during summer and fall. All above-ground parts are edible raw and it has no poisonous lookalikes. The leaves are uniquely identifiable by their lack of veins and shimmery bottomsides. Purslane contains more omega-3 fatty acids than any other leafy vegetable plant.

Recommended Daily Intake	90mg Vit.C	1300mg Calcium	4700mg Potassium	18mg Iron
Purslane(100g)	21mg	65mg	494mg	2mg
Spinach(100g)	28mg	30mg	167mg	1mg



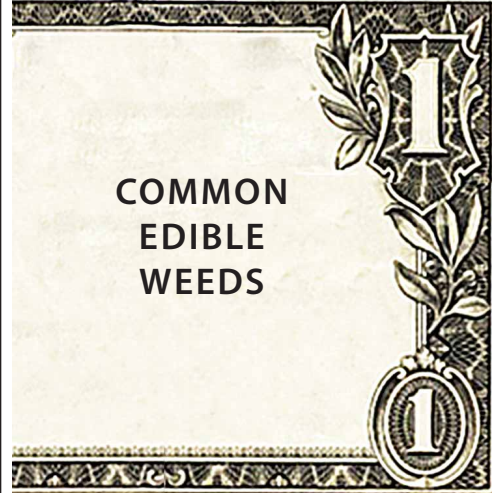
**Lamb's Quarter**  
This plant grows in areas of full sun during summer and fall. All above-ground parts are edible raw and it has no poisonous lookalikes. The leaves can be identified by the white shimmery “dust” that grows on them (cultivated variety is magenta).

Recommended Daily Intake	50g Protein	3000IU Vit.A	90mg Vit.C	1300mg Calcium
Lamb's Quarter(100g)	4.2g	11,600IU	80mg	309mg
Spinach(100g)	3g	9377IU	28mg	99mg



**Salsify**  
This plant also comes in yellow and grows in areas of full sun during summer and fall. All parts of them are edible raw and they have no poisonous lookalikes. The flowers change into large seed globes like the flowers of dandelion. Seeds may be easily harvested for consumption by pulling them out before the seed globe opens.

Recommended Daily Intake	50g Protein	300g Carbs	90mg Vit.C	1300mg Calcium
Salsify Root(100g)	4.4g	35g	11mg	80mg
Sweet Potato(100g)	2.1g	27g	3mg	40mg



COMMON  
EDIBLE  
WEEDS