

## Acorns - How And Why To Eat Them

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Acorns are one of the most valuable foods we can get from any wild plant. They are abundant, easy to identify and very high in calories (around 2,000 calories per pound) all of which makes them impossible to ignore as a survival food...

Personally I believe there are often overlooked, due to their bitter taste when not prepared correctly, but this is a BIG mistake.

Do you know how to prepare and eat acorns? Green Deane, from Eat The Weeds has written an excellent article on acorns. It covers identification, cleaning/preparation, making acorn flour and there is even an acorn bread recipe.

**See:** [Acorns: The Inside Story](#)