The Cattail 101 (The Nutritious Life Saver)

Categories: Cooking, Foraging, Wilderness Survival

The cattail is one of the most important plant based survival foods you will find in the wild, but do you know how to find it? Can you correctly identify it? Do you know how to choose the best ones to pick? Do you know how to make best use of it and prepare it to eat?

See here: for a cattail 101 tutorial

Simple calories aside, the cattail is a good source of Iron and Phosphorus, and a very good source of Dietary Fiber, Vitamin K, Vitamin B6, Calcium, Magnesium, Potassium and Manganese.

See here: for a full nutritional breakdown of the cattail

Want to know more about foraging for edible wild plants?
