Wild Staple Foods

	Acorns	Hazelnuts	Mulberry leaves
Protein	8%	15%	20%
Calories	5-40% fat, MUFAs similar to olive , 45-80% carbs	60% fat, MUFAs similar to olive, 17% carbs	fiber
Vitamins/minerals	Manganese, copper	Vit E, manganese, copper, magnesium	High in potassium, calcium, posphorus
History	Staple across northern hemisphere	Staple in Paleolithic Europe	Mostly for silk production and animal fodder
Harvest	Find most abundant, largest acorns. Dry.	Check ripeness to beat squirrels. Dry in the husk	Stems and leaves in mid-spring, newest leaves in summer.
Storage	Store fully dried in the shell.	De-husk and store in the shell.	Dry thoroughly
Processing	Crack, de-shell, re-hydrate, grind, leach, use wet or dry flour.	Crack, de-shell, soak, roast	
Culinary use	Use in any gluten-free/paleo recipes	Eat alone, or combine with anything	Steam and use as a wrap, or cook and use like any cooked green
Habitat	Wide range	Riparian, forest edge, disturbance every 5-7 years	Wide range
Maintenance	Destroy buggy acorns, thin the canopy, can be pruned	Remove woody competitors, coppice every 7-10 years	Coppice or Pollard every 3-5 years, or pinch prune to form a bush