

Shepherd's Salad

Aaron Turker, M.H.

If you had a chance to read last week's Herbal Legacy Newsletter "Free Vitamins and Minerals" by David Christopher, you would know that purslane is one of the most nutritious weeds, rich in many vitamins and minerals.



I would like to share one of my favorite Mediterranean salad recipes from the island of Cyprus where I grew up. It will be posted at the end of this article. This wonderful and refreshing salad is a local favorite and is made in the summer due to the ingredients found mostly during the summer months. Locals pick these vegetables out of their summer garden. All the ingredients of the Shepherd's Salad are at their best from June to September. The name of the salad "Shepherd's Salad" comes from the vegetables found packed in a Shepherd's sack before taking the flock out to graze.

The main ingredient in this salad is Purslane (*Portulaca oleracea*). It is an annual growing herb also known as pigweed. Purslane is seen as an invasive weed but it is a super food as well as it is medicinal due to its mucilaginous properties that soothe inflamed tissues and its high vitamin and mineral content. This wonderful green leafy vegetable is also rich in dietary fiber and loaded with antioxidants. The fresh leaves contain more omega-3 fatty acids than any other leafy green vegetable plant. As David said last week, you don't have to spend any money on omega 3 supplements, simply get them from nature by eating a cup of purslane a day. It is high in vitamin A, vitamin E, vitamin C, vitamin B-complex, calcium, phosphorus, and has more beta-carotene than carrots. Purslane is one of the forgotten weeds that have been used by humans for centuries. Historically it was used for its strong healing powers to help heal wounds, provide pain relief, and to reduce inflammation.



Enjoy the recipe below and the forgotten weed, purslane, that is rich in many vitamins and minerals that grows wild in our gardens and all around us.

*pictured above is Aaron Turker as a small child on the island of Cyprus with a hand full of plants. His mother said he always would like to touch the plants. Below is Aaron Turker at the 2019 Master Herbalist Certification Seminar for The School of Natural Healing.

Aaron Turker is a Master Herbalist and a recent graduate from The School of Natural Healing. His passion & love for medicinal plants and natural healing goes back to his childhood. He grew up on a small island "Cyprus" in the Mediterranean, blessed with beautiful plants growing wild around the island and in a culture where herbs & grandma's homeopathic remedies were part of daily life. Aaron

lives in California and is working on healing his Type1 diabetes while continuing his education and educating his community and clients in the Greater Los Angeles and Palm Springs areas.