

Re: Venomous Vegetables

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- *From:* "John Wilson" <jgissw@xxxxxxxxxxxxxx>
 - *Date:* Sat, 21 May 2005 20:20:01 GMT
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deowll <deowll@xxxxxxxxxxxxxx> wrote in message
[news:ztjtje.6583\\$CR5.1125@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx](mailto:news:ztjtje.6583$CR5.1125@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx)

>

> <richardparker01@xxxxxxxxxx> wrote in message

> news:1116452077.592903.229360@xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx

>> Wheat – Phytates in bran inhibit iron absorption, leading to anaemia.

>> Also size – see Maize further down.

>

> They also rot your teeth but they don't seem to cause many early deaths.

>>

In *_Good to Eat_*, Harris (I seem to remember) speaks of rabbit poisoning. If hunters eat only lean meat, with no fat or starch, can poison them. And it is *_Indians of Texas_*, (again, I think) that it is remarked how eagerly hunting Indians sought maize – real treat.

Schwarz remarks somewhere that at least one mountain man considered coffee and toast a delicious breakfast.

>> Milk – about 60% (probably more) of the world's humans cannot digest

>> milk or milk products after they've been weaned – ever hear of a

>> Chinese cheese?

>

In northern climates, no vitamin D from sun, and D helps absorb calcium. So extra calcium might have guaranteed a full complement for nursing women.

>

> Well it's like this. First I get real hungry and then I start to eat things

> I don't like as much but can get. I don't like being hungry so I try to

> increase the supply of food. Growing plants works.

>

>>

>> Most of the above are almost totally indigestible unless cooked – just

>> what did *Homo erectus* eat with his 'hunted' meat chunks and marrow

>> bones ?

>

> Meat. But then the hunt had better not fail. No doubt like modern animals

> they also ate some pretty strong tasting and more or less toxic plants but

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> many animals deal with this at least in part by eating a little of one
kind
> then a little of another and letting their liver handle the poison.
>
> One lady rolled up a thistle leaf like a G with the thorns inside and
chewed
> it up and swallowed. She said it was so bitter her mouth went numb.
>>
>> Richard
>>

Crops can fail, too.\

Ghosts of Evolution makes this point about eating various things to
minimize any particular poison.

Regards

John Wilson

• **References:**

◆ **Venomous Vegetables**

◇ *From:* richardparker01

◆ **Re: Venomous Vegetables**

◇ *From:* deowll

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