

GIKINAWAABI

LESSON 17 PART 1

**LESSON: INTRODUCTION TO
FORAGING**

ACTIVITY: MAKING TOBACCO TIES



MICHIGAN STATE
UNIVERSITY

LESSON 17 PART 1

INTRODUCTION TO FORGAGING



LESSON OBJECTIVE

- The family will understand that we all have the right to gather food and medicine (forage) from the land and water to nourish us. We are all connected to the natural environment. The Earth nourishes us; when we reciprocate care back to the land, we uphold the right of future generations to access food and medicine in their communities as it exists within ours.
- The family will identify the ways they can show respect, reciprocity, and care for the land and water as they forage. We are all responsible for taking care of our environment.

MEDICINE WHEEL WISDOM

Knowing who we are is understanding our connection to the Earth and our plant relatives. This connection keeps our spirit strong and is symbolized by the Southern direction of the medicine wheel. The South represents our connection to the lands, waters, and all living things which sustain us and provide us with all we need. We must show respect for the wisdom of our plant relatives and care for them so they may sustain future generations.

FAMILY OUTCOMES: PICCOLO

- Attends to the child's actions
- Is physically close to the child
- Shows Enthusiasm for what the child is doing

CHILD BEHAVIOR OUTCOMES: LOLLIPOP

- **XXXX**

HOME VISITOR LESSON OVERVIEW

Materials Needed:

- **Lesson**
 - Foraging Brainstorm Activity Page
 - Forage Responsibly
 - Universal Edibility Test
 - Seasonal Foraging pages
 - Tobacco Tip Sheet
- **Activity**
 - Tobacco offering information sheet
 - Cloth squares
 - yarn pieces
 - Tobacco
 - Home Visitor Prep: Cut out fabric squares. and cut the yarn into small sections to tie the tobacco ties with.
- **Leave Behind**
 - Tobacco Ties

LESSON 17 PART 1

INTRODUCTION TO FORGAGING



LESSON

1. Discuss the concept of foraging with the family.

[Home Visitor Notes]: Foraging is the act of gathering medicinal plants and/or food from nature; it can be as simple as picking blackberries from a bush. Foraging is an activity that can be enjoyed at any time of year, though in winter yields will be much lower. Generally, spring and late summer/early autumn are the peak foraging times, when the widest variety of wild foods will be available and at their best. Foraging is about enhancing your diet with tasty and nutritious seasonal plants that the Earth provides, not replacing whole meals. It is our responsibility to respect, to show reciprocity to, and to care for the land, so that future generations may also enjoy what the Earth has to offer us.

2. Using the Foraging Brainstorm Activity handout, ask the family what types of plants they can forage for in the current season

- Where they can look for the plant, How the foraged items can be used.
- Allow the family to ask questions about foraging and continue with the lesson.

3. Discuss the importance of responsible foraging, respecting nature, and only harvesting what you will use.

- Provide the family with the Forage Responsibly Tips to Harvest Responsibility handout and read the handout aloud with them.
- Discuss any thoughts or questions that arise for the family.

4. Provide the family with the Tobacco Tip Sheet information sheet.

- Go over it with them and make sure they have an opportunity to ask questions.



BE MINDFUL OF MOONTIME TEACHINGS

[Home Visitor Notes]: Tobacco offerings hold deep cultural and spiritual significance. Tobacco is a sacred and powerful plant used to connect to the spiritual world, offer prayers, offer thanks, and to show respect to the Earth and all living beings. Tobacco is offered when taking anything from the Earth, in hunting, fishing, harvesting rice, or foraging for plants and medicines. Offering a pinch of dried ceremonial tobacco symbolizes our connection to nature, our ancestors, and the spiritual world and highlights the interconnectedness of all life and the importance of preserving cultural heritage for future generations. Today, we will be making tobacco ties to give as an offering when we forage during the next time we meet. When we find a plant we want to forage, we will greet the plant and introduce ourselves, and then state our intention of how the plant will be used (for healing, to feed yourself/others, etc.)

LESSON 17 PART 1

INTRODUCTION TO FORGAGING



LESSON

4. Highlight safety guidelines, including avoiding poisonous plants and being mindful of fragile ecosystems

[Home Visitor Notes]: *We want to forage away from roads and well-established walking paths, away from areas with possible contamination, and away from protected lands. It is unsafe to forage near the roadside or ditches because trash, chemicals from cars, and salt from winter months contaminate these areas. Additionally, we must be mindful of areas which may have been treated with chemicals, such as insecticides, pesticides, and lawn fertilizers. These chemicals are harmful to our health and are unsafe for consumption. More information on protected lands and where to avoid foraging can be found on the Michigan DNR website if families are unsure of where they can forage outside of their community.*

5. Emphasize the importance of respecting the land.

[Home Visitor Notes]: *Plants can have both positive and negative impacts on our bodies; we must be mindful of and respect the natural environment. It is incredibly important to understand proper plant identification to avoid harming our health or well-being, or the health of the land. We must respect the teachings and purpose of all living beings.*

6. Provide the family with the Universal Edibility Test Handout.

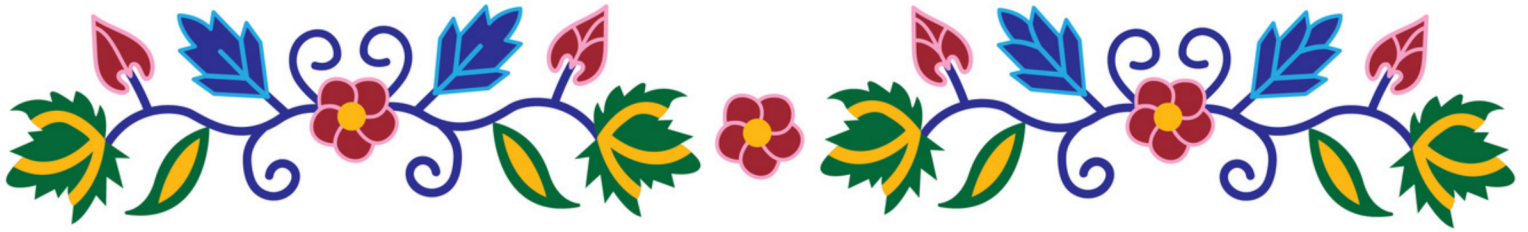
[Home Visitor Notes]: *This Universal Edibility test walks you through how to test plants which you are unable to positively identify from their appearance. This test should only be used as a last resort and is relatively time-consuming. In instances where we are unsure about if a plant is safe to eat or not, it is best to consult experts, such as Tribal Elders or expert foragers. Never eat anything you cannot positively identify and deem safe to eat/touch!*

LESSON WRAP UP

- **Using the Foraging Brainstorm Activity and Foraging in Different Seasons Handouts, have the family select an in-season plant to forage.**
- **During the next visit, the home visitor will help the family forage in a safe and familiar place, including helping the family to identify what parts of the plant are edible and brainstorming how to cook with them (what parts of the plant to use, which to avoid).**
- **Prior to the next visit, pick a spot to meet the families to forage. This can be a spot they know and are familiar with, or a recommended spot nearby the family's home. It is recommended for this lesson that families be made aware they will be foraging outside and to dress appropriately for weather conditions.**

LESSON 17 PART 1 ACTIVITY

MAKING TOBACCO TIES



- Revisit the Tobacco Tip Sheet.
- Put together to tobacco ties with the families.
 - This should be a positive activity with good intentions
- These will be used during the foraging activity during the following visit.



BE MINDFUL OF MOONTIME TEACHINGS



GIKINAWAABI

LESSON 17 PART 1

ADDITIONAL LEAVE BEHIND PAGES

- **FORAGING BRAINSTORM ACTIVITY PAGE**
- **FORAGE RESPONSIBLY**
- **UNIVERSAL EDIBILITY TEST**
- **SEASONAL FORAGING PAGES**
- **TOBACCO TIP SHEET**



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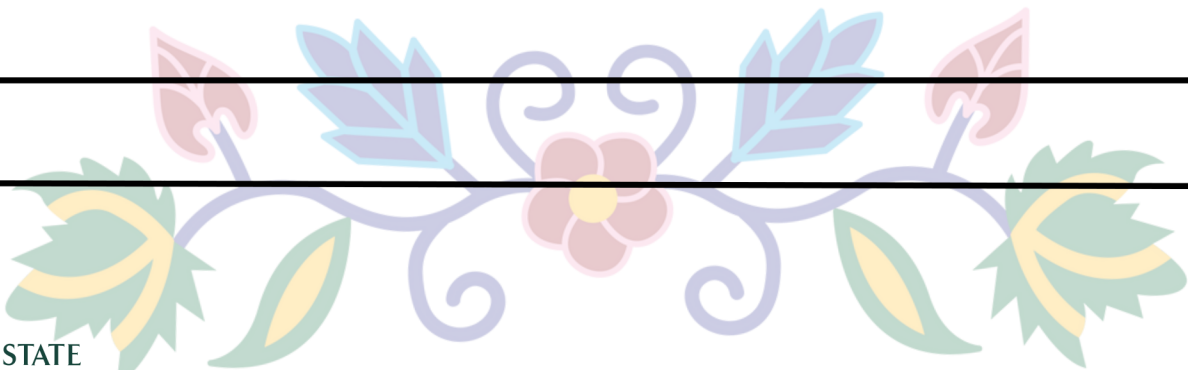


FORAGING BRAINSTORM ACTIVITY

Thinking about the current season and what you have access to,
What are some plants you could go out and forage for?

Thinking about the ideas we came up with to forage for, where are
you going to begin your search for the plant/s?

What are some ideas you have using the plants you foraged? This
could be recipes, teas, etc.





FORAGE

responsibility

TIPS TO HARVEST RESPONSIBLY

1. Ask permission before taking from the land; listen to the answer.

Introduce yourself to your plant relative and explain how they will be used to sustain or help you. Taking without the permission from the plant is stealing.

2. Never take the first plant. Never take the last.

Ask yourself if the plant has enough to share; Is there enough to share with others? Is there enough left to ensure that the plant can feed future generations?

3. Harvest in a way that minimizes harm.

Be gentle when harvesting so that the plant may feed others again.

4. Take only what you need and leave some for others.

Never take more than half. We want to only take what we will use so we do are not wasteful.

5. Use everything you take.

It is disrespectful of the plant to be wasteful of what has been given to you.

6. Take only which is given to you and no more.

Plants do not belong to us.

7. Share you gift with others, as the Earth has shared with you.

8. Be grateful for what the Earth has shared with you.

9. Reciprocate the gift with a gift of honor or care so the plants may continue to flourish.

Scattering or planting seeds so the plants may flourish after the harvest is a wonderful way to honor your plant relative.

10. Sustain the ones who sustain you and the Earth shall last forever.

Practice these values to defend the plants that feed you and do not let them be lost.





UNIVERSAL EDIBILITY TEST

It is typically advised not to eat for 8 hours before starting the test to allow your body to respond to any potential dangers. During the test period, ingest nothing but water. Never eat anything you cannot positively identify and deem safe!

1. Separate the plant into its edible parts (leaves, stems, roots, buds, and flowers) – Test only one part of a potential food plant at a time.
2. Smell the plant part you are testing; a strong, unpleasant odor is a bad sign, as is a musty or rotten odor.

Tip: *Keep a special look-out for pear- or almond-like scents, which can be evidence of cyanide!*

3. Test for contact poisoning by briefly (and softly) rubbing a piece of the plant part you are testing on your wrist or inner elbow. Usually waiting 15 minutes is enough time to allow for a reaction. *If your skin burns, itches, feels numb, or breaks out in a rash, wash off your skin and do not eat the plant.*

4. If there is no reaction on the forearm, then softly rub a piece of the plant on your lip to test for burning or itching. Wait another 15 minutes; If there is no reaction, try chewing a small piece in your mouth then spit it out. Again, if there is no reaction after 15 minutes have passed, eat a small piece, and wait an hour.

Tip: *If the plant is bitter or soapy, spit it out and wash your mouth!*

5. If there is no ill effect, you can assume this part of the plant is edible. Repeat the test for other parts of the plant; some plants have both edible and inedible parts.



If you begin to feel sick after eating an unknown plant, seek immediate medical attention!

24/7 Michigan Poison Center at Wayne State University | +1 (313) 486-0078

24/7 U.S. National Poison Help Hotline | +1 (800) 222-1222



SPRING

LEEKs



WHERE TO FIND

- Deciduous Forests
 - They like to grow under maple trees
- They like to grow in large patches
- If you see Trilliums leeks are near!



WHAT PARTS ARE EDIBLE

- Leaf
- Stem
- Bulb

HEALTH BENEFITS

- They contribute to a heart healthy diet
- Aide in digestion

NOTES:

When Identifying them you should notice they smell strongly like onions or garlic! They grow 4-12 inches high and have 1-3 broad leaves per plant. They grow from March to June depending on your location and are one of the first spring vegetables to forage. They make a delicious flavorful addition to many meals!

FIDDLEHEADS



WHERE TO FIND

- Fertile Sandy Soil besides waterways
- wet woods & flood plains
- next to leeks & nettles
- They grow from last years clump that has died

WHAT PARTS ARE EDIBLE

- There are multiple ferns that are edible the tastiest are Ostrich Ferns
- They are only edible in their furled up stage before they unravel
- Only harvest and eat the shoot

HEALTH BENEFITS

- Potassium
- Antioxidants
- Omega 3 Fatty Acids

NOTES:

Fiddle Heads are fern leaves before they are unraveled. You should never eat them raw. Cook them for at least 5 minutes. First, prep the fiddleheads by rinsing them and rubbing off any papery brown skin. Then they can be steamed, braised, sautéed, roasted, or pickled. Add your favorite sauces/seasonings to taste. Note: the taste is somewhere between asparagus, broccoli and green beans. Try it out for yourself!

DANDEILONS



WHERE TO FIND

- Dry areas
- Sun
- Dandelions that grow in the shade are said to be more tender and sweet
- Lawns & Fields
- Almost anywhere

WHAT PARTS ARE EDIBLE

- Leaves: become more bitter after the plant flowers
- Flowers:
- Roots

HEALTH BENEFITS

- Digestive Support
- Lymphatic System
- Urinary Tract Function

NOTES:

The different parts can be used for many different things. Flowers can be infused into different oils or made into things like jelly. The roots can be chopped and roasted to make a delicious tea. Their leaves can be added to salads or used as bitter greens. This plant offers a wide variety of options and is readily available.

SUMMER

BLUEBERRIES



WHERE TO FIND

- Rocky gravelly areas
- Edges of forests
- Clearings
- Along foot paths
- Sunny hilltops & ridges

WHAT PARTS ARE EDIBLE

- Berry
- Leaves & stems can be used for tea

HEALTH BENEFITS

- Antioxidants
- Manganese
- Naturally low sugar fruit
- Digestive Health
- Heart health

NOTES:

Michigan has multiple varieties of wild blueberries. They vary in plant height and darkness of color. While harvesting make sure to look for the blueberry "crown"

PLANTAIN



WHERE TO FIND

- Almost anywhere people live
- Yards
- Parks
- Sidewalk cracks
- Along Trails

WHAT PARTS ARE EDIBLE

- Leaves

HEALTH BENEFITS

- Support wound healing
- Keep infection from settling in
- Soothe internal inflammation

NOTES: Bug Bite Relief in your own back yard!

For bug bite relief chew up a plantain leaf and apply the pulp directly to the bite. This can reduce the itch and the size of the welt. This plant reseeds easily and grows quickly so you can forage without impacting the sustainability of the plant.

RASPBERRIES



WHERE TO FIND

- Pastures
- Woodland edges
- Forest clearings & thickets
- Alongside paths and roads
- Meadows
- Swamps

WHAT PARTS ARE EDIBLE

- Berry
- Dried leaves can be used for tea

HEALTH BENEFITS

- Antioxidants
- Potassium
- Manganese
- Heart health
- Digestive health
- Help lower blood pressure
- Good source of omega-3 fatty acids

NOTES:

Dried raspberry leaves can be used for tea in treatment of digestive complications, menstrual cramps, and as an aid in childbirth. The leaves and roots can also be gargled to treat tonsillitis, mouth sores, and ulcers.

FALL

APPLES



WHERE TO FIND

- Almost anywhere people live
- Yards
- Parks

WHAT PARTS ARE EDIBLE

- Fruit
- Apple blossom (in small quantities)

HEALTH BENEFITS

- Promote Heart Health
- Promote Bone Health
- Stabilize blood sugar
- Lower Cholesterol
- Good source of fiber

NOTES:

Explore your neighborhood for apple trees! They are abundant in school yards, near libraries, and even in city landscaping. While wild apples might not always be tasty on their own, baking them in dishes offers a delicious way to experiment.

BLACKBERRIES



WHERE TO FIND

- Pastures
- Sun dappled woods
- Forest clearings & thickets
- Alongside paths and roads

WHAT PARTS ARE EDIBLE

- Berries
- Young leaves

HEALTH BENEFITS

- Antioxidants
- Vitamins C, E, & K
- Manganese
- Antibacterial and anti-inflammatory properties
- Good source of fiber
- Digestive health

NOTES:

Blackberries are very thorny it is a good idea to wear long sleeves when picking them.

ROSEHIPS



WHERE TO FIND

- These are easy to identify especially when roses are still present
- Along lakes streams and rivers
- In thickets
- Landscaping

WHAT PARTS ARE EDIBLE

- Leaves
- Petals
- Hips
- Stems
- Flower/Rose Petals

HEALTH BENEFITS

- Rosehips are loaded with Vitamins and nutrients, particularly Vitamin C.
- A good source of antioxidants.
- Vitamins B, E, and F
- Retinoids for skin health

NOTES:

Rosehips are the fruit of a rosebush; when roses are left unpicked, the petals will fall away to reveal the rose hip! All varieties of roses produce hips which can be consumed and/or used medicinally. It is important to be mindful that rose hip seeds can cause irritation and should be removed in most cases. Check your chosen recipe for guidance!

WINTER

CEDAR



WHERE TO FIND

- Wet forested areas

WHAT PARTS ARE EDIBLE

- Leaves / Boughs

HEALTH BENEFITS

- Stimulate the Lymphatic System
- Immune Support
- Cultural Connection

NOTES: Make Tea!

Add a handful of leaves into a pot of hot water, cover it, remove it from the heat and let it steep all night, let it cool off naturally.

Tips: NEVER Boil your water, if its too strong add more water, if its too weak add more leaves. It should look beautiful and be delicious

LABRADOR



WHERE TO FIND

- Bogs
- Wet swampy areas
- Near Pine & Cedar trees

WHAT PARTS ARE EDIBLE

- Leaves

HEALTH BENEFITS

- Immune Support
- Insulin Regulation

NOTES: Make Tea!

Add a handful of leaves into a pot of hot water, cover it, remove it from the heat and let it steep all night, let it cool off naturally.

Tips: NEVER Boil your water, if its too strong add more water, if its too weak add more leaves. It should look beautiful and be delicious. Concentrated doses and incorrect preparations can be toxic!

WINTERGREEN



WHERE TO FIND

- Mixed woods forests and clearings
- Mossy areas
- Sandy areas
- Edges of swamps and bogs

WHAT PARTS ARE EDIBLE

- Leaves
- Berries

HEALTH BENEFITS

- Antioxidants
- Anti-inflammatory
- Can help with
 - stomach aches
 - fevers
 - cramps
 - bloating/gas

NOTES:

This makes a nice tea. A little goes a long way!



ASEMAA (TOBACCO) TIP SHEET



Asemaa/Tobacco is one of the four first medicines of the Anishinaabeg. We use it as a gift and an honored tool for communication.



MAKING AN OFFERING OR PASSING TOBACCO

- **Prepare your Asemaa:** This may be commercial tobacco or a traditional tobacco made with plants respectfully foraged and mixed. Seek out community wisdom keepers to learn more about traditional tobaccos, like kinnik-kinnik, ninsemaa/green semaa, or 7 pines semaa.
 - Some people choose to carry a pouch of loose tobacco
 - Wrapping a small amount of semaa in cloth ties (see the illustration) is commonly used to carry and pass it on to others.
- **To Activate or Set your intention** before passing the tobacco, hold it in your hand (the left-hand is most common because it is the hand with a direct connection to your heart).
- **Introduce yourself and state your intention for how you will be using the semaa.**
 - Your introduction may be in English, Anishinaabemowin, or any language you prefer. If you can use the language of your ancestors, that is always good but remember that the spirits feel what's in your heart and mind and will understand you no matter what language is used.
 - **Greeting:** "Aaniin/Boozhoo/Hello."
 - **Your Name:** "Ndizhinikaaz/I am called..."; You can include your clan, tribe, or where you are from if you like.
 - **Intention:** "I would like to offer this tobacco to you (or name the person or spirit you are making the offering to) for helping with..."; "I would like to offer this tobacco to say miigwech/thank you for..."; or "Please accept this semaa for..."



*Asemaa/tobacco ties consist of a small amount of semaa wrapped in cloth and tied around the top. Using a square cloth, place a pinch of semaa in the center; fold all the ends together; and tie using a piece of string, cloth, or yarn/twine.



PASS THE TOBACCO

- **If passing tobacco to another person**, be specific about what you are asking of them or why you are passing the tobacco. If you accept tobacco from someone, know that this is a sincere request or gesture and following through on your word is important. In the past, this was the same as a signed agreement.
- **If praying, place the tobacco near a tree, in the water, on a rock or at the base of a tree or wherever you feel drawn to place it.** There may be times when you want to include a gift like; food, cloth, a coin, or water as part of the tobacco offering.
- **If making an offering when gathering medicines, picking rocks, feathers, or other items, place the tobacco at the base of the plant/tree or in the spot where you hope to pick up the item.**
 - Stay for a moment and "listen" (inside yourself and around you) to make sure you have permission to take what you are asking for.
 - What is your "gut" telling you? What feels right to you? If you hear no or feel like it's not right, leave the item and keep looking or trust that the spirits will be sure you will have what you need when the time and place is right.

GIKINAWAABI

LESSON 17 PART 2

LESSON: FORAGING IN NATURE

**ACTIVITY: USING YOUR FORAGED
PLANTS**



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LESSON 17 PART 2

FORGAGING IN NATURE



LESSON OBJECTIVE

The family will demonstrate how to safely forage together in their community and will be prepared to support and encourage the each other's excitement and curiosity of the natural environment.

MEDICINE WHEEL WISDOM



Food is medicine that fuels our mind, body and spirit. Food comes from our land; eating food from our land reminds us who we are and where we come from. Knowing who we are and where we come from keeps our spirit strong. Our spirit is represented by the Eastern direction in the medicine wheel.

FAMILY OUTCOMES: PICCOLO

- Attends to the child's actions
- Is physically close to the child
- Shows Enthusiasm for what the child is doing

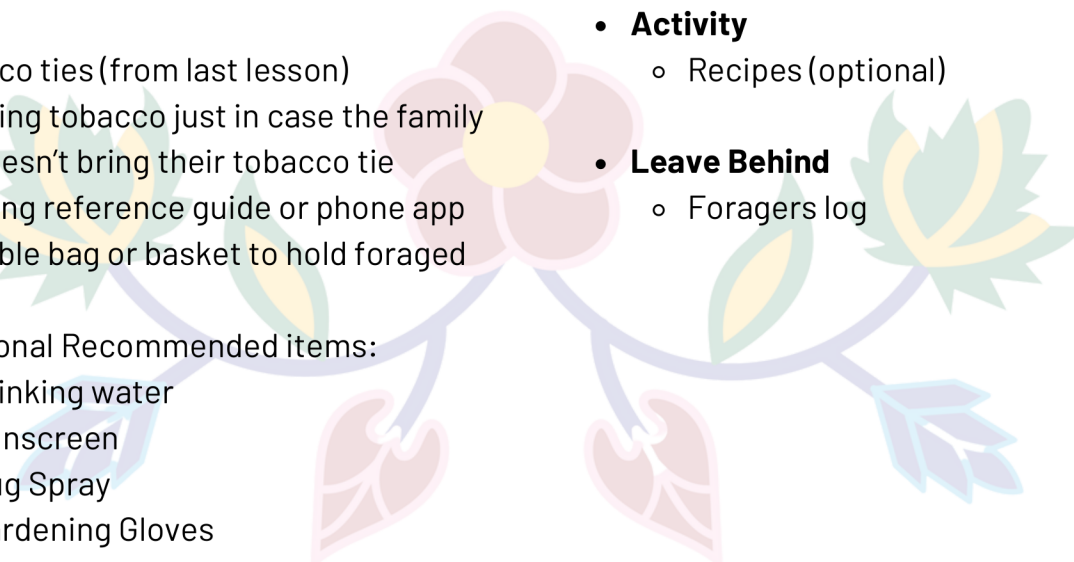
CHILD BEHAVIOR OUTCOMES: LOLLIPOP

- xxx

HOME VISITOR LESSON OVERVIEW

Materials Needed:

- **Lesson**
 - Tobacco ties (from last lesson)
 - Bring tobacco just in case the family doesn't bring their tobacco tie
 - Foraging reference guide or phone app
 - Reusable bag or basket to hold foraged items
 - Additional Recommended items:
 - Drinking water
 - Sunscreen
 - Bug Spray
 - Gardening Gloves
 - Scissors, or a spade for harvesting
- **Activity**
 - Recipes (optional)
- **Leave Behind**
 - Foragers log



LESSON 17 PART 2

FORGAGING IN NATURE



LESSON

Nature Walk and Observation

Begin your foraging adventure with a nature walk through a safe and familiar place, which you previously agreed on with the family.

- Focus on taking time to observe the environment around you; we can find food and medicine high and low in nature.
- This is a great opportunity for children to practice observation and curiosity of the environment to find food and medicine in nature.
 - Encourage children to observe and appreciate the natural surroundings, pointing out different plants, trees, and wildlife you see as you explore the area.

Plant Identification

- Using field guides, Google Image Search, a smartphone app, or knowledge from experts or wisdom-keepers, practice identifying edible plants in the area. Have the family practice identifying any plants they notice or express interest in. Try to search in places where the plant you are looking for would be.
- Teach children to recognize and differentiate between safe and potentially harmful species. Children must be observant of what they are looking for and mindful of potential dangers in the wild (i.e., wild berries and mushrooms are not always safe to eat).

[Home Visitor Notes]: *We must possess a certainty of a plant's identification before foraging. Children must have parental permission before collecting a plant. Some plants may be good for us, but some may also hurt us. We should never eat anything we are not 100% sure of.*

Responsible Foraging and Harvesting

- Display mindfulness of how to properly forage the plant so it may continue to provide nutrition for others (future generations). Observe the prevalence of the plant in your location; is there enough to forage for the family to use while still leaving half or more for others?
- Providing guidance to the family, they will forage the edible plant(s) you have successfully identified together.

[Home Visitor Notes]: *Plants are relatives and should be treated that way. Before taking from our plant relatives, it is important for us to ask permission and honor their sacrifice. After we hear our answer, we can offer tobacco as a show of our thanks. When offering tobacco to your plant relative, introduce yourself and tell them how they will be used, such as to feed your family or to help with healing. Then, with your left hand, gently place the tobacco in the earth next to or nearby the plant.*

LESSON 17 PART 2

FORGAGING IN NATURE



LESSON

- Have the family introduce themselves and ask for permission to forage the plant; take time to connect with nature; ask the family what they felt from the land. If all parties agree that the land has granted permission to use the identified plant, offer your ceremonial tobacco, express thanks to the Earth for what it has provided for you, and proceed.

[Home Visitor Notes]: *When foraging, we want to limit our harm to the land as much as possible. It is important for us to be mindful of where we step and even where we park our car! When we take care of the environment, there are more opportunities for the land to continue to provide for us, and the generations after us. It is our responsibility to ensure that not only are the plants able to provide for the next generation, but that we are also sharing our knowledge and experience with others to ensure the health of our plant relatives.*

- Draw connections to the Respectful Harvest handout you discussed with the family during the previous home visiting lesson. Remember principles of leaving enough for others (no less than half) and not taking the first or last of a plant.

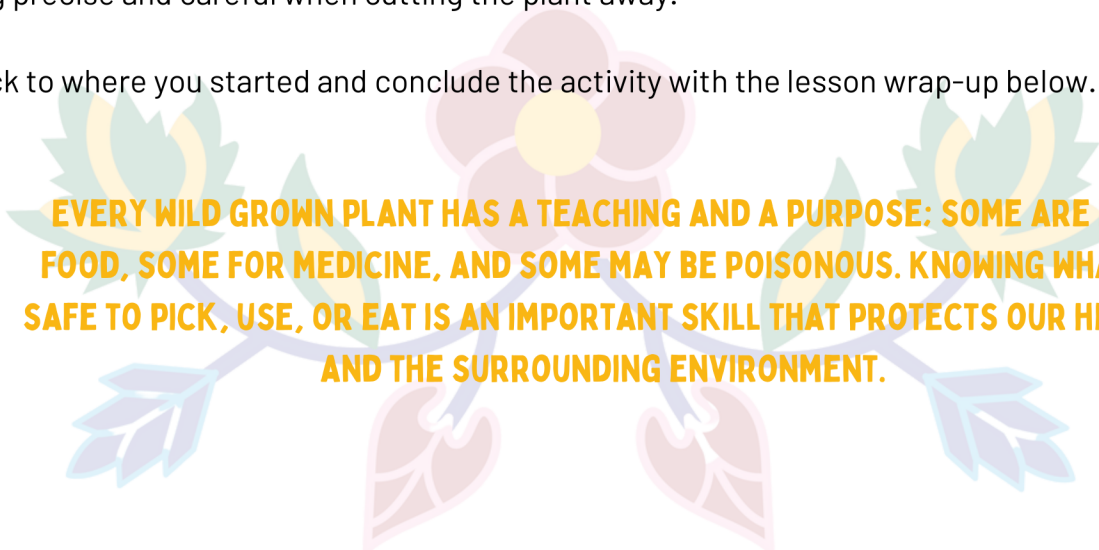
[Home Visitor Notes]: *It is important not to over harvest and leave some of what you want to forage behind for other foragers, insects, mammals, and plant repopulation. If we take everything, we cannot share with other foragers or future generations who may need the care or knowledge of a plant relative.*

- Forage the part of the plant that you want to take and pack it away into the bag or basket you brought. Make sure to leave the plant healthy and undamaged as you take from it; be mindful of being precise and careful when cutting the plant away.

Head back to where you started and conclude the activity with the lesson wrap-up below.



EVERY WILD GROWN PLANT HAS A TEACHING AND A PURPOSE: SOME ARE FOR FOOD, SOME FOR MEDICINE, AND SOME MAY BE POISONOUS. KNOWING WHAT IS SAFE TO PICK, USE, OR EAT IS AN IMPORTANT SKILL THAT PROTECTS OUR HEALTH AND THE SURROUNDING ENVIRONMENT.



LESSON 17 PART 2

FORGAGING IN NATURE



LESSON

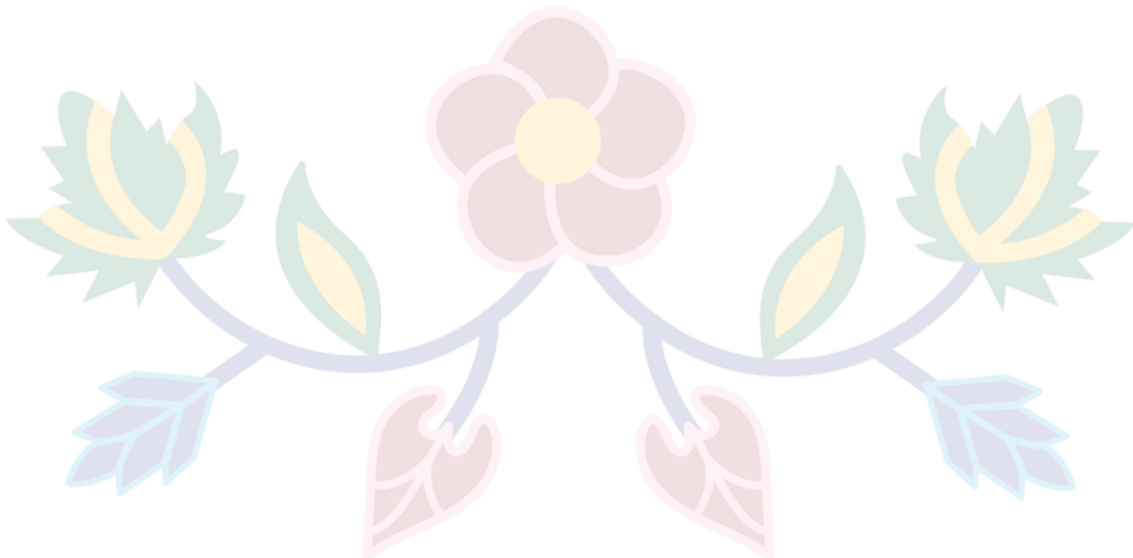
Reflection

- Prompt the family to discuss what they learned during the foraging experience. What did they find the most interesting or exciting?
- Share interesting facts about the plant(s) they found, their uses, and the benefits of foraging sustainably, or look up the plant as a group and answer these questions together.
- Invite the children to express their thoughts and feelings about the foraging adventure.
- Encourage the Family to go foraging on their own or with a friend!
 - This would be a great opportunity for the child to use the foraging journal you provided!

[Home Visitor Notes]: Allow for open conversation here. This is an opportunity to ask questions and explore concepts as a group, encouraging interest.

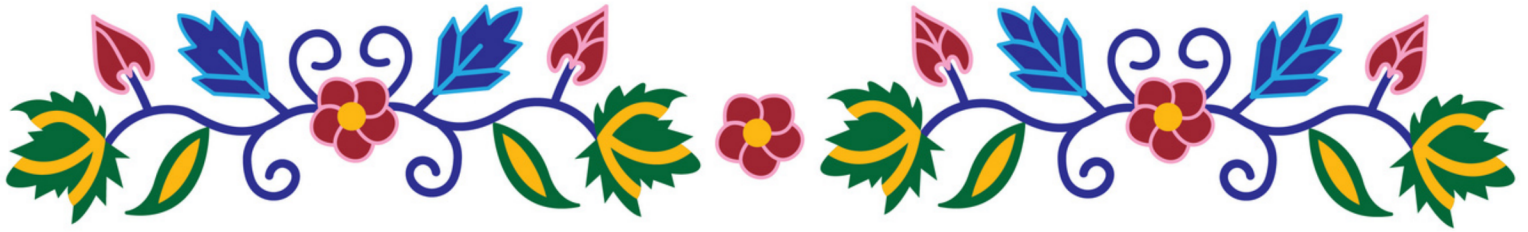
LESSON WRAP UP

- **Ask the family if they have any additional questions from the day.**
- **Provide any additional handouts you think they might be interested in.**
- **Discuss any other ways you can help the family in their foraging journey.**



LESSON 17 PART 2 ACTIVITY

CELEBRATING YOUR HARVEST



LETS EAT!

- Refer back to the brainstorming activity that you did in the first part of this lesson on how you wanted to use the plants you have foraged.
 - this could be in a recipe, tea, snack etc.
- Gather and account for all of the plants you have foraged
- you can use a recipe that you have been wanting to try, one provided by your home visitor or one you made up!
- If you choose to wait to consume your foraged plants make sure you know how to best store them so they last as long as possible!



IT IS RECOMMENDED TO USE EVERYTHING YOU HAVE FORAGED SO WE ARE NOT WASTING THE GIFTS THE EARTH HAS PROVIDED FOR US!



GIKINAWAABI

LESSON 17 PART 2

ADDITIONAL PAGES

- **FORAGERS LOG & ASSEMBLY INSTRUCTIONS**



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FORAGERS LOG

ASSEMBLY & PRINTING

INSTRUCTIONS

COVER

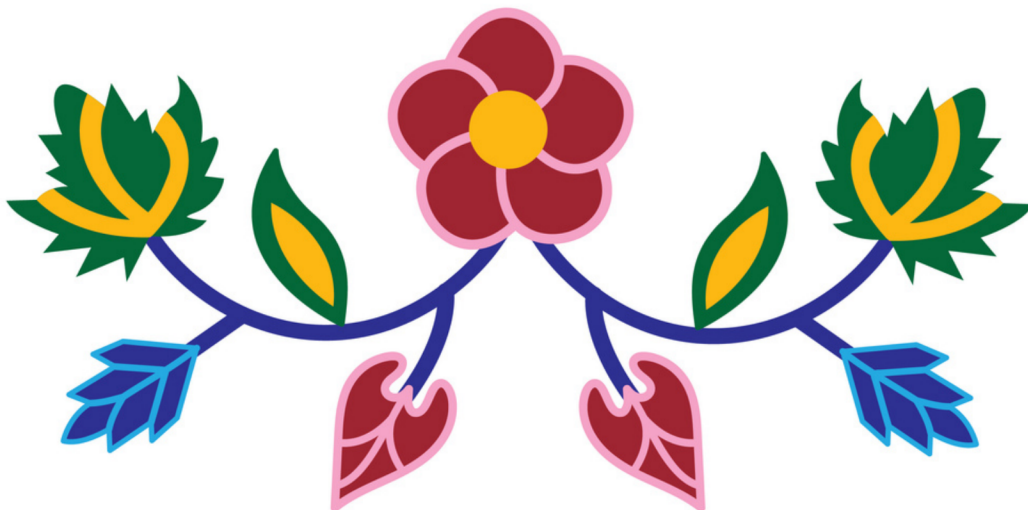
- Print out the cover with a blank page on the back of it.

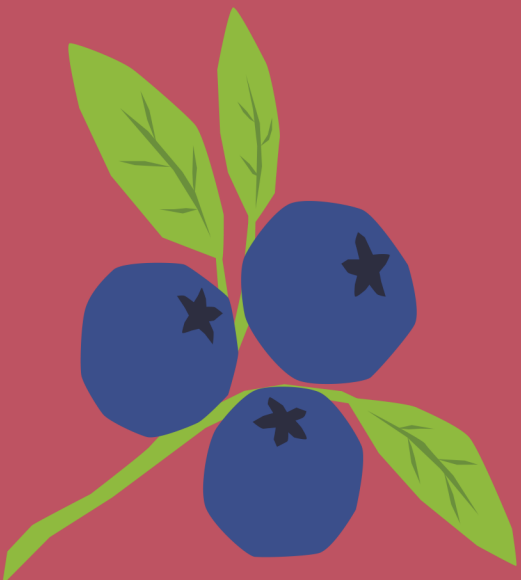
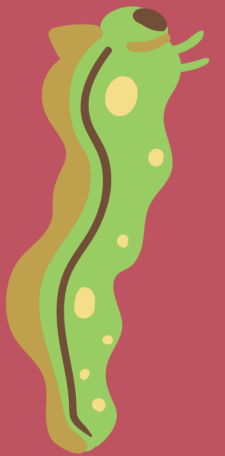
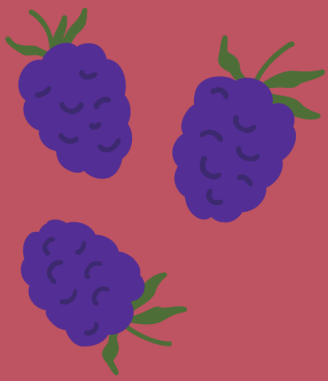
JOURNAL PAGES

- Select the journal pages page number you want to print
 - The double sided journal pages will appear to be mirrored but the printer should flip it so they will match up
- Put in the amount of pages you wish to print
- Select print double sided

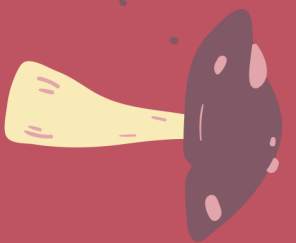
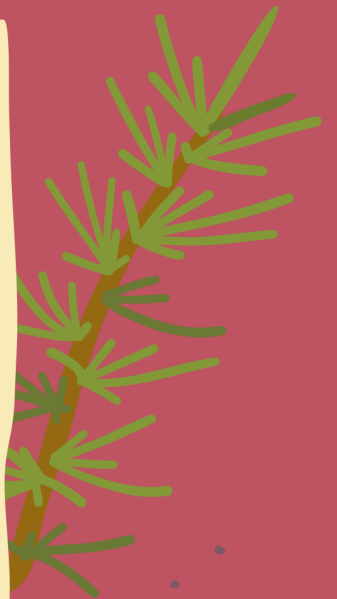
ASSEMBLY

- Fold the cover and journal pages in half
- Put two staples in the center crease
- Fold it like a book





FORAGER'S LOG



PLANT NAME: _____

PLANT NAME: _____

SEASON:



EDIBLE?



YES



NO

SEASON:



EDIBLE?



YES



NO

DRAW THE PLANT

DRAW THE PLANT

NOTES: _____

NOTES: _____

PLANT NAME: _____

SEASON:



EDIBLE?



YES



NO

DRAW THE PLANT

NOTES: _____

PLANT NAME: _____

SEASON:



EDIBLE?



YES



NO

DRAW THE PLANT

NOTES: _____

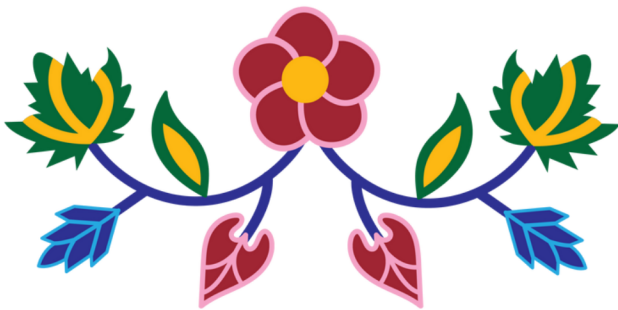
GIKINAWAABI

LESSON 17

BONUS PAGES

BONUS PAGES OVERVIEW

- **Foraging with kids**
 - This page is intended to help xxx
- **Foraging Safely**
 - Gives an overview and key points on how to stay safe when foraging
- **Foraging Correctly**
 - Gives advice on how to forage correctly
- **Additional Foraging resources**
 - This page is intended to give families additional places that they can learn more about foraging or fun ways to incorporate it into their daily lives
- **Recipes**
 - These are intended to be shared with families if they have an interest in trying tested recipes with their foraged foods
 - Dandelion “honey” or Syrup Recipe
 - Leek and potato soup recipe
 - Cedar Braised beans recipe



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FORAGING WITH KIDS

Children should be able to answer **YES** to all the following questions before picking and eating wild foods:

- I have an adult or mentor with me.
- I have permission to forage in this area.
- I looked around to make sure this plant is not growing in a polluted area.
- I am 100% sure I know what this plant is.
- I know if this plant is rare or endangered.
- I know which part of the plant is safe to eat, what season to harvest it in, and how it should be prepared.
- I only picked the part of the plant that I will use.
- I only harvested what I needed and left the rest for others.
- I thanked the plant and surrounding environment for what it provided me.
- I took notes and observations in my foraging journal.





FORAGE

safely

Foraging safely reduces the risk of consuming harmful or toxic plants, fungi, or animals, and promotes overall health and safety.

It is essential to be mindful of where we find our food and medicines.

ROADSIDES



It is unsafe to forage near roadsides and ditches. Chemicals which leak from cars and salt from the winter months seep into ditches and pollute the surrounding environment, in addition to harmful garbage and litter.



PESTICIDES



Be mindful of the chemicals that might have been sprayed on the area you are looking to forage. Lawn fertilizer, pesticides, insecticides are all unsafe for consumption.



WELL-TRAVELED AREAS



Remember that heading away from well-traveled areas or trails is a wise choice to keep you and your loved ones healthy. By exploring less frequented spots, you reduce the chances of gathering edibles that might be contaminated or exposed to pollutants, such as animal poop, found in commonly visited places.





FORAGE correctly

It is crucial to be mindful of where we are foraging, as well as how to properly identify and harvest plants for use as food and medicine. When we forage correctly, we protect our own health in addition to the health of our plant relatives and the Earth.

LOCATION



Try finding safe areas in your backyard and/or close to home! While being mindful of safe areas to forage in, seek out new areas close to home and become familiar with new plants which may not be in your own back yard!

***Remember: Forage in places you are familiar with and that you are certain are free from pollutants and pesticides.**

PLANT IDENTIFICATION



Notice the plant structure and take time to properly identify plants using key features (notice the shape of the leaf, petal, stem, fruit, etc.). Ensure you know which part(s) of the plant is edible and which are not. Never forage or eat a plant that you cannot positively identify! Children should always have a parent's permission before touching or eating an unknown plant.

LEAVE NO TRACE



Be mindful of how you are impacting the land as your forage. It is recommended to follow leave no trace principles, harvesting in a way that keeps the plant alive and healthy and preventing damage to the surrounding environment.





ADDITIONAL RESOURCES



BOOKS



Wild Berries & Fruits Field Guide of Minnesota, Wisconsin & Michigan (Wild Berries & Fruits Identification Guides)

By: Teresa Marroe



Foraging with Kids: 52 Wild and Free Edibles to Enjoy With Your Children
By: Adele Nozedar



Wildflowers of Michigan Field Guide (Wildflower Identification Guides)

By: Stan Tekiela



Foraging Medicinal Herbs and Wild Edible Plants in the Great Lakes Region: Upper Midwest and Ontario - Identify, Harvest, Prepare and Store Wild Foods ... (Midwest Medicinal and (Wild) Edible Plants)
by: Samantha Deere



APPS



iNaturalist:

iNaturalist allows you to record and identify organisms in nature, including insects, plants, wildlife, and more!



PlantNet:

PlantNet helps to identify plants from your photos by comparing them to a vast plant database and proposing the best matches.



wikiloc:

Wikiloc helps you discover outdoor trails, near and far, which can be beneficial to the novice forager in finding safe trails to explore!



WEBSITES

6 Skills Children Can Learn From Foraging
by Happe Life



List of Edible Plants in Michigan
by Do or Die Kitchen



A Beginner's Guide to Foraging For Wild Edibles
with Kids
By Wilder Child





ADDITIONAL RESOURCES



WEBSITES

The Best Wild Foraging Resources to Help Expand Your Palate
by Make Use Of



A Beginner's Guide to Foraging
by Earth.fm



Foraging for Wild Food Guide
by Edible Wild Food



Foraging for Wild Foods
by Michigan Department of Natural Resources



OTHER

Forager's Playing Cards
by Kikkerland



Learn more about what types of edible plants and herbs grow around you while playing with these playing cards!

Wildcraft! An Herbal Adventure Game
by Learning Herbs



Teaches 27 important healing herbs and edible plants, emphasizing teamwork as players depend on each other's botanical knowledge and luck to reach the Huckleberry Patch and return safely to Grandma's.

DANDELION "HONEY" OR DANDELION SYRUP

INGREDIENTS

- 375g fresh dandelion leaves (green parts removed)
 - or about 1 gallon
- 2L water
- 1.5kg sugar
- 2 tsp Citric acid
- Yield: 1 Quart of Syrup/"Honey"

MATERIALS

- Cheesecloth or a flour sack towel
- Kitchen Scale
- Candy thermometer
- Jars for storage



DIRECTIONS

- Pick the heads of about 1 gal of fresh dandelion heads.
- Remove and discard the green base from each head but keep the rest.
 - Dandelion heads are actually made up of many individual flowers, known as florets, all combined into one head. Each of these florets contain all the reproductive parts of a dandelion, including the pollen containing parts known as the stigma and anther. These parts are what we are interested in obtaining because the pollen from the dandelion is what will give our syrup it's honey taste. Because it would be very difficult to remove just these pollen containing parts we will keep the entire floret, fuzz and all. However, removing all the green base from each head is necessary because it contains a milky sap that will make our syrup taste bitter.
- Once you've removed the bitter green base from each head add 375g of the leaves, or florets to a pot with 2L of water.
- Over medium high heat bring the dandelion leaves to a simmer for 15 minutes then cover let steep from 8-12 hours.
- Once cool, strain the tea through cheesecloth or flour sack kitchen towel into a clean pot and add 1.5kg of sugar and 2tsp of citric acid to the tea.
- Heat this mixture, stirring often at first, over a medium low heat until it reaches 240F.
- Once it reaches 240 degrees the "honey" is done!
- For long term storage (up to a year) this can be packaged in the same manner as maple syrup.
- For immediate use:
- Allowed to cool and packaged in jars placed in the refrigerator for up to 6 months.

THIS IS NOT A USDA RECIPE. WHILE SYRUPS AND CANDY PRODUCTS ARE GENERALLY LOW RISK FOODS, THERE IS STILL RISK OF EXPOSURE TO FOOD BORNE ILLNESS WITH ANY HOME PRESERVED PRODUCTS.

LEEK AND POTATO SOUP

INGREDIENTS

- 1.5lbs of leeks - sliced
- 3lbs of potatoes - diced
- 5.5 cups of chicken broth
- 0.5 cups of heavy cream
- .5tsp of pepper
- .5tsp salt
- 3Tbs of butter



ILLUSTRATION © 2021, JESSIE BOULARD

DIRECTIONS

1. Blanch leeks in boiling water for 1 min. and rinse in cold water.
2. Add leeks to large pot with 3 tbs. of butter and sauté on medium low until leeks turn translucent.
3. Add diced potatoes to the pot and turn the heat up to medium high until potatoes just start to turn brown or a nice brown glaze forms on the bottom of the pot.
4. Deglaze pot with 5.5 cups of chicken broth and then add 0.5 cups of heavy cream and bring to a simmer.
5. Simmer soup for 15 to 20 minutes until potatoes are fork tender.
6. Serve with a fresh garnish of leek leaf.

RECIPE NOTES:

HARVESTING TIPS:

- They like to grow where black flies hatch so bring bug spray or a bug net (this is not always the case but its good to be prepared!)
- It can be hard to pull the whole bulb out of the ground without tools; we recommend a garden trowel or a hand weeder.

Be mindful of over harvesting an area

OTHER LEEK TIPS:

- The leaves are a delicious alternative to onion or garlic powder.
- Lay them out to dry for a day or two. Once dry, crumple them up and add them to popcorn, eggs, soups, dips, meat rubs, pasta, cold vinaigrette salads, and more.



NOTES:

A decorative floral border with purple and yellow flowers and green leaves, positioned at the bottom of the page.

CEDAR BRAISED BEANS

INGREDIENTS

- 1 Cup Dried Beans (any kind)
- 3 Cups Cold Water
- One 5-6 inch branch of Cedar
- Salt and freshly ground juniper and leek powder to taste



ILLUSTRATION © 2021, JESSIE BOULARD

DIRECTIONS

1. Wash your hands before preparing food.
2. Sort the beans and remove broken beans and clumps of dirt or stones. Put the beans in a large pot or bowl, and cover with water by 3 inches. Allow the beans to soak for at least 6 hours or overnight.
3. Drain the beans and transfer them to a medium saucepan or soup pot. Add 3 cups of cold water to the pot and lay the cedar over the beans.
4. Set the pot over high heat and bring it to a boil.
5. Cover the pot, reduce heat and let simmer until the beans are very soft. Begin tasting the beans after about 25 minutes of simmering. Remove and discard the cedar.
6. Drain and reserve the cooking liquid for soups and stews. Season to taste with salt, ground juniper and leek powder.
7. Serve the beans or store in a covered container in the refrigerator for up to 4 days or freeze.

RECIPE NOTES:

NOTES AND IDEAS

- For Maple Beans: stir in 1 to 2 Tablespoons of maple syrup OR maple sugar into the pot before removing the beans from the stove.
- For Mashed Beans: put the beans and a little of the cooking liquid into a large bowl. Using an immersion blender, a food processor fitted with a steel blade, a blender, or a potato masher, purée the beans to make a thick paste. Season the mashed beans with salt, leek powder, and ground juniper.
- If you do not have juniper, use ground rosemary and black pepper instead.
- Just a small branch of cedar adds flavor to these beans and helps to stimulate digestion and strengthen the immune system. We make up a big batch of these beans each week, then work them into a variety of dishes—appetizers, soups, and entrées. The first step is to soak the beans before cooking; it cuts the time in half. (This recipe is easily doubled or tripled.)
- “We like to use a mix of heirloom beans for a variety of colors, textures, and flavors. Because of the varied cooking times, we cook them separately and then combine them in a soup, hot dish, or salad before finishing the dish. Be sure to save the bean cooking water for a stock to use in soups and stews.” —Sean Sherman with Beth Dooley in their 2018 Beard Award-winning cookbook, *The Sioux Chef’s Indigenous Kitchen*.

NOTES:

