

**Suggested Pre-Field Trip Activities
for Wild Edibles/Swamp Stir Fry/Nettle Seed Muffins
at Wood Lake Nature Center**

Vocabulary

- Wild Edible Plant
- Organic Food
- Plant Defense
- Field Guide

*Review vocabulary list

*Discuss the differences between wild plants and plants found at the grocery store.

*Make a class list of what might be important when considering picking and eating a wild plant.

*Show students what a field guide is and how they may help identify a species (plant, animal, bird, track, etc.)

*Have students work in small groups and use a field guide to find a specific species and report to the class their findings.

*Have students choose a wild edible plant in this area and have them do a short report on it. Including a drawing and basic information (plant list may include: crab apple, wild grape, giant hyssop, mulberry, raspberry, wood sorrel).

**Suggested Post-Field trip Activities
for Wild Edibles/Swamp Stir Fry/Nettle Seed Muffins
at Wood Lake Nature Center**

*Review vocabulary list

*Ask students what their favorite experience was on the field trip.

*Encourage students to visit a nearby farmers market on the weekend and journal what foods they observe.

*Use a map of the world and as a class study where common foods are produced (i.e. bananas, apples, oranges, lettuce, etc.).

*Create a class recipe using a wild edible (if not accessible use food from farmers market).

*Create a school garden.

*Taste test a wild edible compared to store bought and have the students write and describe the differences in taste and texture (good food choices may be raspberries, strawberries). If you can't find a wild edible compare organic vs. non-organic.

*Create an indoor edibles garden. Herbs are a great starting point!