

# WILD EDIBLES

## LESSON PLAN



**WOLF RIDGE**<sup>SM</sup>  
ENVIRONMENTAL LEARNING CENTER

# WILD EDIBLES



## CLASS DESCRIPTION: A Plant Ecology Class

Students will explore the values of plants with a focus on edible plants. As a group we will explore what components make up a forest and how to accurately identify plants. Students will then practice their observation and identification through harvesting edible plants and discussing the ecologic and human value of plants.

**Total time:** 3 hours (two hours outdoors)

**Audience:** 6-20 students, 4th grade through adult

**Activity level:** moderate

**Travel:** 1 1/2 mile

**Total uphill travel:** 250 feet

## GUIDING QUESTION

What values do plants hold?

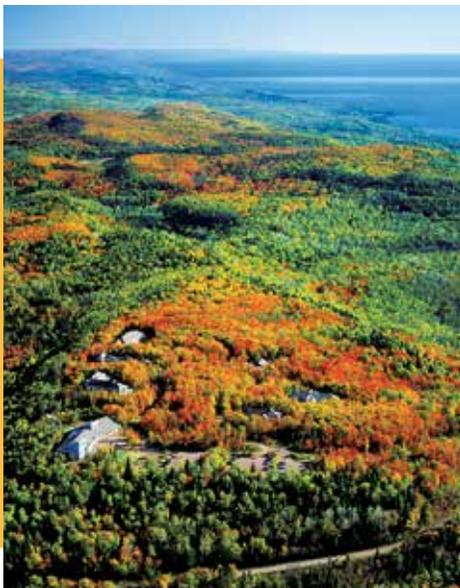
## CONCEPTS

1. There are many components that make up a forest community.
2. Plant identification involves careful observation and patience.
3. Plants have many ecologic and human values.

## OUTCOMES

Upon completion of the Lake Study class students will be able to:

- Identify components of a forest (eight groups of forest/plant communities).
- Discuss historic and modern uses of plants.
- Observe and identify plants to consume.
- Gain a more intimate connection to their natural world - "I find value in preserving the woods because I practiced observing and appreciating the plants."



**Our mission** is to develop a citizenry that has the knowledge, skills, motivation and commitment to act together for a quality environment.

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*Wolf Ridge Environmental Learning Center and the USDA are equal opportunity providers and employers.*



## Equipment

- burners
- kettles
- cups
- tablecloths
- silverware
- reference books
- tea cards

## Appendices

- Glossary
- Additional Information
- Optional Activities
- References
- Sources
- Class Sheets
- Spiral Learning Sheet
- Planning Outline

## Set-up (15 min.)

- Classroom/class prep description
- Safety Management

### I. What values do plants have? (20 min.)

### II. What makes up a forest? (30 min.)

- A. Forest Components

### III. How do we identify plants? (30 min.)

- A. Tea preparation
- B. Human values of plants

### IV. What can we cook from the forest? (100 min.)

- A. Ethics and safety
- B. Foraging
- C. Meal Preparation and celebration

## Clean-up (15 min.)