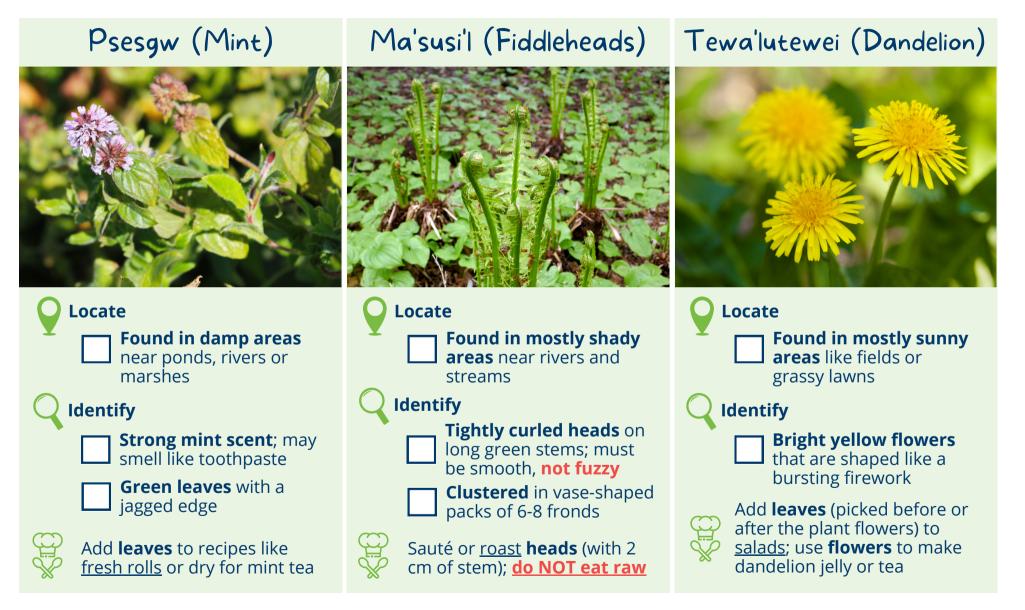
Foraging with Kids in Nova Scotia

Family Guide

Ground Rules - Safety Ground Rules - Respect Everyone must understand the safety rules Everyone must understand how to respect before foraging. Read (or listen to) each rule and nature before foraging. Read (or listen to) each check the box if you agree to follow it. rule and check the box if you agree to follow it. If I don't know what something is, I won't pick it I won't pick I won't take more I'll stay with an from the first than one-third of adult so I forage patch I see only in safe places any plant I'll check with an I won't leave I'll only try a small I'll stay on the path anything behind adult before amount of a new to keep myself and wildlife safe tasting anything food at a time Ground Rules - Safety Gear Remember to Bring: Medicine for kids with food allergies • A few tools (such as a spade or scissors) A phone for photos, time and location Basket or bag Garden gloves All-weather boots Good attitude

Food for thought: Going foraging is a great way to learn about whose land you are on. Find out more about Mi'kmaw place names at <u>placenames.mapdev.ca/</u>.

Foraging with Kids in Nova Scotia Siwk (Spring)







Foraging with Kids in Nova Scotia Nipk (Summer)





Klitaw (Raspberry)



Atuomgomin (Strawberry)



 Locate
Found in damp areas or woodlands
Identify
Small dark blue berries with a crown

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Low to the ground bush with woody branches and green leaves



Eat **berries** fresh, dried, or frozen or make into jams etc.

Locate Found in mostly sunny areas like fields or woodlands

Identify



Red compound berries; look like each is made of many small berries

Prickly bush with green jagged leaves

Eat **berries** fresh, dried, or frozen or make into jams etc.

Locate

Found in mostly sunny areas like fields or grassy lawns

Identify



Red berries with visible yellow seeds; berries may be hiding under leaves



Small white flowers with jagged leaves



Eat **berries** fresh, dried, or frozen or make into jams etc.





Foraging with Kids in Nova Scotia Toqa'q (Fall)

Su'n (Cranberry)

Sipekn (Groundnut)

Ajioqjimin (Blackberry)





Locate

Found in damp areas like wetlands, along lakes, and on forest floors

Identify

Deep red berries with an oval shape; inside is partly hollow with pinkish-white flesh and brown seeds



Eat cranberries cooked in sauce or compote; edible raw but are very tart

Locate

Found along flowing water like a riverbank

Identify



Pink flowers and bean pods hanging from vines

Several tubers attached by a thin root once pulled from ground

Shell **beans** and boil, cook tubers like potatoes



Locate

Found in mostly sunny areas like fields or woods

Identify



Purple compound berries; look like each is made of many small berries



Prickly bush with green jagged leaves



Eat **berries** fresh, dried, or frozen or make into jams etc.







Foraging with Kids in Nova Scotia Gesig (Winter)

Ka'qaju'mannaqsi (Wintergreen)





Guow (White Pine)







Eat **berries** fresh, dried, or frozen or make into jams, use new pale green **leaves** in tea



Identify



Reddish-purple seaweed with finger-like shapes; may be hidden under other larger seaweed

Eat **dulse** raw in a <u>salad</u> or soup, or dry to preserve as a seasoning



Long blue-green needles that grow in clusters of 5 from a single point



Steep **pine needles** in hot water to make a lemony tea



