

## Workshops may include:

- Philosophy of foraging and man's symbiotic relationship with nature
- Sustainability, knowledge, respect and appreciation for the web of life
- Identifying and experiencing common edible wild plants, using taste, smell and touch
- Discovering wild versions of common foods (ie: wild carrot, asparagus, spinach, etc)
- Poisonous look-alikes (including poison ivy) and how to recognize them
- Awareness of the diversity found in different environments: forest, meadow, field, marshes, backyard and roadside
- Parts of plants to harvest. When and how to collect and use them
- Discuss ways of preparing wild foods and nutritional facts (older students)
- The mythology and stories behind plants, including Native American uses and folklore
- Relationship of plants to animals and insects
- Other uses of plants: dyes/pigments, cordage, fire-making, basketry and other traditional uses
- Safety:
  - Areas to forage and areas to avoid
  - Looking for danger signs
  - Pesticides, herbicides and chemical fertilizers and their effects on plants and animals

## Objectives:

The objective of these workshops is to encourage the students to feel comfortable in nature, and to help them develop a familiarity with and respect for their natural surroundings.

We have developed activities and challenges that teach students how to observe, and become more aware of the rich diversity of nature, whilst discovering its vital roll in our existence

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The student will “meet” the plants, interview them and share their discoveries with the others. Many of these plants have fascinating histories and are surrounded by legend, which can help enrich the experience, and help the students to establish a special relationship with each plant



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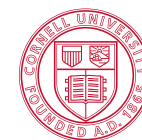
*Nature Speak Series*

# Wild Edibles Workshops for Schools



## Offering:

- **Native plants and their uses**
- **For grades 3 - 12**
- **Each workshop customized to the age group, location & time of year**



**Cornell University**  
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Rockland County

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[www.rocklandcce.org](http://www.rocklandcce.org)

*Building Strong & Vibrant Communities in New York State*

## About the instructor:

**Paul Tappenden** is an active forager with nearly four decades of experience. He has a broad knowledge of native plants and their uses, and has made wild edibles a part of his regular diet.

During the past few years, Paul has explored many local plants in depth, developing methods of preparation that bring out the best in them. At regular gatherings with other local foragers, he is able to exchange recipes and discover ever more fascinating wild foods and ways to prepare them.



Paul's approach to the plant world is one of reverence and respect. He teaches sustainable ways of selecting, gathering and preparing wild foods.

Paul and his fellow foragers are out from March to December. They follow the seasons, harvesting leaves, roots, flowers and fruits to take back to the kitchen or campfire, where they prepare tasty dishes.

He trained as a teacher at Milton Keynes College in Buckinghamshire, England and has taught in children and adults in Europe, Bermuda and New York as well as working with Apache children in Cibecue in the White Mountains of Arizona.



## Fees:

1½ hour workshop	\$200
1½ hour talk & slide presentation	\$250



## Other workshops:

- Maximum class size ... 30
- Cooking with wild foods
  - Building primitive shelters



For more information, contact  
**Chuck Stead, Environmental Educator of  
Cornell Cooperative Extension,**  
at (845)429-7085, ext. 125.