

January 2020

WILD KIDS

SEASONAL NATURE EDUCATION FOR KIDS & THEIR GROWN UPS

Sapsicles – Winter's Candy

Butterfly Fairy Cards

Nature Box Swaps

Seasonal poems, activities,
nature journal pages and more!



From the editor

BY ALICIA BAYER

Happy 2020!

We've now been through one full year of Wild Kids magazine and are starting a new one together. The 2020 issues will be pretty much the same this year as last year, with a few new changes and additions.

As you know, Wild Kids Magazine was created to help teach kids and their grown ups about nature and all the ways it's awesome. Every month, you'll learn about wild plants that you can forage, seasonal ways to get out in nature, botanical coloring pages, nature-based crafts and activities, nature-based poems, weather facts and more.

You can print Wild Kids Magazine or you can read it with your family online. We'll always include printable pages like nature journal pages and collectible foraging coloring pages, so you may want to print out those sections even if you read the rest online.

We know that people live in all kinds of places with all kinds of weather and types of nature, so we'll try to offer stuff that will be helpful for as many families as possible. As always, please drop me a line if there's something in particular you'd like to see -- or just to say hi!

~Alicia



Why is Wild Kids free?

Kids (and their grown ups) need nature, and nature needs us! Our family believes in the importance of sharing & helping each other, and of passing on skills to help our world and each other. As long as we are able, we plan to produce Wild Kids to help do this for families who find it useful.

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Find lots more links, information and fun to accompany this month's themes at www.magicalchildhood.com/wildkids.

Get Wild in January

10 Ways to Learn and Play with Nature this Month

Make a 2020
Nature
Bucket List

Make a
snow or
sand beast

Visit a park
you've never
been to

Sketch
something
outside

Go sledding
No snow? Sled
down a hill on
a bag of ice!

Make Potpourri
from snips of a
wreath or discarded
Christmas tree plus
cinnamon sticks &
cloves

Do a nature
swap box with
another family
(see next page)

Start a list
of every
kind of bird
you see this
year

Write a
poem about
nature

Plant a seed from
every fruit you
eat this month &
see what sprouts

TAKE PART IN A NATURE BOX SWAP!

Have you heard of a nature box swap?

That's where families in one part of the country send a small box of local nature items to families in another area.



The idea is that the natural treasures that are all around where you live might seem really normal and almost boring to you, but they could be rarely seen treasures to someone in a different climate.

Our family started doing nature box swaps years ago when we had friends in Arizona who said they wished they had fall leaves to collect. We had millions of them but other natural items that they had were rare to us. We send them a small package of leaves and they send back some seed pods and shed snakeskin. We started to swap with other families every month or two from all around the United States.

We sent out items that we could find in our part of Minnesota -- shed buffalo fur from a park we visit, milkweed pods, fall leaves, acorns, walnuts from nearby Walnut Grove, fossils and so on.

Other families sent us natural items that were fun for us to examine like sheep's wool, driftwood, giant seed pods, dried flowers and shells. We got to collect all kinds of new nature treasures and had fun picking out things to send. It also helped us realize what cool things were all around us!



What kinds of things can you send?

- Nuts
- Shells
- Driftwood
- Feathers *
- Seed pods *
- Fossils
- Small rocks
- Pine cones
- Dried flowers
- Cicada skins
- Snail shells
- Dried cattails
- Owl pellets
- Fall leaves
- Wool or fur
- Pressed leaves or flowers



What shouldn't you send?

* Don't send anything that could harm a plant or animal, such as sending live insects or sending seeds for invasive plants that could harm your swap family's environment. In the United States and some other countries, it is illegal to collect many bird feathers, even very common ones, so keep that in mind if you send feathers.

How do you find families to swap with?

You can ask friends and family members who live in other parts of the country to swap with you. You can also usually find interested families in Facebook groups and topical email lists like homeschool lists.

NEW THIS YEAR NATURE CARDS

This year in Wild Kids Magazine, we'll include some very old nature-related collectible cards every month for all different sets of fun nature topics. These were made about 100 years ago and there are all different sets of them.

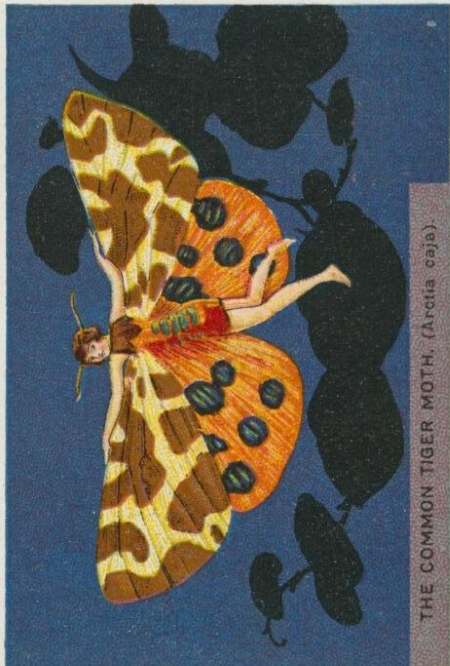


Some of the sets will teach you about birds' eggs, animals, fish and flowers, just to name a few.

This month we're including butterfly fairy cards. In this set, women were drawn with real species of butterflies wings like they were fairies. Some of these butterflies' names may have been changed and sadly, some may now be extinct.

See if you can recognize any of these butterflies and if you can find any of these butterflies this year when you're out in nature.

We've included 18 cards in this issue and there will be more in upcoming issues.



THE COMMON TIGER MOTH. (*Arctia caja*).



ORNITHOPTERA REMUS.



22
EVENUS REGALIS.



CHRYSIDIA MADAGASCARIENSIS.



THE LARGE
COPPER BUTTERFLY. (*Polyommatus dispar*).



THE MARBLED WHITE
MELANARGIA GALATHEA. (Under side).



THE SWALLOW TAIL BUTTERFLY.
(*Achilus machaon*).



THE PEACOCK BUTTERFLY. (*Nanessa io*).



AGERONICA AMPHINOME. (Under side).

BUTTERFLIES

1

The Swallow Tail Butterfly.

(Achilus Machaon).

This is the largest British Butterfly if we except the Purple Emperor, measuring three to five inches in expanse. It is the only undoubted British representative of the great family of the Equitidae. Wings yellow and black, dusted with yellow. Now almost confined to the fenny districts of the Eastern Counties, especially Suffolk and Norfolk.

BUTTERFLIES

2

The Peacock Butterfly.

(Nanessa io).

This may be found in the British Isles as far as the South of Scotland. It appears with the first warm days of Spring frequenting the gardens, woods and lanes. One of the most beautiful of British Butterflies. It feeds on nettles.

BUTTERFLIES

3

Ageronica Amphinome.

(under side).

This Butterfly is quite common in Southern and Central America. Measures about three and a half inches across the wings which are black above covered with pale blue markings of various shapes. The white band is well marked on the under surface, and more sharply defined than on the upper.

BUTTERFLIES

4

Evenus Regalis.

Found in various parts of South America this beautiful butterfly belongs to one of the most gorgeous groups of Tropical American Lycœnidae. The male measures rather less than two inches across the wings and the female rather more. The wings are of a very brilliant blue tinged with green.

BUTTERFLIES

5

Chrysidia Madagascariensis.

The expanse of wing is from three to nearly five inches. The forewings are marked with a broad transverse golden green band, which is bifid on the upper half of the wing, and between this and the base runs a row of short green stripes across the cell from the costa. The under surface of the wings are even more brilliant.

BUTTERFLIES

6

The Marbled White.*Melanargia Galathea.*

(under side)

This is quite common through Central and Southern Europe. In England it is found principally in the Southern and Midland Counties. It is very local, and often confines itself to a single field and not found anywhere else in the neighbourhood. Where it occurs it is often met with in large numbers.

BUTTERFLIES

7

The Common Tiger Moth.

(Arctia caja).

This appears in July and August, and is common throughout the whole of Europe including the British Isles. This moth varies considerably, one or the other colour predominating or by the coalescence of the spots. The pupa is shining black.

BUTTERFLIES

8

Ornithoptera Remus.

This Butterfly measures nearly eight ins. across the wings in the female, and is one of the largest species of the group. It is found in Amboina, Ceram, Ternate, Sula Islands, etc. The wings are black with a slight greenish reflection, and with greyish white rays bordering the nervures on each side.

BUTTERFLIES

9

The Large Copper Butterfly.

(Polyommatus dispar)

Formerly found in the fen districts of Cambridgeshire this beautiful butterfly is unfortunately extinct. Occurring from the middle of June to the end of August. The last solitary specimen taken at Bottisham Fen, was in 1851.



METAMORPHA DIDO. (Under side).



MORPHO ACHILLES. (Under side).



THE BANDED SOLDIER. (Catagranima Astarte).



THE DEATH'S HEAD MOTH.
(Acherontia latropos).



THE PURPLE EMPEROR. (Under side)



ANCLYRIS MEBBEUS.



THE RED ADMIRAL.
(Pyrameis Atalanta).



HECTORIDES ASCANIUS.

BUTTERFLIES

(10)

Ancllyuris Mebbœus.

This species is found in the Surinam and the Amazon districts, and measures about two inches across the wings,

BUTTERFLIES

(11)

The Red Admiral*Pyrameis Atalanta.*

This conspicuous butterfly appears rather late in the Summer or early Autumn and may be seen wherever there are flowers or fruit, often flying in company with the Painted Lady, both species being very fond of the summits of hills. It has a wide range of Europe, North Africa, Northern and Western Asia, and North and Central America.

BUTTERFLIES

(12)

Hectorides Ascanius.

Found in Brazil, this butterfly measures four inches across the wings which are black crossed by a broad white band shading into red at the outside. On the hind wings which are also marked with a row of sub marginal red lanules the incisions are white.

BUTTERFLIES

(13)

The Deaths' Head Moth.*(Acherontia atropos.)*

This is seldom very common in the British Isles varying in abundance with different years. It usually appears in September or October, and flies late at night. It steals the honey from the hives rather than collect from the flowers. Emits a sound like the squeak of a mouse.

BUTTERFLIES

(14)

The Purple Emperor.*(underside).*

This, one of the finest of our British Butterflies, appears from June to the middle of July, and frequents glades and woods. It is an insect of powerful flight. Its range in England is restricted to the oak woods of the Midland, Eastern and Southern Counties. It is unknown in Scotland and Ireland.

BUTTERFLIES

(15)

Caligo Illioneus.

This is common in South America, and will give a fair idea of the general appearance of the upper surface of the most typical species of the genus.

BUTTERFLIES

(16)

Metamorpha dido.*(under side).*

The expanse of wings is about four inches.

This butterfly is very common in Tropical America, frequenting cultivated ground. It is velvety black above with green markings. The under surface is green and black varied with reddish ochreous and silvery white.

BUTTERFLIES

(17)

Morpho Achilles.*(Under side).*

This butterfly is black with a broad blue band across the middle of both wings, and has two rows of white spots converging hindwards beyond the band of the forewings. Common in Brazil. Some of the species are wholly blue except on the borders of the wings.

BUTTERFLIES

(18)

The Banded Soldier.*Catagranima Astarte.*

The wings are black with crimson markings, measuring about two inches and a quarter across.

The body appears to be black with a red collar. Found in Brazil and South America.

SAPSICLES!

Have you ever heard of sapsicles?

These are icicles formed on broken hardwood tree branches in winter, formed as sap slowly leaks out of the broken branch.



Nature author Ted Williams calls sapsicles "winter's candy" in his new book, *Earth Almanac*. He says that sapsicles are sweeter than liquid sap because they are concentrated by evaporation.

Williams says to look for sapsicles on warm late-winter days when the nights have had below-freezing temperatures.

How do they taste? Williams says that black birch sapsicles have a faint wintergreen flavor, while butternut sapsicles taste a little bit like cider. Red maple and boxelder sapsicles are supposed to be very tasty, too. He says that sugar maple sapsicles are supposed to taste the best of all, which is no surprise since sugar maple trees give us maple syrup.

Why not make it a goal to find some sapsicles this winter?

BE SURE TO PROPERLY ID YOUR TREE BEFORE SAMPLING A SAPSICLE

FORAGING 101

Foraging for wild edible and medicinal plants is great for us in many ways, but it's important to follow some basic rules. Here's how to forage responsibly.

Always be 100% sure what you're foraging. It's best to bring an experienced forager with you, but if you can't do that then use a trusted ID guide (preferably a couple of them). Remember to always look at all the parts of a plant for proper identification, and how to tell it apart from lookalikes.

Always get permission. If you're foraging on public lands, find out what the rules are. Lots of parks allow you to gather all the fruits and mushrooms that you want (for personal use, not to sell) but don't let you dig up roots or harvest leaves, for instance. If it's private land, get permission from the landowner. Many people are happy to let you gather wild plants on their property, especially if you thank them with some baked goods you made with the bounty afterwards!

Stay safe. Know how to spot troublesome plants like poison oak and poison ivy. Wear long sleeves and long pants, and use gloves if foraging for plants like raspberries or stinging nettle. Avoid foraging in polluted areas, near busy roadways, or where pesticides may have been sprayed.

Don't over-harvest (unless it's an invasive plant). Only take as much as you can use, and try to leave most of the patch so it will be around for many years. Remember that wildlife may rely on that food too, and other foragers may be harvesting it. Learn about how to forage responsibly so the plants will be there for years to come. On the other hand, some wild plants like garlic mustard and dandelions are considered invasive and it helps the other plants around them if you harvest them. Garden weeds like lambs quarters are also tasty and nutritious but most gardeners would be thrilled for you to pull as much as you want!

Eat just a little bit the first time. People can be allergic to any food, including wild foods. As with any food, eat just a small amount the first time to see if you react (especially if you have other food allergies).

Read books and join groups to learn more. The foraging community is full of knowledgeable, friendly people who are happy to help you learn.

SAGE SALVIA



Sage can be found in the wild, but it's better to grow it in your garden or in pots on your balcony or window sill.

White sage is a ceremonial herb to some Native American tribes but it has been over-harvested in parts of the U.S. by Westerners.

Most people know sage as the flavor in Thanksgiving stuffing, but it also has medicinal properties.

Scientific studies have shown that sage can be useful for improving memory in people with Alzheimer's Disease and for lowering cholesterol. WebMD has a long list of conditions that sage is used to treat like digestive problems, gas, stomach pain, diarrhea, bloating, heartburn, asthma, depression, diabetes, hot flashes, sunburns, depression and more. It is also used to reduce pain after surgery.

It's interesting to research all this, but don't ever use herbs in high doses without doing lots of research into side effects and contraindications (situations where an herb or medicine can cause harm).

Sage has soft leaves and a wonderful scent. Try growing some and adding it to soup and stuffings.

"SAGE"

Plate 10



Sage
Eliz. Blackwell delin. sculp. et Pinx.

1 Flower
 2 Fruit
 3 Seed

Salvia

From: *A Curious Herbal: Containing Five Hundred Cuts Of The Most Useful Plants Which Are Now Used In The Practice Of Physick,*
 Written, illustrated and engraved by Elizabeth Blackwell, 1737

GROUND IVY

GLECHOMA HEDERACEA

Ground ivy is a little plant that grows in lawns and parks all over. Most people consider it a weed and try to get rid of it.



What most people don't know is how helpful ground ivy is. It is very high in vitamin C and also has lots of helpful properties when fighting illnesses.

Herbalists use ground ivy for ear infections, sore throats, moist coughs, tinnitus (ringing in the ears), respiratory infections, sinus infections, bronchitis, urinary tract infections, kidney stones, intestinal cramping, diarrhea, cuts and scratches, sciatica, and arthritis, among other conditions. Some medical studies have also shown that ground ivy can help lower blood pressure and blood glucose (sugar) levels.

Ground ivy leaves are used to make tinctures (where herbs are steeped in alcohol over a long period of time and then strained) or for tea (where leaves are soaked in hot water for a few minutes to drink right away). Tea is a milder way to take herbs, especially if you are new to them. People who drink ground ivy tea for treating health conditions usually drink 2 to 3 cups a day.

Remember to always research herbs and supplements to see if they are safe for you.

This year, see if you can spot some ground ivy in a lawn or park. Now you know that this little weed is not so bad after all!

"GROUND IVY OR ALEHOOF"



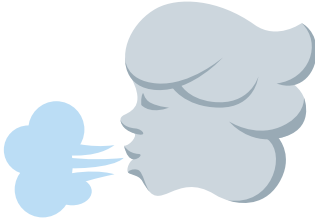
Ground Ivy or Alehoof { 1. Flower.
2. Flower separate
3. Calyx.
4. Seed. } *Hedera terrestris.*
Eliz. Blackwell delin. sculp. et Pinx.

From: *A Curious Herbal: Containing Five Hundred Cuts Of The Most Useful Plants Which Are Now Used In The Practice Of Physick,*
Written, illustrated and engraved by Elizabeth Blackwell, 1737

POEMS FOR JANUARY

"To read a poem in January is as lovely as to go for a walk in June."
- Jean-Paul Sartre

Spellbound
By Emily Bronte



The night is darkening round me,
The wild winds coldly blow;
But a tyrant spell has bound me
And I cannot, cannot go.
The giant trees are bending
Their bare boughs weighed with snow.
And the storm is fast descending,
And yet I cannot go.
Clouds beyond clouds above me,
Wastes beyond wastes below;
But nothing dear can move me;
I will not, cannot go.

A Calendar Of Sonnets: January
By Helen Hunt Jackson

O Winter! frozen pulse and heart of fire,
What loss is theirs who from thy kingdom turn
Dismayed, and think thy snow a sculptured urn
Of death! Far sooner in midsummer tire
The streams than under ice. June could not hire
Her roses to forego the strength they learn
In sleeping on thy breast. No fires can burn
The bridges thou dost lay where men desire
In vain to build.
O Heart, when Love's sun goes
To northward, and the sounds of singing cease,
Keep warm by inner fires, and rest in peace.
Sleep on content, as sleeps the patient rose.
Walk boldly on the white untrodden snows,
The winter is the winter's own release.

Winter Branches
By Margaret Widdemer



When winter-time grows weary, I lift my eyes on high
And see the black trees standing, stripped clear against the sky;
They stand there very silent, with the cold flushed sky behind,
The little twigs flare beautiful and restful and kind;

Clear-cut and certain they rise, with summer past,
For all that trees can ever learn they know now, at last;
Slim and black and wonderful, with all unrest gone by,
The stripped tree-boughs comfort me, drawn clear against the sky.

JANUARY

NATURE JOURNAL



January Weather

Directions: Designate one color for each type of weather.
Color a leaf with one or two colors each day to show that day's weather.



Key



sunny



cloudy



rainy



snowy



windy/
stormy

January Bird List

Birds spotted this month

January Animal List

Mammals, reptiles & other wildlife spotted this month

January Nature Notes

Record any interesting discoveries here -- plants you identify, foods you forage, outdoor activities, cool nature projects, nature books read, or just notes about what it's like outside this week!

Week 1 Sketches & Observations



Week 2 Sketches & Observations



Week 3 Sketches & Observations



Week 4 Sketches & Observations





Want to see your stuff in Wild Kids?

We welcome articles, photos, artwork and other submissions from kids and their grown ups.

Visit magicalchildhood.com/wildkids to learn more.