

*September 2021*

# WILD KIDS

SEASONAL NATURE EDUCATION FOR KIDS & THEIR GROWN UPS

**Mason Jar Nature Collections**

**Fall Wildflower Pages**

**Wildflowers of the Month  
Teasel and Cornflowers**

**September Sky Wheel  
& Nature Calendar**

**Plus seasonal poems,  
activities, nature journal  
pages and more!**





# From the editor

BY ALICIA BAYER

## Welcome September!

What are you hoping to do outdoors this month?

Our family just finished cleaning up from a very big storm. We lost a lot of big trees and branches at our house and at our older kids' houses in town, but we were lucky. Nobody got hurt, and our homes are mostly undamaged. In other parts of the country, storms have done much more severe damage, and fires have been out of control in many places around the world lately.

I hope you and your loved ones are safe and sound.

We helped a friend harvest his grapes recently and then we foraged our own wild grapes at a nearby lake. We also have been foraging wild mushrooms, plums, walnuts, the last of the elderberries, pears and more.

We have been enjoying the end of summer here in Minnesota, with time at nearby lakes and lots of walks, hikes, bike rides, boating, gardening and outside play. This time of year we do a lot of canning, too, of things like homemade applesauce, spaghetti sauce, pears and grape juice. It is a busy time but a fun kind of busy!

A long time ago, my husband Daryl read in a book that "September is the month of winds and magic." I always liked that quote and it always seems a little bit true! I hope you have a magical September, wherever in the world you are.

*Alicia*

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Contact: [alicia.bayer@gmail.com](mailto:alicia.bayer@gmail.com)



### 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.

# Go Wild in September

## 10 WAYS TO PLAY & LEARN WITH NATURE THIS MONTH

Take a family selfie in nature every day this month

Visit a park you've never been to

Gather seeds of pretty wildflowers to scatter or plant next year

Make a nature jar -- See this issue to learn how

Do crayon rubbings on paper of the bark from several trees in your neighborhood & see how they compare

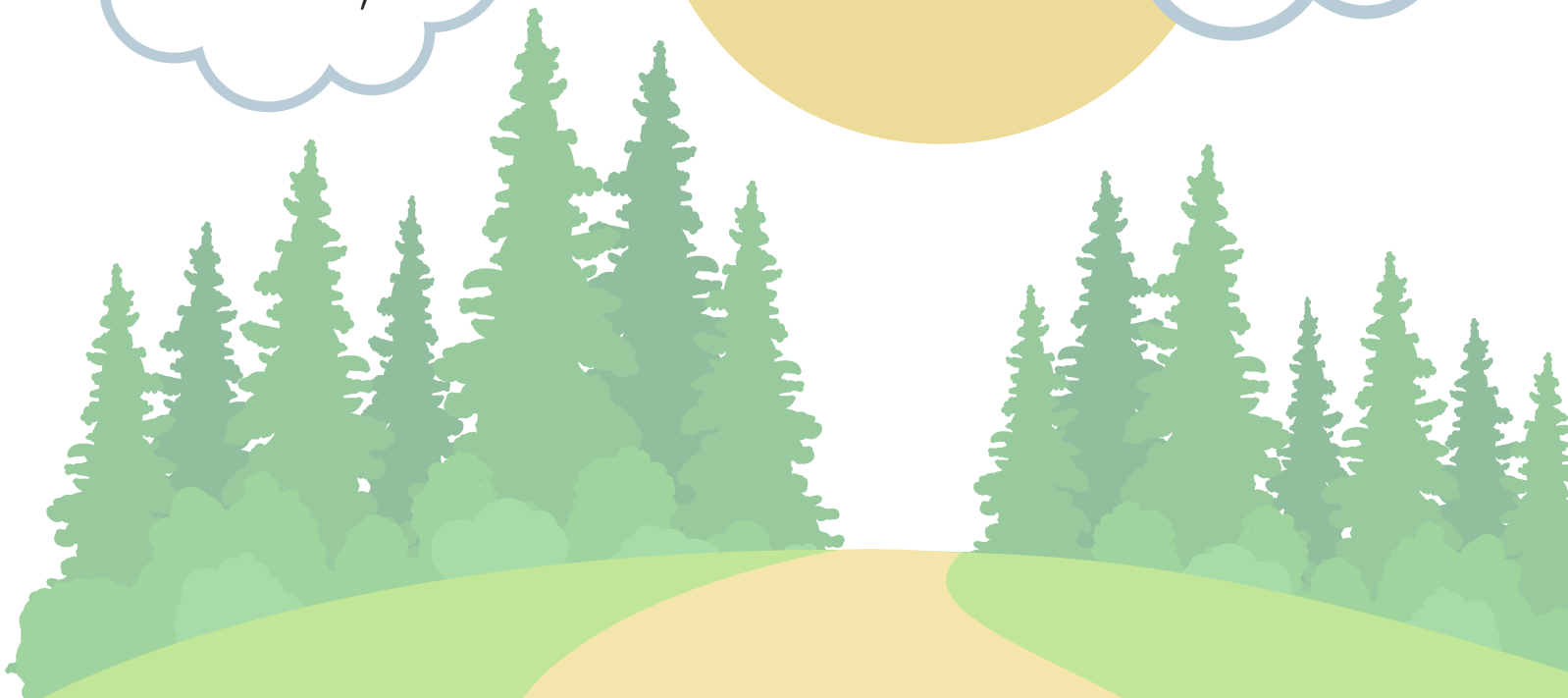
Use our wildflower tracking sheets to record wildflowers in your area

Invent an outdoor game using natural materials like pine cones

Learn to ID a new constellation in the sky

Make tea out of a plant you forage like catmint, pineapple weed, lemon balm, rose hips or water mint

Take watercolor paints & paper outside at sunset and paint what the sky looks like



# Make a Nature Jar



You can make use glass jars to collect so many fun nature items!

Our family uses recycled jelly jars & mason jars to collect things like:

- Sea glass & sea shells
- Butterflies & other insects
- Sand from beaches we visit
- Abandoned wasp nests
- Seasonal nature treasures
- Sharks' teeth from the beach
- Rocks & fossils
- Arrowheads & other artifacts

What nature items can you find to store in your jars?

*\*Be sure to only collect items that animals no longer need, and never living creatures!*





# Fall Wildflowers

*How many can you find?*

While there are many wildflowers to be found in spring and summer, there are still lots into fall. See if you can spot wildflowers in your area, and then draw the ones you find and label them this season. Here are a few examples...



Purple Coneflower  
*Echinacea purpurea*



Blackeyed Susan  
*Rudbeckia hirta*



Chicory  
*Chicorium intybus*



Aster  
*Aster sp.*



Goldenrod  
*Solidago*



Ragweed  
*Ambrosia artemisiifolia*



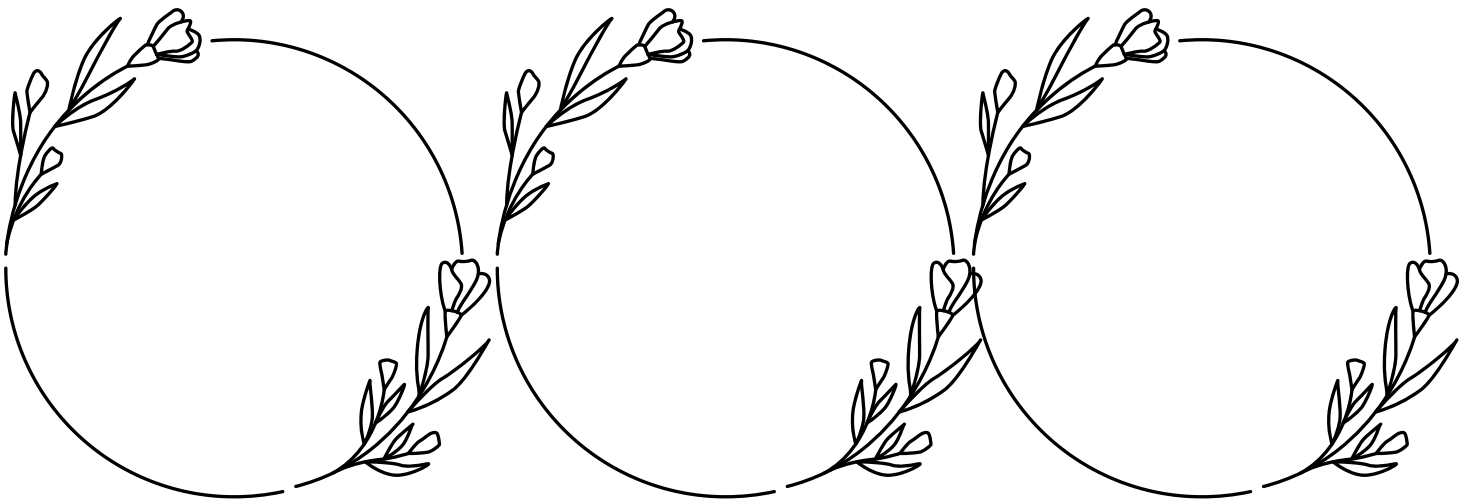
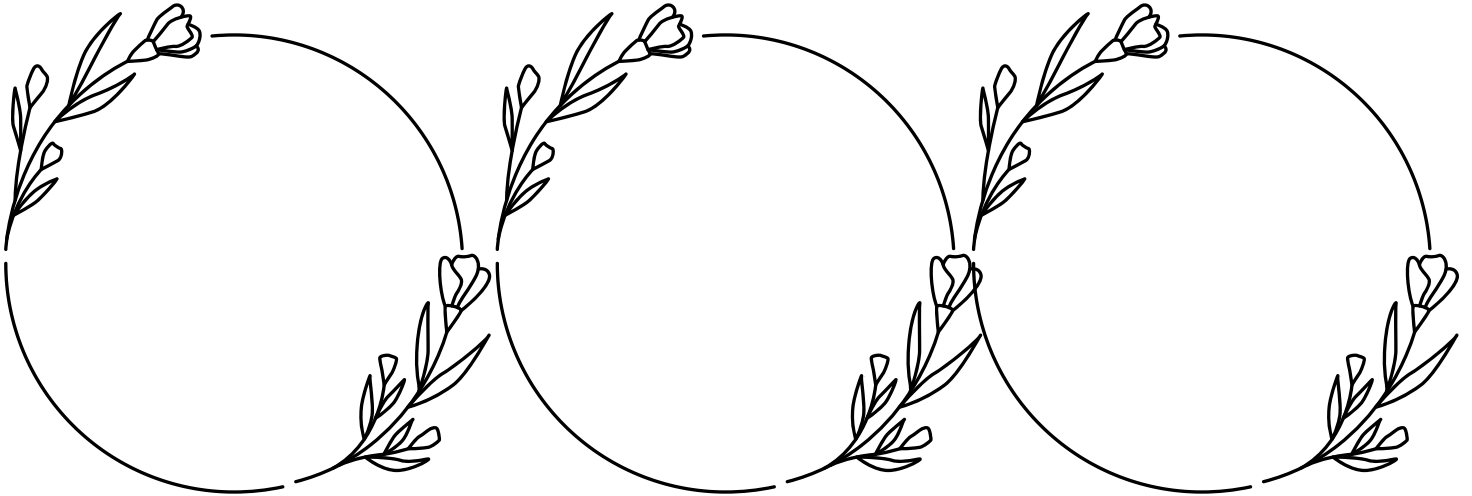
Sneezeweed  
*Helenium autumnale*



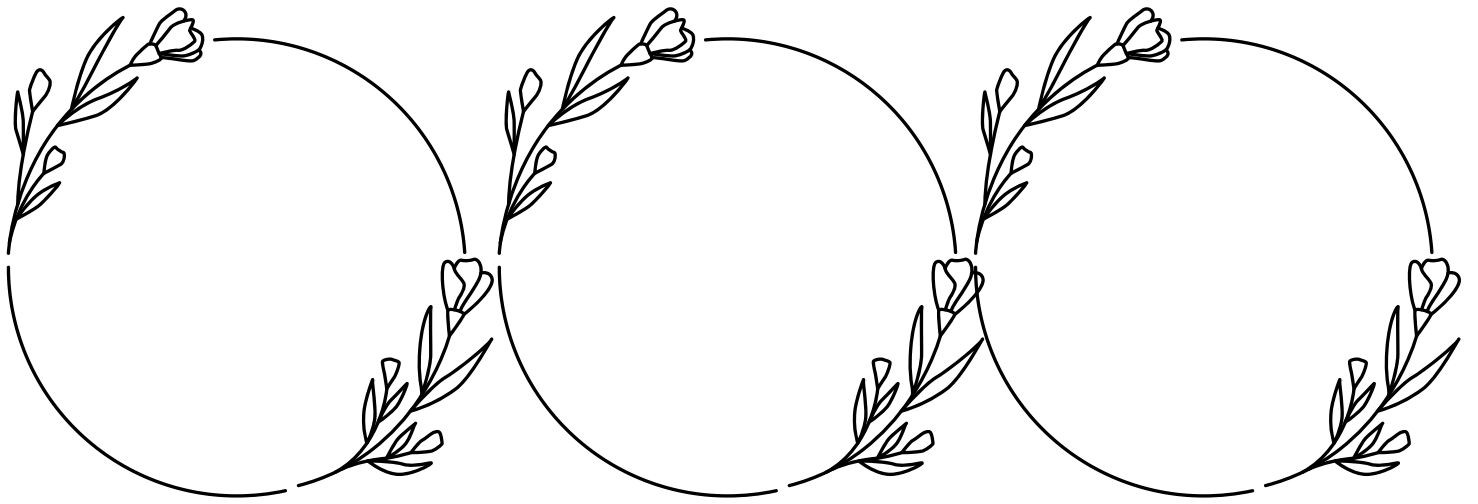
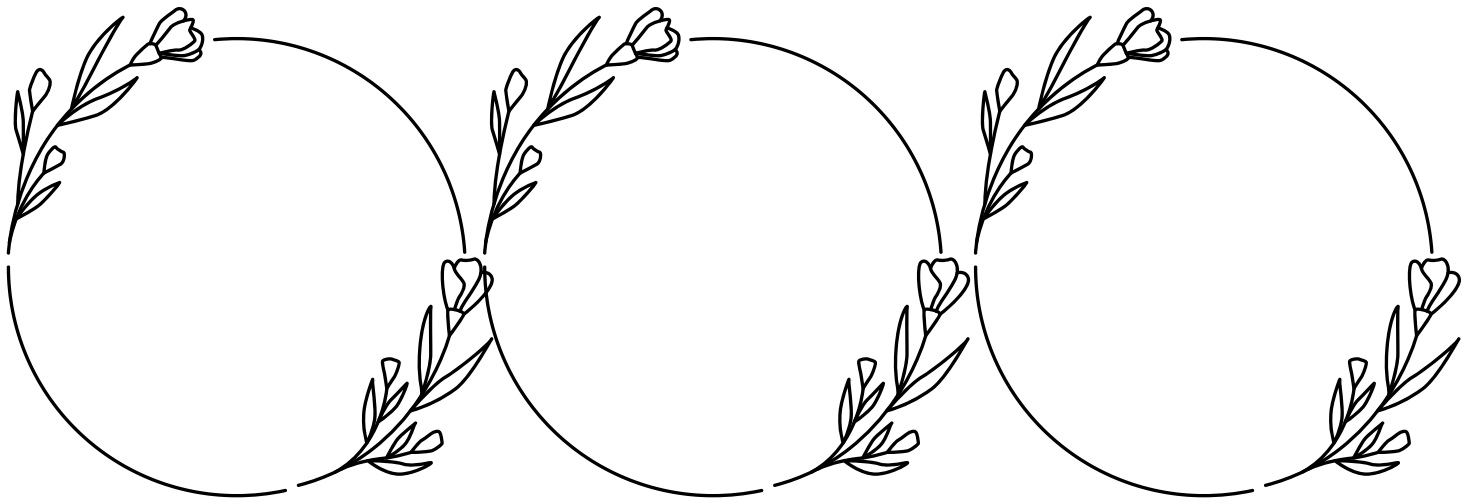
Queen Anne's Lace  
(Wild carrot)  
*Daucus carota*

# My Wildflowers

Draw or paint wildflowers you see this season.  
Write the location, date and their name so you have a record.







# Teasel 101

Teasel is considered a noxious weed and people are told to pull it and destroy any that they find.

You don't have to feel bad picking it, foraging for it or using it in any way!



Wild Teasel (*Dipsacus fullonum*)

The Minnesota Department of Agriculture says:

*Legal Status: Prohibited - Eradicate. All above and below ground parts of the plant must be destroyed. Additionally, no transportation, propagation, or sale of this plant is allowed. Failure to comply may result in an enforcement action by the county or local municipality.*



Despite being so hated by modern institutions, it does have lots of ways that it helps nature though, like most weeds. Some of them are:

- It has a very long, deep root, which helps pull nutrients from way down in the soil to closer to the ground for other plants.
- It's a water source for bees & other pollinators because rain and dew collects where the leaves meet the base.
- It's an important food source for birds, especially gold finches who eat the seeds in fall and winter.
- It's good for pollinators.
- The young leaves are edible (careful for the the spiny hairs!) and can be eaten raw, cooked or in smoothies. The root has health benefits and is sometimes used in teas, tinctures and vinegars.
- Teasel has a long history of being used medicinally by different people. Nowadays some herbalists use it to treat Lyme disease and other tick-borne illnesses.



# All About Cornflowers

Cornflowers used to grow wild so much that they were named after the way they always sprouted up in cornfields in Europe. So many farmers used herbicides (weed killers) that they have become rare in the wild, though. In some places they're even endangered now!



Cornflowers are members of the Asteracea or Compositae family, which includes sunflowers, daisies and asters.

The flowers are edible, and some people use them to make a pretty blue-violet sugar. They have a clove-like flavor and are sometimes used in teas and to decorate cheeses, cakes and rice dishes.

People have also used them throughout history as a natural dye and as a natural medicine for various ailments.



The crayon name "cornflower blue" is named after their pretty blue color!

Cornflowers are easy to grow in your garden. You can grow them from seeds and they'll often come back year after year. They like sunny spots and aren't picky about their soil. They make great cut flowers and dry well, too.

They attract bees and butterflies, as well as other beneficial insects.



# WILD TEASEL

(*Dipsacus fullonum*)



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



BLUE CORNFLOWER  
(AKA BACHELOR'S BUTTONS, BLUEBOTTLE & MORE )  
(*Centaurea cyanus*)



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

# September Poetry

*"By all these lovely tokens, September days are here.  
With summer's best of weather and autumn's best of cheer."  
— Helen Hunt Jackson*

September

by Helen Hunt Jackson

The golden-rod is yellow;  
The corn is turning brown;  
The trees in apple orchards  
With fruit are bending down.

The gentian's bluest fringes  
Are curling in the sun;  
In dusty pods the milkweed  
Its hidden silk has spun.

The sedges flaunt their harvest,  
In every meadow nook;  
And asters by the brook-side  
Make asters in the brook.

From dewy lanes at morning  
The grapes' sweet odors rise;  
At noon the roads all flutter  
With yellow butterflies.

By all these lovely tokens  
September days are here,  
With summer's best of weather,  
And autumn's best of cheer.

But none of all this beauty  
Which floods the earth and air  
Is unto me the secret  
Which makes September fair.

'Tis a thing which I remember;  
To name it thrills me yet:  
One day of one September  
I never can forget.

September Midnight

By Sara Teasdale

Lyric night of the lingering Indian Summer,  
Shadowy fields that are scentless but full of singing,  
Never a bird, but the passionless chant of insects,  
Ceaseless, insistent.

The grasshopper's horn, and far-off, high in the maples,  
The wheel of a locust leisurely grinding the silence  
Under a moon waning and worn, broken,  
Tired with summer.

Let me remember you, voices of little insects,  
Weeds in the moonlight, fields that are tangled with  
asters,  
Let me remember, soon will the winter be on us,  
Snow-hushed and heavy.

Over my soul murmur your mute benediction,  
While I gaze, O fields that rest after harvest,  
As those who part look long in the eyes they lean to,  
Lest they forget them.



*My Nature Journal*

September

# Phenology Calendar

Keep track of firsts and special events in nature this month!  
Here are some examples of what you might observe:



- First frost of the season
- Migrating geese spotted
- Milkweeds gone to seed
- First leaves of backyard tree changing colors
- Pears harvested
- Lady beetles moving into the house
- First asters blooming
- Oyster mushrooms in state park
- Hawthorn berries ripe
- Acorns falling
- Last monarch butterfly emerged
- Rose hips ripened

## September 2021

<u>SUN</u>	<u>MON</u>	<u>TUE</u>	<u>WED</u>	<u>THU</u>	<u>FRI</u>	<u>SAT</u>
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



# September Sky Wheel

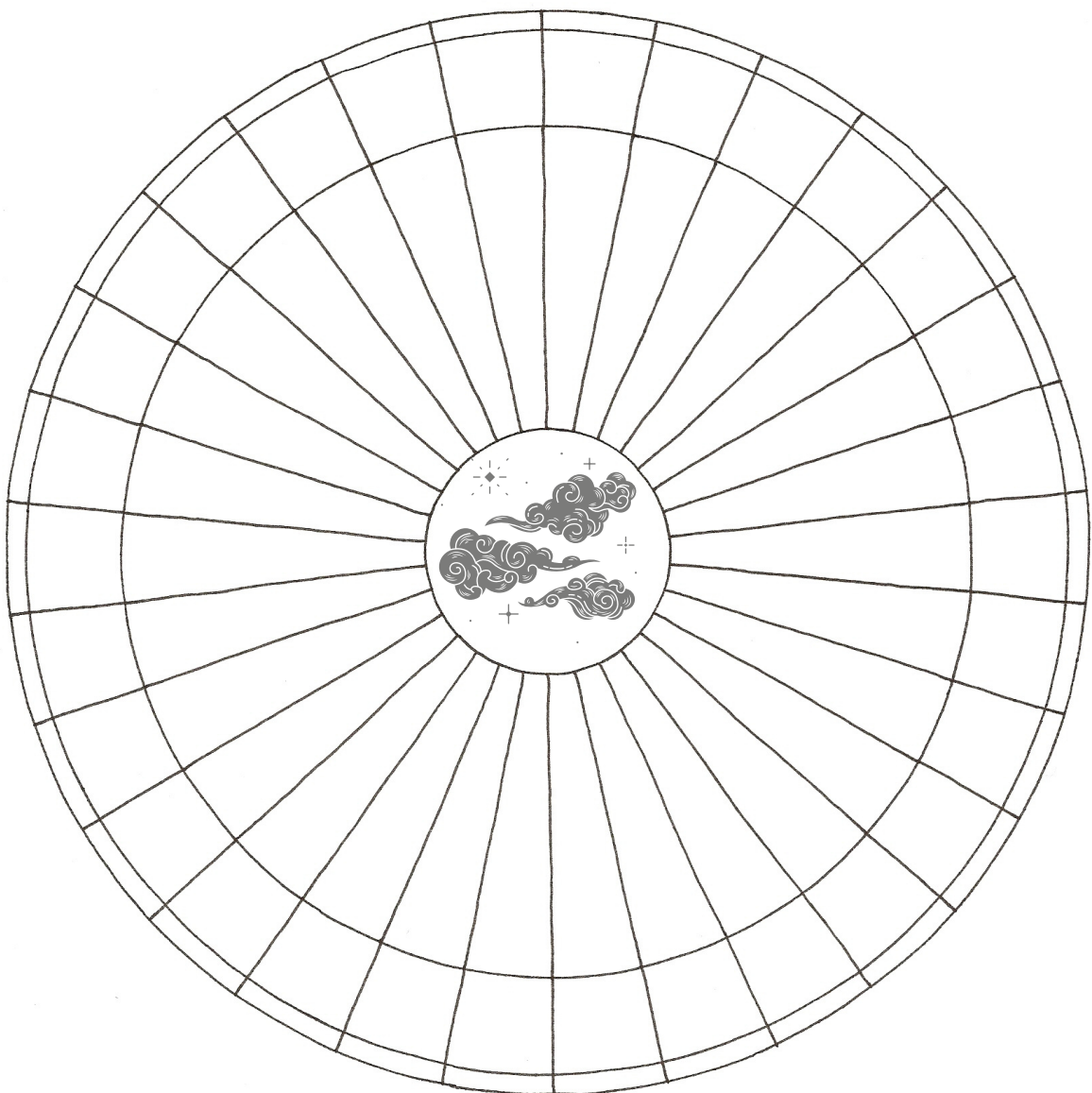
Make a picture record of your observations of the sky in September!

Draw, paint or color how the sky looks each day this month.

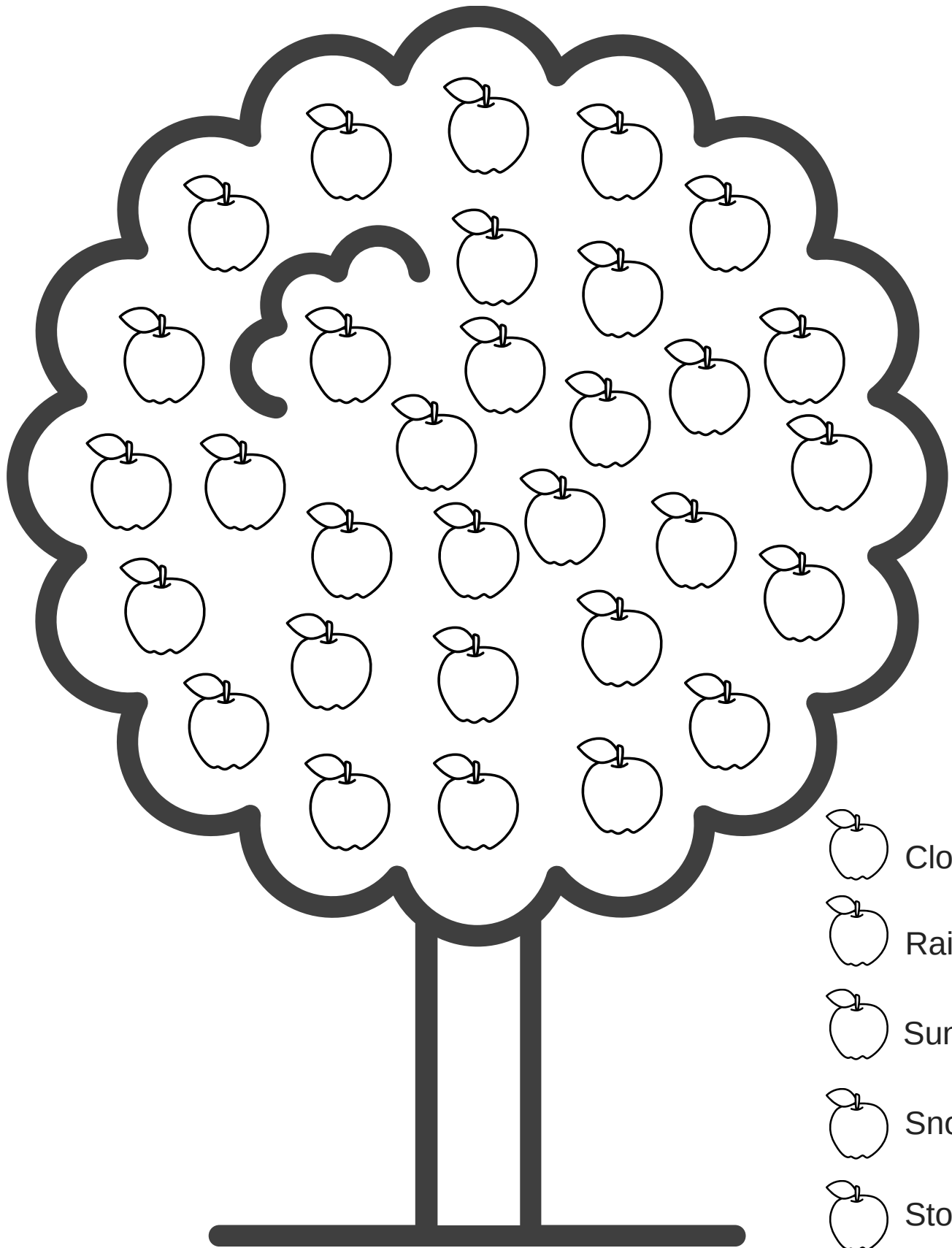
Is it cloudy? Gray? Are there big fluffy clouds? Did you see lightning, rain, fog or a rainbow?

At the end of the month, look back and see what trends you can see for the month.

It's both art and science!



# September Weather Tree



-  Cloudy
-  Rainy
-  Sunny
-  Snowy
-  Stormy



# September Bird List

Birds spotted this month

# September Animal List

Mammals, reptiles & other wildlife spotted this month

# September 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 Observations

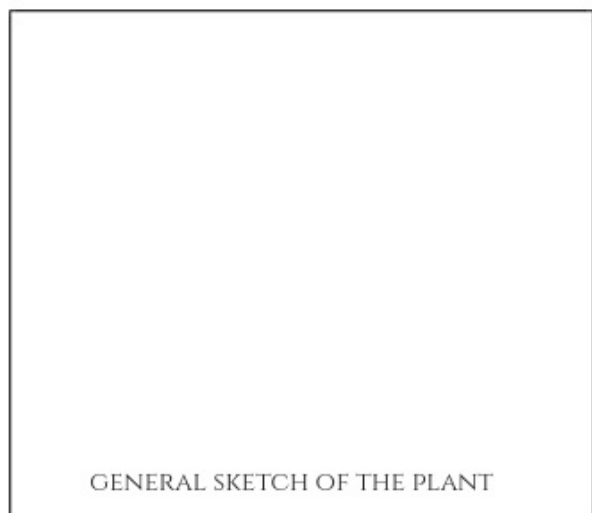
Week 2 Observations

Week 3 Observations

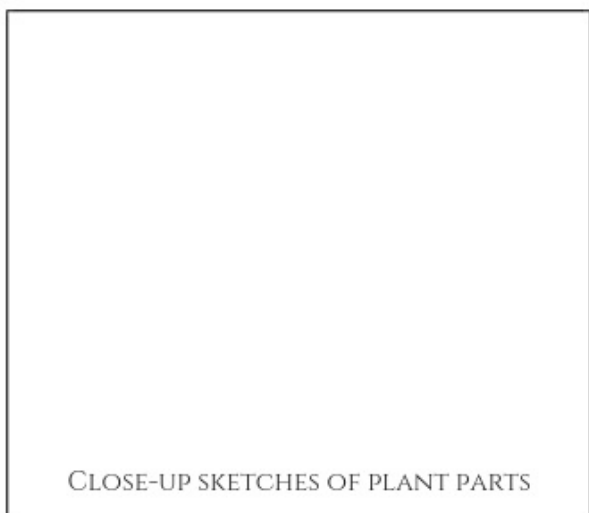
Week 4 Observations

# MY FORAGING GUIDE FOR:

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GENERAL SKETCH OF THE PLANT



CLOSE-UP SKETCHES OF PLANT PARTS

LATIN NAME \_\_\_\_\_

WHERE FOUND \_\_\_\_\_

PARTS USED \_\_\_\_\_

LOOKALIKES & HOW TO POSITIVELY ID:

\_\_\_\_\_  
\_\_\_\_\_

WARNINGS: \_\_\_\_\_

FORAGING RECORD (DATES, WHERE FOUND, HOW IT WAS USED)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

MY RATING FOR THIS PLANT







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](https://magicalchildhood.com/wildkids) to learn more.