

November 2021

# WILD KIDS

SEASONAL NATURE EDUCATION FOR KIDS & THEIR GROWN UPS

**Make a  
Nature Blind**

**Whose Tracks  
Are These?**

**Wild Food  
Crossword  
Puzzle**

**Foraging  
Rose Hips**



**With  
seasonal  
activities, poetry,  
nature journal  
pages & more**



# From the editor



BY ALICIA BAYER

*Happy November!*

What is the weather like where you live this month?

Here in Minnesota, it's already pretty cold. We'll probably be getting our first snow soon. Most years we already have had snow by November. Some years we even have blizzards in October! It was nice to have milder weather last month but we are ready for the snow to come.

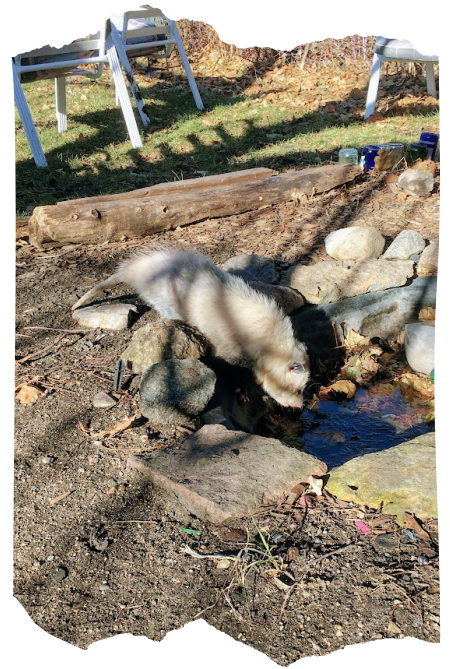
We are eating up the last of the garden goodies like cherry tomatoes and pumpkins, and foraging lots of wild mushrooms like oyster mushrooms and chicken of the woods. We use some of them fresh in things like stir fries and we dry and powder the rest and store them in jars. We'll use them all winter for things like breading, thickening stews and adding to my morning "potion" (a hot drink I have in the morning instead of coffee full of all kinds of tasty and healthy ingredients).

Some years we also saute and freeze our extra wild mushrooms, but wild mushroom powder has become my favorite way to use preserve them (for now anyway!).

We used to rake the leaves and clean up the garden this time of year, but now we leave our back yard wild to help nature. Things like dried flowers and berries provide food for birds, pollinators make homes in the leaves and hollow dry stems, rabbits make dens in our raspberry thickets, and wildlife of all sorts visit our tiny pond and bird baths. We even had a opossum visit our pond last November. It's really special to watch the way our little yard provides so much for so many birds and animals over the winter! If you want to watch wildlife in your yard or neighborhood, it's best to find a way to stay hidden so more wildlife will visit. In this issue, we talk about making blinds so you can do that.

Wherever you are in the world, I hope you have a fantastic month with lots of wild adventures!

*Alicia*



A opossum visitor at our backyard pond

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 and back issues at [www.magicalchildhood.com/wildkids](http://www.magicalchildhood.com/wildkids)

# Go Wild in November

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

Read a book about surviving in the wild like *My Side of the Mountain*

Make a blind somewhere outside and watch or photograph wildlife

Use lengths of colored yarn tied on a branch to record the temperatures each day this month

Draw or photograph the moon each night

Gather up sticks, paint them & then use yarn or twine to fashion them into letters, crosses or stars

Feed some ducks, seagulls or pigeons

Check some ID books out of the library, head into nature and try to learn some new trees, mushrooms or plants in your area

Go rock climbing -- even just a big rock in the park!

Use blades of grass, seed pods and acorn caps to make rattles & whistles and stage a nature concert

Use a hole punch on colorful leaves and use them for an art project



# Make a Nature Blind!



Here's a neat way to observe wildlife. Make a blind! Hunters and photographers use blinds to hide in so wildlife comes close.



A blind is a small structure that hides you from the outside world so birds and animals go about their business like nobody is there. The color of the blind is not that important. Mostly what matters is that it hides your shape and your movement.



Many people buy blinds but you can easily make one out of things you find in nature.



You can use any natural materials to make a temporary blind, depending on what grows where you live. Anything from palm fronds to fallen branches will work. You can also use a small tent.



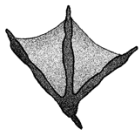
You can also just hide in the bushes or behind a big rock! Bring your cell phone, binoculars or camera and try to be very quiet. See how close birds and animals will come to your hiding spot!



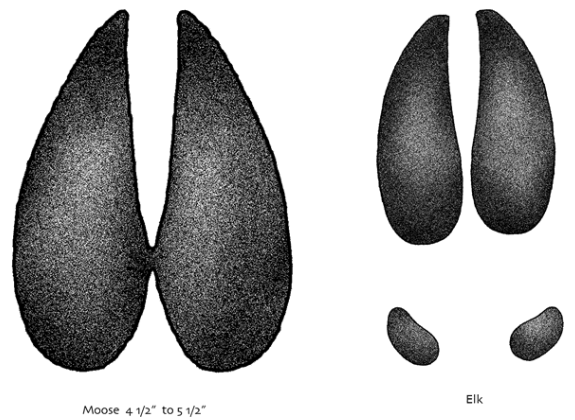
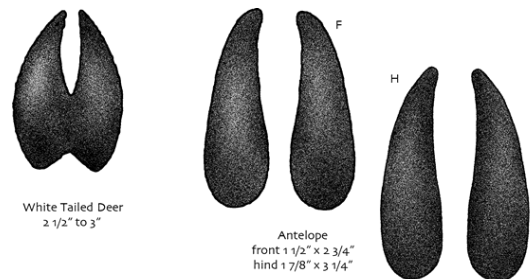
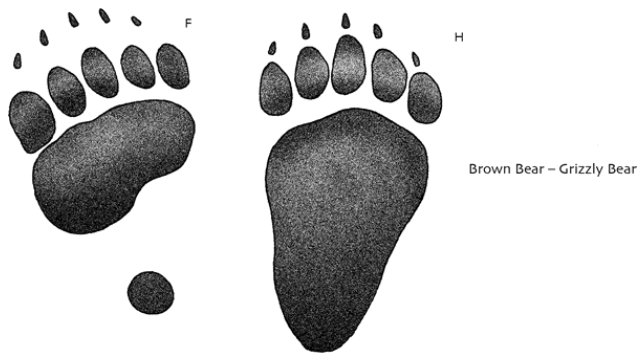


# Whose tracks are these?

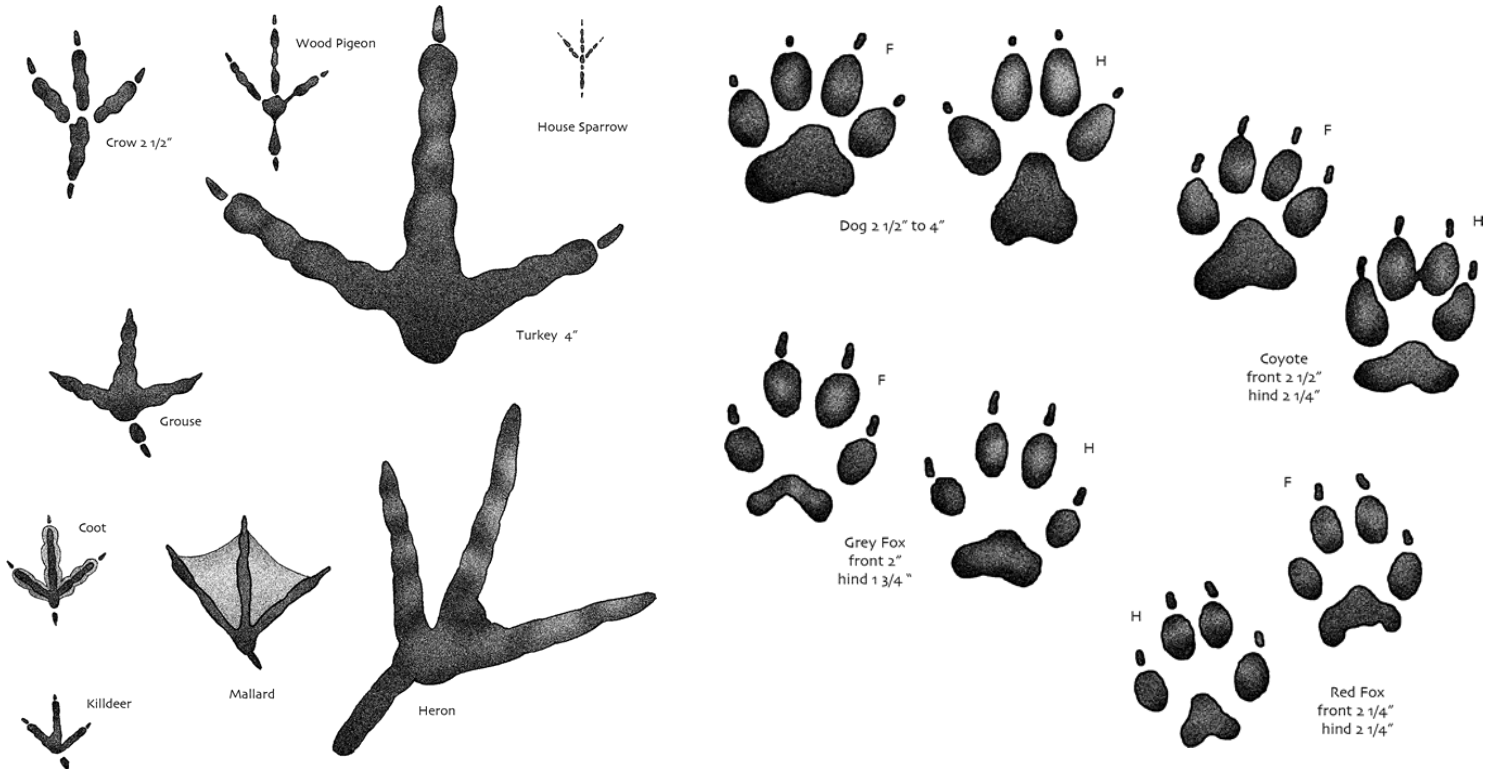
Can you identify these animal tracks?  
Write the name of the bird or animal that made each set from this list.  
We have animal/bird track ID sheets on the next pages to help!



# Track ID 8



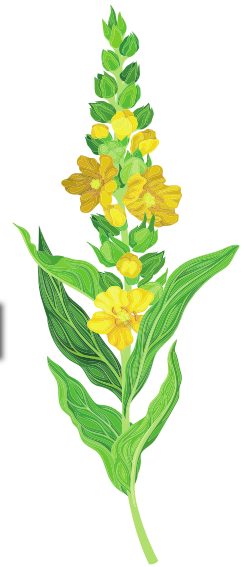
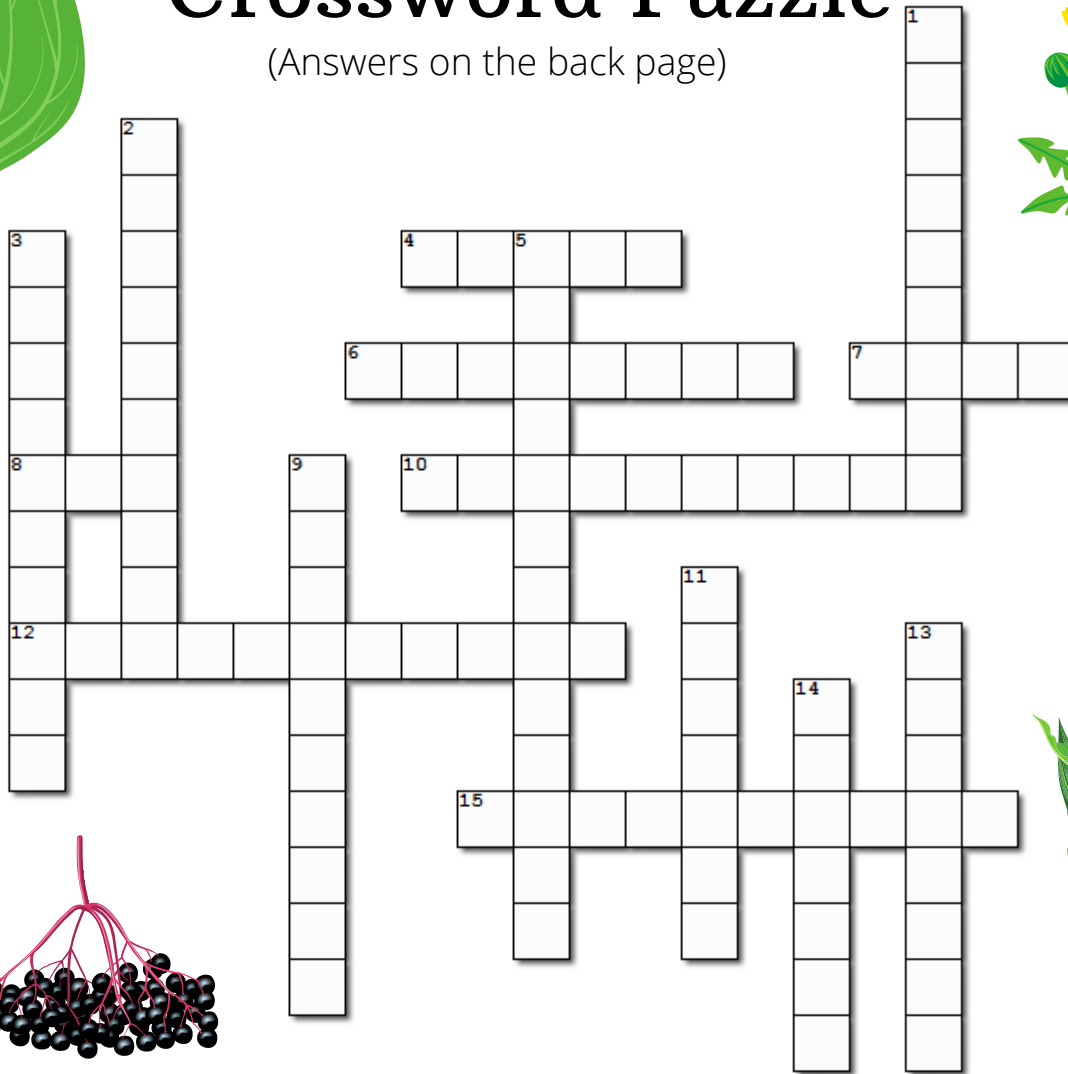
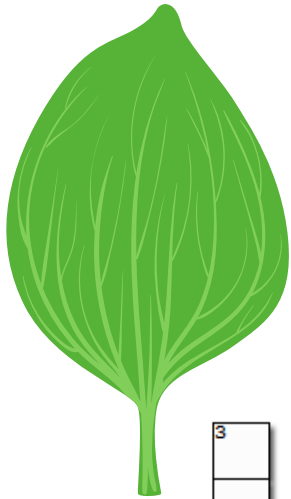




# Foraging

## Crossword Puzzle

(Answers on the back page)



### Across

4. These leaves smell strongly of onion and garlic, and are widely foraged in the spring
6. A common lawn weed that can be used to treat bee stings
7. A common wild herb that has lots of varieties and always has a square stem
8. The liquid from trees like maples and birches that can be tapped in the spring and turned into syrup
10. What you should have before foraging on private land
12. These little red fruits grow on thorny canes
15. These purple, red or white berries grow on trees in parks and neighborhoods



### Down

1. Every part of this lawn weed is edible and you can batter and fry the flowers
2. These little fruits grow on trees and make tasty jelly and cider
3. These little heart shaped leaves are often mistaken for clover but they taste much better
5. This tasty mild plant got its name from prospectors using it as a salad substitute
9. A dark purple berry that's used for medicine and also baking
11. A soft, fuzzy plant that is used for medicine and also 'nature's toilet paper'
13. The seed part of these pretty flowers are often used for jellies, syrups and tea
14. The root of this common weed with giant leaves is called gobo in some cultures and is used as food and medicine



# NOVEMBER NATURE NOTES

EACH DAY THIS MONTH, WRITE OR DRAW SOMETHING TO REMEMBER FROM NATURE THAT DAY LIKE SEEING A HAWK, GOING TO THE STATE PARK, HAVING THE FIRST SNOW OR FINDING A WILD MUSHROOM.

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

Blank space for additional notes or a summary.

# November Poetry

*"This is the month of nuts and nutty thoughts — that November whose name sounds so bleak and cheerless — perhaps its harvest of thought is worth more than all the other crops of the year."*  
— Henry David Thoreau

A Child's Calendar:  
November  
by John Updike

The stripped and shapely  
Maple grieves  
The ghosts of her  
Departed leaves.

The ground is hard,  
As hard as stone.  
The year is old,  
The birds are flown.

And yet the world,  
In its distress,  
Displays a certain  
Loveliness---

Leaves  
by Elsie N. Brady

How silently they tumble down  
And come to rest upon the ground  
To lay a carpet, rich and rare,  
Beneath the trees without a care,  
Content to sleep, their work well done,  
Colors gleaming in the sun.

At other times, they wildly fly  
Until they nearly reach the sky.  
Twisting, turning through the air  
Till all the trees stand stark and bare.  
Exhausted, drop to earth below  
To wait, like children, for the snow.

Autumn Fires  
by Robert Louis Stevenson

In the other gardens  
And all up the vale,  
From the autumn bonfires  
See the smoke trail!

Pleasant summer over  
And all the summer flowers,  
The red fire blazes,  
The grey smoke towers.

Sing a song of seasons!  
Something bright in all!  
Flowers in the summer,  
Fires in the fall!



Fall, Leaves, Fall  
by Emily Bronte

Fall, leaves, fall; die, flowers, away;  
Lengthen night and shorten day;  
Every leaf speaks bliss to me  
Fluttering from the autumn tree.

I shall smile when wreaths of snow  
Blossom where the rose should grow;  
I shall sing when night's decay  
Ushers in a drearier day.





# Harvesting Rose Hips



Roses make their own fruit at the end of the summer. These little berries are where their seeds are and they are called rose hips.

People have been using rose hips for tea, jelly, jam and syrup for thousands of years. They are very good for you. In fact, one little rose hip has more vitamin C in it than a whole orange!

Rose hips shouldn't be eaten raw because they have tiny prickly "hairs" that can bother your throat. We use them in cooked recipes like teas and jams instead.

All roses make hips but some make bigger ones and more of them. They tend to stay on rose bushes into the winter, even after all the leaves are gone. Birds love to eat them up, too.

Different varieties of roses have different tasting rose hips. A lot of people think shrub roses have the best tasting hips. Shrub roses are hardy, old fashioned roses that live well in cold climates. They are tough and grow to be big, and their flowers tend to be very fragrant (nice smelling). A lot of foragers say that they like the taste of dog roses best (*rosa canina*) or *rosa rugosa*.

You can try making recipes with any rose hips you find, though, whether they are from wild roses or roses in your own back yard. Just be sure to have someone help you positively ID them, that you have permission to gather them and that you don't gather from roses that have been treated with pesticides or herbicides.



# Rose Hip Facts

- People say that you should always harvest rose hips after a frost. The cold temperatures break down the cell walls of the fruits and cause them to release more liquid in your recipes like jellies and to taste sweeter.
- If there isn't any frost predicted where you live, you can put your rose hips in the freezer for 24 hours.
- Roses are in the same family as apples. That's why rose hips look like tiny crab apples! Some people say that rose hip tea reminds them of the flavor of crab apples.
- It's not just birds who like to eat them. Squirrels, rabbits and even bears like them too!
- During World War II, the British government encouraged people to harvest rose hips and make them into syrup, jam and jelly to get more vitamin C in their diets.



To make rose hip tea: Steep  $\frac{1}{4}$  cup of fresh rose hips in 1 cup of boiling water. Cover for 10-15 mins. Strain through a coffee filter or a couple of layers of cheesecloth to remove the tiny hairs. Sweeten with brown sugar or honey if you like. You can steep it with a bit of cinnamon stick or a mint leaf if you want to change up the flavor.



# "DAMASK ROSE"



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



# "RED ROSE"

Plate 78.



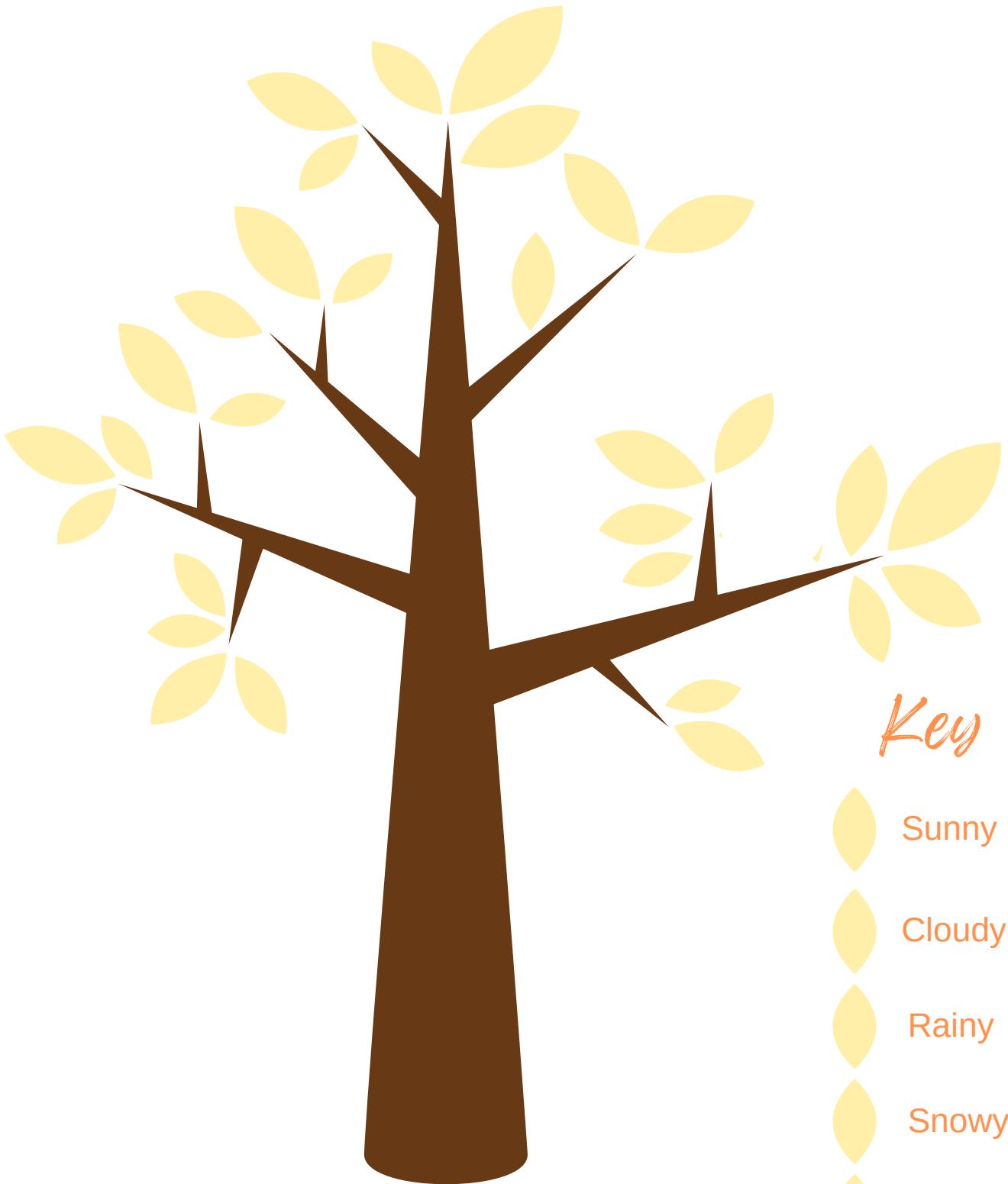
From: *A Curious Herbal: Containing Five Hundred Cuts Of The Most Useful Plants Which Are Now Used In The Practice Of Physick,*  
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*My Nature Journal*






*November*



# November Weather Tree



## Key

-  Sunny
-  Cloudy
-  Rainy
-  Snowy
-  Stormy



# November Bird List

Birds spotted this month

# November Animal List

Mammals, reptiles & other wildlife spotted this month

# November 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:

---

GENERAL SKETCH OF THE PLANT

CLOSE-UP SKETCHES OF PLANT PARTS

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

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

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

LOOKALIKES & HOW TO POSITIVELY ID:

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

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

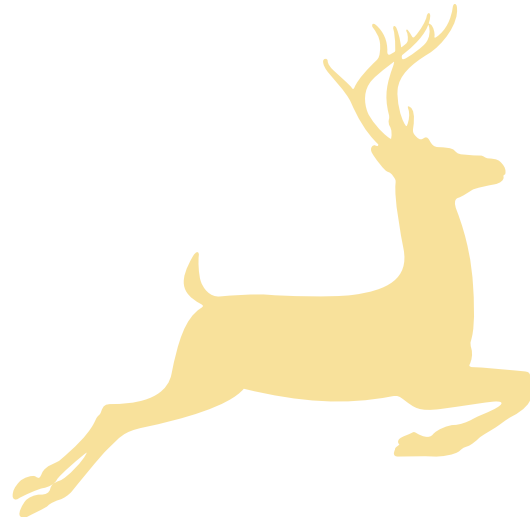
FORAGING RECORD (DATES, WHERE FOUND, HOW IT WAS USED)

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

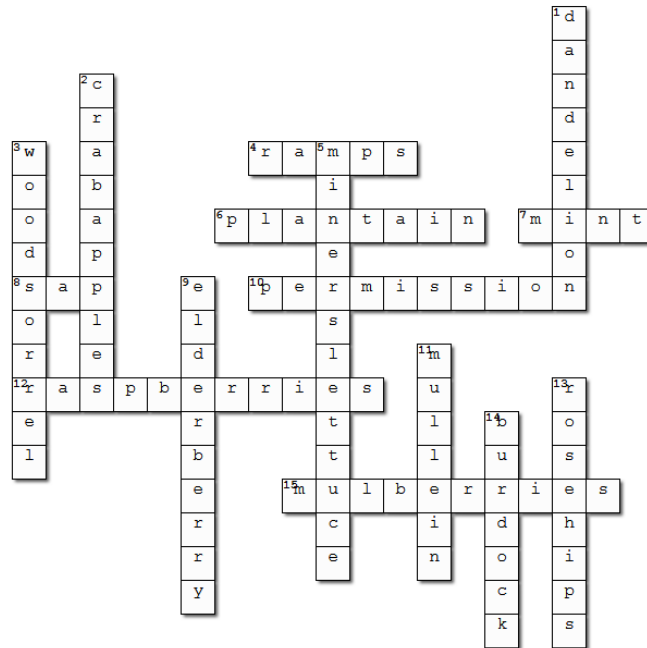
MY RATING FOR THIS PLANT







## Crossword Answers



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