

March 2022

WILD KIDS

SEASONAL NATURE EDUCATION FOR KIDS & THEIR GROWN UPS



Spring Foraging
BINGO

Wreck These
Pages with
Spring Weather!

Spring Foraging

Spring Foraging
Word Search

Seasonal poetry,
activities,
nature journal
pages & more!

From the editor

BY ALICIA BAYER

Happy March! What's the weather like where you are this month?

Here in Minnesota, we'll be tapping maple & walnut trees to collect the sap and boil it down into syrup soon. We usually have a lot of snow still in March and lots of rain, but lots of warm days too when we like to spend lots of time outside. It's also a very muddy month here!

March is the month when we finally get to start foraging again around here. There's not much we can find yet but we love to look! Pretty soon we'll have early plants to gather like mullein (fuzzy wild plants that send up giant yellow flower spikes in their second year, these plants are well loved for herbal uses by some foragers), stinging nettles (leaves that "bite" if you touch them but are super tasty and nutritious once you steam, boil or puree them) and violets (we gather the purple flowers and their leaves for all kinds of tasty, healthy uses)

Last year we didn't do nearly as much foraging as usual in our family. My 14 year old son, Alex, asked me the other day to make sure we do more this year again because he misses the foods we usually have all year from foraging like applesauce (we can about 60 big jars of applesauce from apple trees most summers!). I agree with him and can't wait to start foraging our favorite wild foods again. I'm thankful that we still have lots "put up" from last year like wild mushroom powders, dried elderberries, ramp seasoning salt and canned pears. I can't wait to start to gather new ones! It's a bit like a treasure hunt where you get to eat your treasures!

I hope you have lots of wild adventures this month. Have a wonderful, wild March!

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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Contact: alicia.bayer@gmail.com

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

Go Wild in March

10 WAYS TO PLAY & LEARN WITH NATURE THIS MONTH

Put an X on the circles of the ones you do!

Play tic-tac-toe, hopscotch or darts in the dirt or sand

Walk around your neighborhood and try to find 10 different kinds of plants or trees -- how many can you ID?

Use shells, rocks & sticks with clay or play dough

Look for animal tracks in the sand, mud or snow -- can you ID any of them?

Every day, head outside and see if you notice any signs of changing seasons -- write down the ones you notice

Make a wild salad by adding wood sorrel leaves, violets or other edible greens or flowers.

Use a pedometer or app to track your steps & set a walking step goal for each day this month

Have a snack or sketch in a tree or on a big rock

Collect sticks, rocks & other natural materials that look like each letter of the alphabet & spell something with them

Look for constellations in the night sky

Spring Foraging



There are so many wonderful plants to forage in spring! Many of us have been waiting patiently through very snowy months until the green returns and we can once again gather wild edible leaves, roots, flowers and more.

Remember that you must always forage safely though! We've talked a lot in past issues about how to forage safely. Be sure you are 100% sure of a plant before eating it, and remember to always try a tiny bit the first time since some people have allergies to foods that are perfectly safe for other people (any foods, even those in grocery stores).

Also make sure you know which parts of a plant are safe to eat. Some plants have parts that are safe and healthy to eat and other parts that can make you sick. For instance, rhubarb stems are healthy and make a great pie, but the leaves can make you very sick.

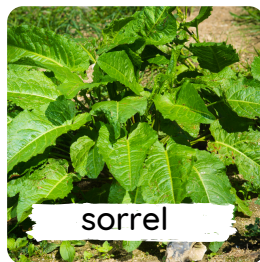
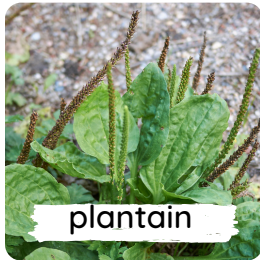
Remember to always be sure the land is safe and free of pesticides and herbicides, and not near sources of pollution like railroad tracks, old factories or busy highways.

Also make sure you have permission to forage there or it's legal. In some parks it's legal and even welcome to forage things like berries and mushrooms but not roots or leaves, for instance.

And remember too that you should always forage respectfully -- for nature and others. Take just a small amount of what's there (unless it's an invasive problem plant like garlic mustard, then take all you can!). Leave lots for wildlife, for other foragers and for the plant to keep making more plants for years to come.

SPRING FORAGING BINGO!

How to Play: Head out into nature and see how many of these wild plants you can find this spring. You may be able to find them in parks, woods or even in your own lawn. Make an x over the ones you spot and try to get a BINGO either across, down, or diagonally. To make it a bigger challenge, try to get a blackout by marking off every square this spring. Not all of these may be in your area and some of them may be very hard to find! Just challenge yourself to see how many you can locate. We have a blank page if you want to make your own board.



Some of these may be known by other names where you live. We used common names here to save space but remember you'll be a much better forager if you learn latin names & common names!

FORAGING BINGO

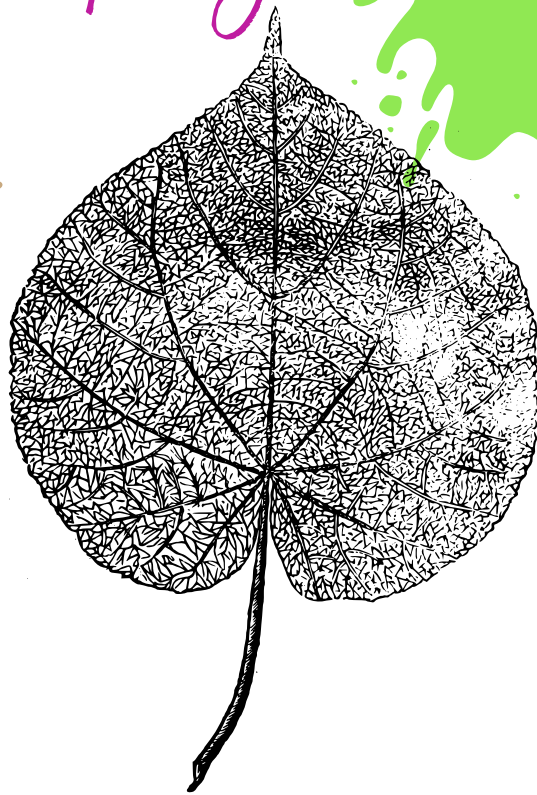
How to Play: Write down wild edible and medicinal plants that are in your area this time of year, one in each square. If you need suggestions, do a web search for foraging and your location and the month or season. Make an x over the ones you spot and try to get a BINGO either across, down, or diagonally. To make it a bigger challenge, try to get a blackout by marking off every square.

		FREE		

Wreck These Pages



With Spring Weather!



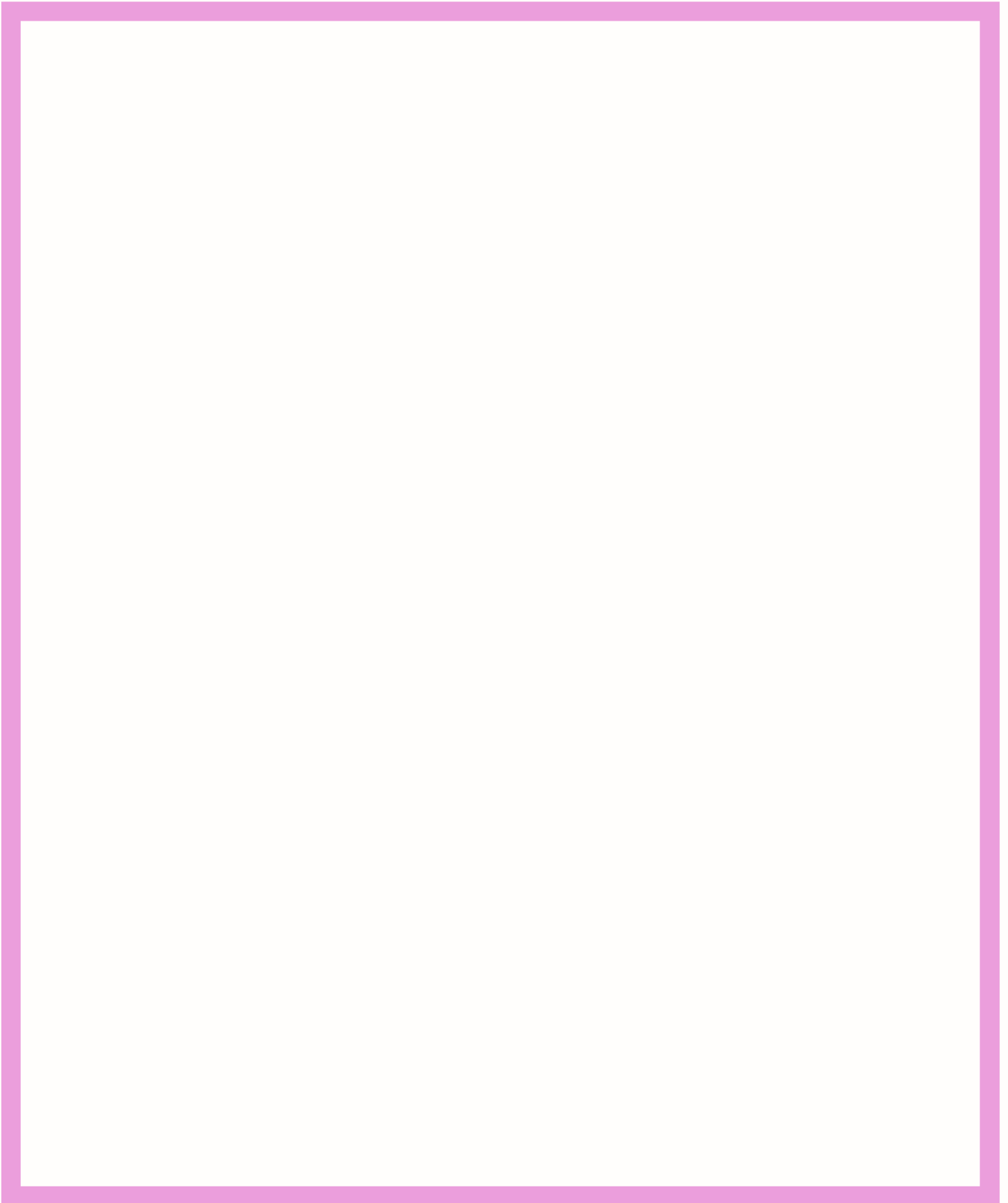
Let's have some art fun with nature! Take the following pages outside and make a marvelous mess with the things you find.

Put some natural items like rocks or sticks on this page in a design and leave it in the sun for a few days to see if the sun will bleach your design onto the paper. Be sure to protect it if it rains or snows, unless you want that to add to the design.



Find (or make) some mud outside and use your fingers or a natural paintbrush like a feather or leaf to paint a design.

Use markers (not waterproof!) to color a design all over this page and then leave it in the rain or snow. Bring it inside and let it dry.



Press natural items like leaves and pine branches in
mud and stamp them onto this page

Dribble muddy water on this page in a design.

Spring Foraging

Word Search

How many can you find? 17 wild plants are hidden below going across, down and diagonally.

Warning! This is tricky. Miss Fiona (10 years old) and I worked very hard to find them all!

Spring Foraging

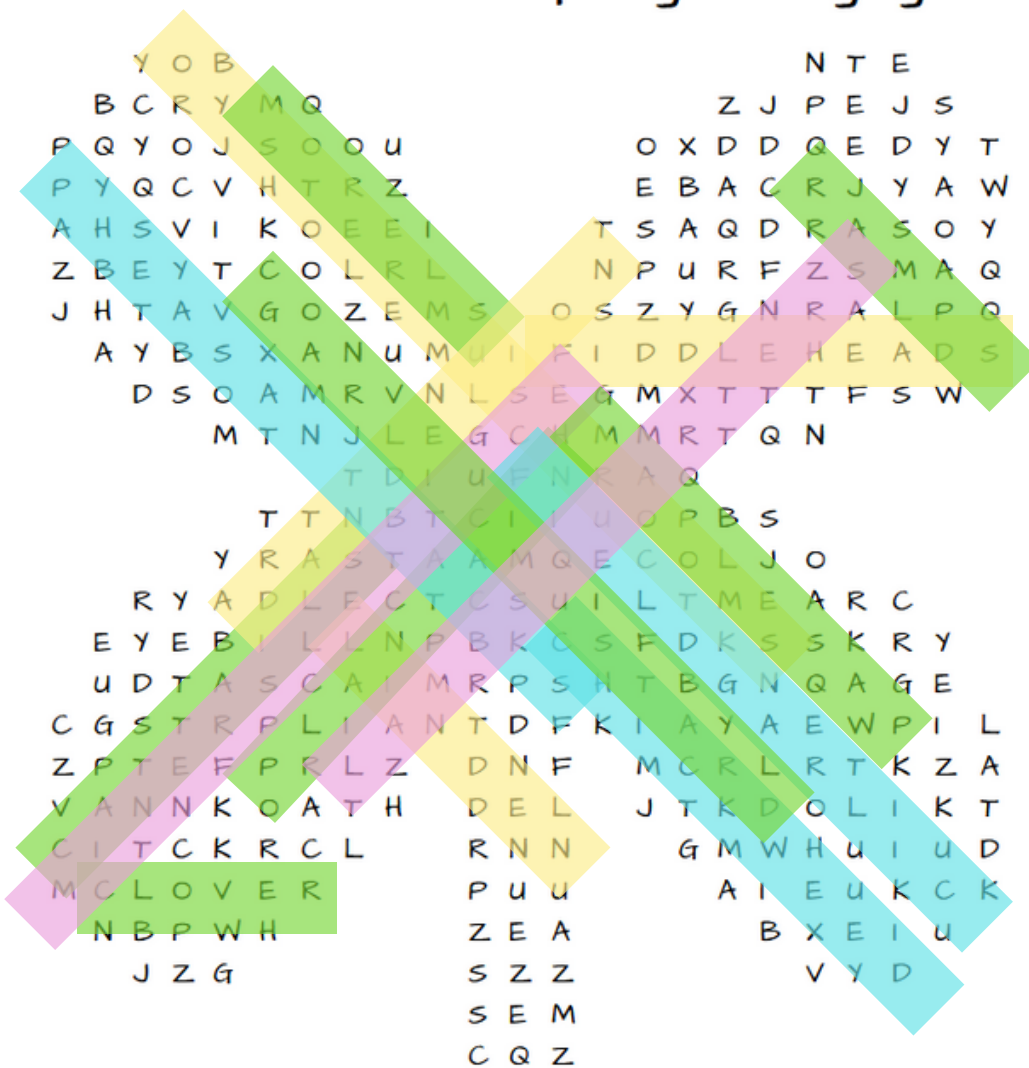
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Y O B                               N T E
B C R Y M Q                           Z J P E J S
P Q Y O J S O O U                       O X D D Q E D Y T
P Y Q C V H T R Z                       E B A C R J Y A W
A H S V I K O E E I                       T S A Q D R A S O Y
Z B E Y T C O L R L                       N P U R F Z S M A Q
J H T A V G O Z E M S   O S Z Y G N R A L P Q
A Y B S X A N U M U I F I D D L E H E A D S
D S O A M R V N L S E G M X T T T F S W
M T N J L E G C H M M R T Q N
T D I U F N R A Q
T T N B T C I I U O P B S
Y R A S T A A M Q E C O L J O
R Y A D L E C T C S U I L T M E A R C
E Y E B I L L N P B K C S F D K S S K R Y
U D T A S C A I M R P S H T B G N Q A G E
C G S T R P L I A N T D F K I A Y A E W P I L
Z P T E F P R L Z   D N F   M C R L R T K Z A
V A N N K O A T H   D E L   J T K D O L I K T
C I T C K R C L   R N N   G M W H U I U D
M C L O V E R   P U U   A I E U K C K
N B P W H   Z E A   B X E I U
J Z G   S Z Z   V Y D
S E M
C Q Z
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PLANTAIN
MORELS
DANDELIONS
PHEASANTBACKS
LINDEN
MINERSLETTUCE
MAPLESAP
RAMPS
CHICKWEED
GARLICMUSTARD
SORREL
FIELDGARLIC
CLOVER
CATTAILS
OYSTERMUSHROOMS
LAMBSQUARTERS
FIDDLEHEADS

Spring Foraging

Answers

Spring Foraging



- PLANTAIN
- MORELS
- DANDELIONS
- PHEASANTBACKS
- LINDEN
- MINERSLETTUCE
- MAPLESAP
- RAMPS
- CHICKWEED
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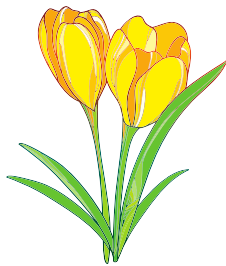
March Poetry

"March is a tomboy with tousled hair, a mischievous smile, mud on her shoes and a laugh in her voice."

— Hal Borland

A Light exists in Spring
by Emily Dickinson

A Light exists in Spring
Not present on the Year
At any other period —
When March is scarcely here
A Color stands abroad
On Solitary Fields
That Science cannot overtake
But Human Nature feels.
It waits upon the Lawn,
It shows the furthest Tree
Upon the furthest Slope you know
It almost speaks to you.
Then as Horizons step
Or Noons report away
Without the Formula of sound
It passes and we stay —
A quality of loss
Affecting our Content
As Trade had suddenly encroached
Upon a Sacrament.



The Crocus
by Walter Crane

The golden crocus reaches up
to catch a sunbeam in her cup.



The Rain Has Silver Sandals
by May Justus

The rain has silver sandals
For dancing in the spring,
And shoes with golden tassels
For summer's frolicking.
Her winter boots have hobnails
Of ice from heel to toe,
Which now and then she changes
For moccasins of snow.

I'm Glad the Sky is Painted Blue
by Anonymous

I'm glad the sky is painted blue,
And the earth is painted green,
With such a lot of nice fresh air
All sandwiched in between.

LETTUCE



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

CRESS

Plate 25.



Cress
Garden Cress
Eliz. Blackwell delin. sculp. et Finc.

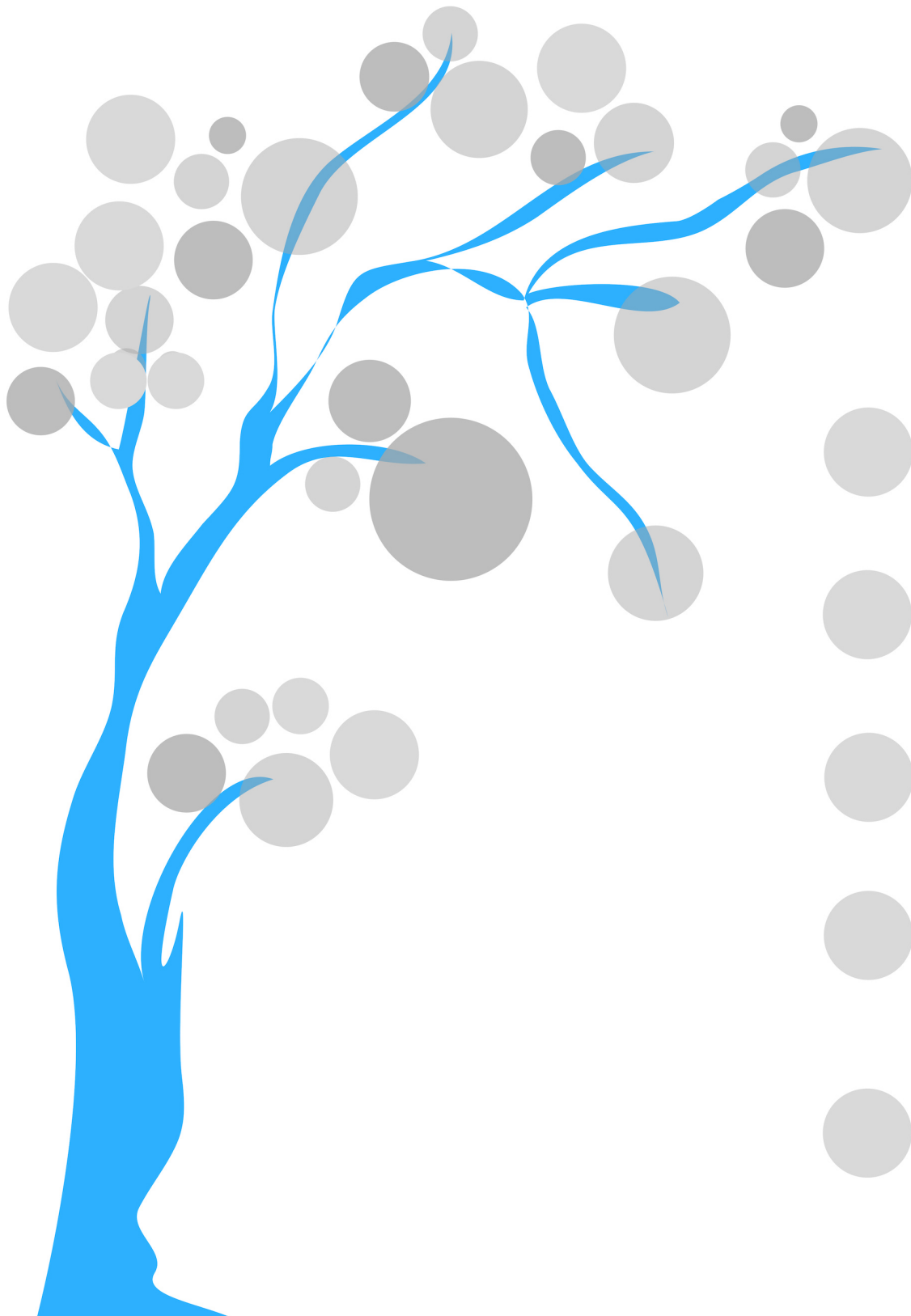
1 Flower
2 Fruit
3 Seed

Nasturtium
Nasturtium hortense

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

March 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

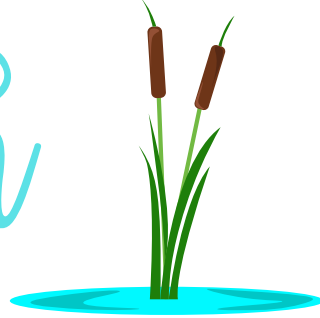
My Nature Journal

March

Phenology Calendar

Make a note or draw a picture of first birds, blooms & other signs of changing seasons

March
2022



SUN	MON	TUE	WED	THU	FRI	SAT
		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	31		

notes

March Bird List

Birds spotted this month

March Animal List

Mammals, reptiles & other wildlife spotted this month

March 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

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





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.