

July 2022

WILD KIDS

SEASONAL NATURE EDUCATION FOR KIDS & THEIR GROWN UPS

**Foraging Wild
Berries**

**Summer
Foraging BINGO**

Petal Collecting

**Bug Off!
Keeping Bugs
Away**

**Seasonal poems,
activities, nature
journal pages and more!**

From the editor

BY ALICIA BAYER

Hello July!

What are you hoping to do in nature this month?

Here in Minnesota it has been very hot. We've cooled off at the lake and in a kiddie pool in the back yard. We are giving our garden plants extra water since they need extra in the heat, and we're keeping our fountains filled so the birds have water too.

Our yard has lots of fun things ripening -- cherries, elder flowers, black raspberries and strawberries, to name a few. We plant lots of "edible landscaping" in our yard so it's pretty and tasty too. We have to share our treats like cherries with blue jays and robins, since they find them tasty too -- but not too many since we like them too much! We also have flowers blooming, like roses, yarrow, dianthus, lilies and daisies. Herbs are going strong too, like stevia, sage, cilantro, parsley and mint. There is nothing better in the summer time than going out by the back yard to pick a handful of fresh herbs to use in dinner! Okay, there are better things, but that's still pretty cool. ☀️

Our daughter Rhia has been doing lots of hiking and has found some cool wild mushrooms. We've also been having back yard barbecues and campfires, bike riding, nature walks, swimming and just hanging around in the shade once a breeze comes up in the evening outside.

In this month's issue, we have information about wild berries and natural ways to keep bugs away (updated from a couple of years ago). We've also got a petal collecting log, a July phenology page, a summer BINGO page and all the usual nature poems, nature study pages and more.

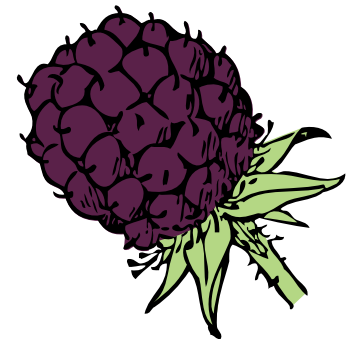
I hope you have a wild, healthy, happy July!

Alicia



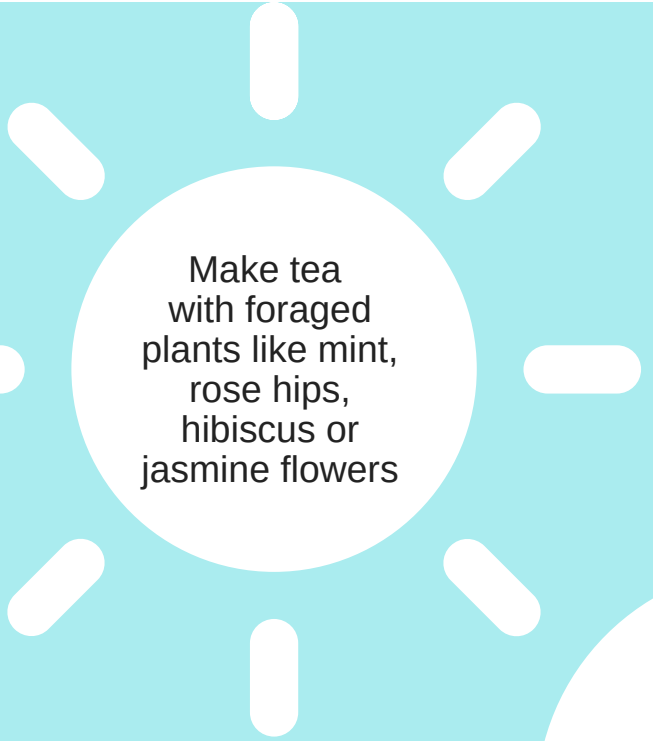
Why is Wild Kids free?

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.



All materials copyright Alicia Bayer and Wild Kids Magazine.
This publication is free for personal use. Please do not redistribute.
Contact: alicia.bayer@gmail.com

10 Fun Ways to Learn & Play in Nature in July



Make tea with foraged plants like mint, rose hips, hibiscus or jasmine flowers

Make a mud kitchen or make mud art

Watch a storm from a safe place

Make ink from natural items like crushed berries and walnut husks (careful - it stains!)

See how many different bugs you can get pictures of -- extra points if you can ID them!

Look for wild berries like raspberries, blueberries, gooseberries & mulberries

Put a bucket over a weed & check it every day to see what happens

Scoop up water from the ocean, lake or creek and see what you find in it

Do Citizen Science like report on sightings of bees or log your rainfall -- visit scistarter.org to find a project

Stay up late to look for meteor showers

July Petal Log

Attach tiny flowers or flower petals of flowers you find this month
and label them with their name underneath.
Make sure you have permission if you pick them!





Bug Off!



Bugs are important for nature, but sometimes they can make it hard to have fun outside. Here are all kinds of natural ways to keep from getting stung, bit and bothered.

Mosquitoes

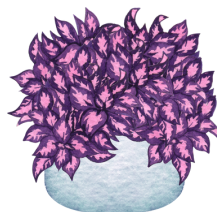
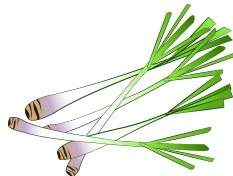


Mosquitoes aren't just annoying since they can spread diseases like West Nile Virus. Here are some ways to keep mosquitoes at bay:

- Wear loose long-sleeved shirts and long pants
- Avoid standing water and dump out or cover containers in your yard (or put goldfish in them!)
- Look for breezy spots (mosquitoes have trouble flying in anything over 1 mph) or use a fan
- Avoid peak mosquito hours around dusk & dawn
- Wear light colors
- Avoid scented products like perfume and lotion
- Try natural repellents like lemon eucalyptus & citronella
- Make your yard friendly to toads, bats, dragonflies and birds who all love to dine on mosquitoes

PLANT THESE TO REPEL MOSQUITOES:

Lemongrass, marigolds, catmint, coleus, thyme, lemon balm, garlic, basil, citronella, lavender



Ticks



Ticks are other bugs that aren't just annoying, but can also spread diseases like Lyme Disease. To protect yourself from ticks try these strategies:

- Wear hats and long pants tucked into your socks when you're in tick-heavy areas
- Do a head-to-toe tick check in the evening after spending time in nature. Ticks must feed for 36 to 48 hours in order to transmit Lyme disease so you have lots of time to catch them.
- Wear light colors so you can easily see ticks
- Spray clothes with lemon eucalyptus repellent
- Raise chickens or guinea fowl, who eat about 10 ticks per hour
- Stay in sunny areas (ticks need moist environments)
- Keep grass short where you play
- Toss clothes in the dryer on high heat for 5 minutes
- Make barriers of wood chips, which ticks won't cross
- Encourage lots of wildlife in your yard
- Be friendly to opossums that visit, as they are great for tick control



Bees and Wasps

Bees are very important for pollinating crops and flowers, making honey and more. **Most bees don't want to sting us** but they will to protect themselves or their hive. Wasps are also important pollinators but they can be aggressive if they're irritated or confused.

- Wear light colors
- Stay cool -- sweat aggravates some bees
- Use unscented laundry detergent
- Avoid scented products like perfume and lotion
- Avoid drinking sugary drinks like soda outside, which attract wasps (they're also attracted to fruit and meat)
- Cover your food at picnics
- Be careful going barefoot -- bees and wasps are often on or near the ground
- Be aware that bees are most active during the hottest times of the day
- Stay more than 7-8 yards away from wasp nests
- Avoid waving your arms or making lots of movement, which can be seen as threatening
- Don't smash wasps -- the smell will bring more angry wasps to defend themselves
- Just leave them alone! Most bees and wasps don't want any trouble. As long as you don't try to swap them or interfere with their nests, they'll generally just go about their business

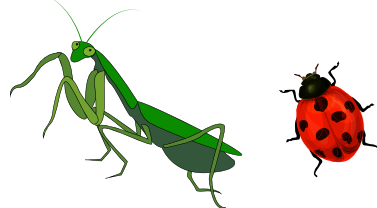
Don't Forget

All insects serve a purpose in nature. They feed wildlife, pollinate crops and keep other insects in check, among other duties.

Scientists teach us that insects are vital for the health of the world and even our own health. Most of them will not harm us. Outsmart the pesky ones and try to look out for the good ones. They need our help and we need theirs!



I'M YOUR FRIEND!



Insects like dragonflies eat mosquitoes so be glad when you see them hanging around! Lots of other bugs help us by eating up insect pests, like ladybugs, assassin bugs and praying mantises.



So Berry Nice



raspberries



**wineberries/
dewberries**

There are so many wild edible berries that you can forage in the summer!

Most people know about strawberries and blueberries, but some of the tastiest berries aren't available in grocery stores. For instance, black raspberries grow well in the wild but they are so fragile and they go bad so quickly that there's no way they could be shipped on trucks and left on grocery store shelves for weeks the way some berries are.

Here are some of the berries that you can gather in the wild, depending on where you live. **There are many others, too!**

Make sure you always know 100% what a wild food is before you eat it!

Remember there are berries that are poisonous too!



black raspberries



strawberries



mulberries



gooseberries



**juneberries/
serviceberries**



blueberries



blackberries



**elderberries
(do not eat raw)**

Want to start foraging for berries? The two best things to help are a good foraging ID book and someone with experience foraging berries.



Blackberry
Rubus fruticosus
(bush)



Raspberry
Rubus idaeus
(bush)



Mulberry
Morus
(tree)



Gooseberry
Ribes uva-crispa
(bush)



Elderberry
Sambucus
(shrub/tree)



Strawberry
Fragaria
(plant)

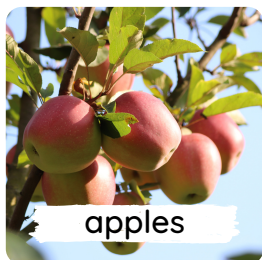
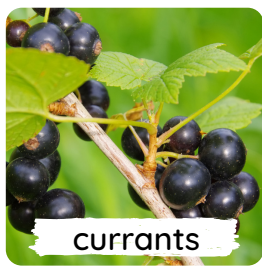
From: *A Curious Herbal: Containing Five Hundred Cuts Of The Most Useful Plants Which Are Now Used In The Practice Of Physick,*
Written, illustrated and engraved by Elizabeth Blackwell, 1737

SUMMER 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, public spaces 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.

Not all of these may be in your area and there are lots more out there. How many can you find?

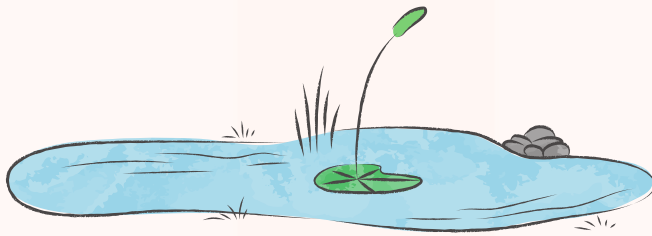
If some of them are new to you, take time this month to learn more about them!



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!

July Poetry

"If I had my way, I'd remove January from the calendar altogether and have an extra July instead."
- Roald Dahl



Daddy Fell Into the Pond
by Alfred Noyes

Everyone grumbled. The sky was grey.
We had nothing to do and nothing to say.
We were nearing the end of a dismal day,
And there seemed to be nothing beyond,
THEN
Daddy fell into the pond!

And everyone's face grew
merry and bright,
And Timothy danced for sheer delight.
"Give me the camera, quick, oh quick!
He's crawling out of the duckweed!"
Click!

Then the gardener suddenly
slapped his knee,
And doubled up, shaking silently,
And the ducks all quacked
as if they were daft,
And it sounded as if the old drake laughed.
Oh, there wasn't a thing that didn't respond
WHEN
Daddy fell into the pond!

Afternoon on a Hill
by Edna St. Vincent Millay

I will be the gladdest thing
Under the sun!
I will touch a hundred flowers
And not pick one.
I will look at cliffs and clouds
With quiet eyes,
Watch the wind bow down the grass,
And the grass rise.
And when lights begin to show
Up from the town,
I will mark which must be mine,
And then start down!

A Jelly-Fish
Marianne Moore

Visible, invisible,
A fluctuating charm,
An amber-colored amethyst
Inhabits it; your arm
Approaches, and
It opens and
It closes;
You have meant
To catch it,
And it shrivels;
You abandon
Your intent—
It opens, and it
Closes and you
Reach for it—
The blue
Surrounding it
Grows cloudy, and
It floats away
From you.

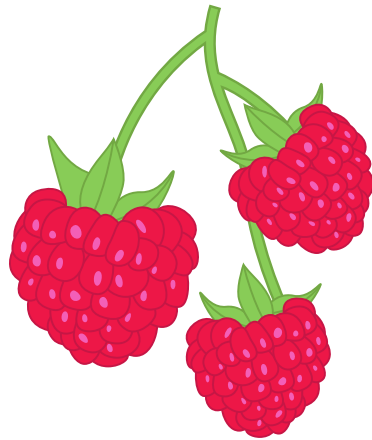


Phenology Calendar

Keep track of all of the firsts in nature that you see this month!
Write in firsts and interesting nature observations and draw a picture.

Examples:

- First apples ripen
- First sphinx moth spotted
- First garden tomatoes harvested
- Fireflies spotted
- Temperate over 100° F
- Over 1" of rain
- Foraged wild raspberries
- Hummingbird spotted
- First hollyhock blooms
- Milkweeds in pod stage
- Turtle spotted sunning on log
- Double rainbow



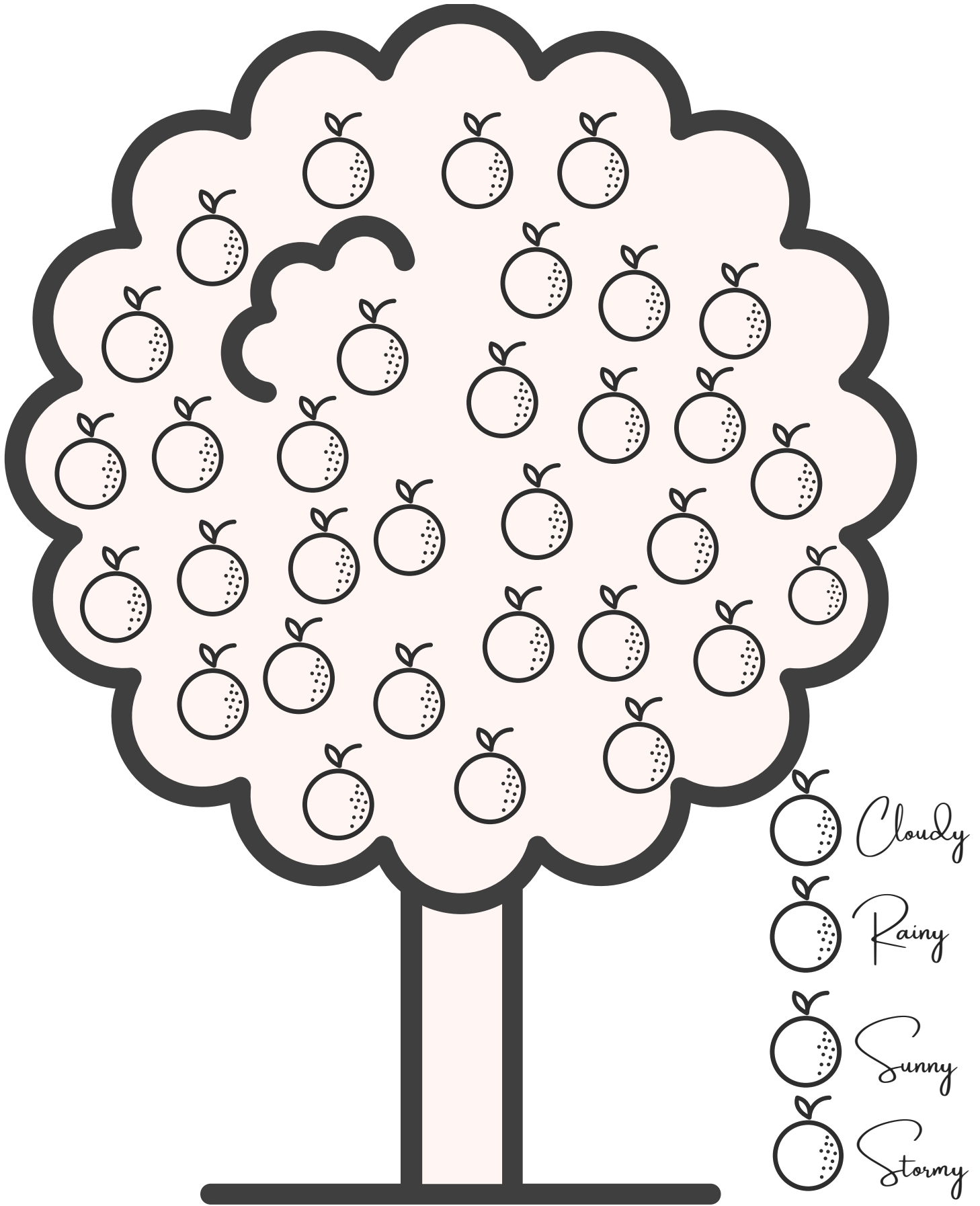
july

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					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						

My Nature Journal

JULY

July Weather Tree



 Cloudy

 Rainy

 Sunny

 Stormy

July Bird List

Birds spotted this month

July Animal List

Mammals, reptiles & other wildlife spotted this month

July 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





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.