

*September 2022*

# WILD KIDS

SEASONAL NATURE EDUCATION FOR KIDS & THEIR GROWN UPS

**Wild Kids Tell Their  
Favorite Plants to Forage**

**Fall Seed Pods**

**September Nature Bingo**

**Botanical Coloring Pages  
Wheat & Woodruff**

**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 younger kids and I just got back from a trip to visit friends in Nebraska. We had lots of fun going on daily walks, foraging for things like elderberries and poke berries (for beautiful dye -- never eat poke berries!), bike riding and exploring their local parks. Back home, our family has been busy foraging wild mushrooms, elderberries, and pears, among other wild foods.

Speaking of which, yes, you can forage fruits like apples and pears! Lots of early settlers planted fruit trees long ago to feed their families and livestock, and you'll often find the trees in wild places long after the houses are gone.

You can also find fruit trees in lots of city and county parks, and even in busy cities in front of businesses. We used to pick boxes full of apples from in front of a Chipotle restaurant and a hospital! We always asked first and they were happy to see them used. They didn't spray any pesticides on the trees so they were organic, but we always checked on that too.

Sometimes fruits like apples and pears don't taste like grocery store fruits right off the trees because they may be more sour, tannic or hard. Those ones are usually great for things like applesauce, baking, cider and canning.

We will be busy "putting up" (canning, freezing & drying) foods for the winter from our gardens and from the wild this month too. We will fill our canning shelves with roasted tomato sauce, applesauce, pears in syrup, elderberry juice, dried mushroom powder and lots more. I always feel so proud and happy when I see our shelves full of foods we grew, picked and canned ourselves this time of year! It's even more fun to eat it all later.

I hope you have a wonderful, wild month!

*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](mailto:alicia.bayer@gmail.com)

Find lots more links, information and fun to accompany this month's themes at [www.magicalchildhood.com/wildkids](http://www.magicalchildhood.com/wildkids).

# Go Wild in September

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

Make a necklace out of something found in nature

Find a big hiking stick and paint or decorate it

Gather fun big seed pods and paint or decorate them

Take pictures of the sunset from 3 different places this month

See how many different animal & bird tracks you can find this month (we have track ID pages in the November 2021 & Feb 2019 issues)

Try doing a long jump and mark in the dirt how far you can jump -- how far can you get?

Write letters or words on nature items like rocks or shells & use them to write words or poems

Take a hole puncher outside and use it to make nature confetti from leaves & flowers

Take nature photographs from a different angle like down on the ground

Visit a nature center nearby and ask if there are any ways for kids to volunteer there



# WILD KIDS ROUND-UP

*What's your favorite wild food to forage?*



Mushrooms and wood sorrel

--Elmer, Michigan



Edible flowers, huckleberries & miner's lettuce (his goal this summer is to forage enough wild berries to make a jelly)

--Solomon, Victoria BC



Morel mushrooms (he found his family a nice honey hole!) and leeks

--Blake, Virginia



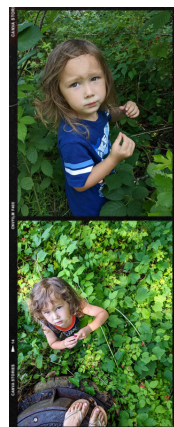
Purple dead nettle and also turkey tail and reishi mushrooms to make tinctures

--Ryan, Kentucky



Mushrooms

--Max, North Carolina



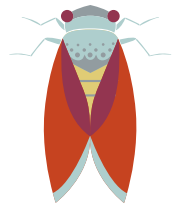
Blackberries

--Link, Virginia

*Want to be included in the next roundup? Send your photo & favorite wild food to forage plus your general location to Alicia at [alicia.bayer@gmail.com](mailto:alicia.bayer@gmail.com)*



# SEPTEMBER

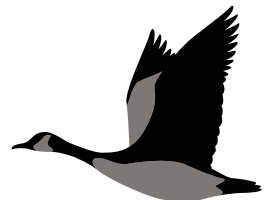
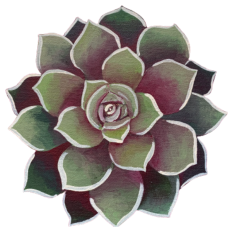


# NATURE BINGO



**How to Play:** Write or draw plants and wildlife that are in your area this time of year, one in each square. If you need suggestions, do a web search for wildlife and your location and the month or season. Head out into nature and see how many items you can find. 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 month.

		FREE		



# Fall Seed Pods

*How many kinds can you find?*



Fall is a fantastic time to look for seed pods! There are seed pods that are filled with fluffy seeds that are fun to scatter, like milkweed pods. There are seed pods that make fun rattles when you shake them, like



You can collect seed pods to use for crafts, to paint on, to display on nature baskets, to use in floral arrangements and wreaths, or to sow the seeds elsewhere and make more plants.

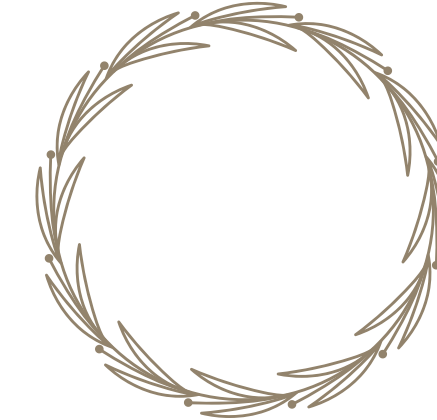
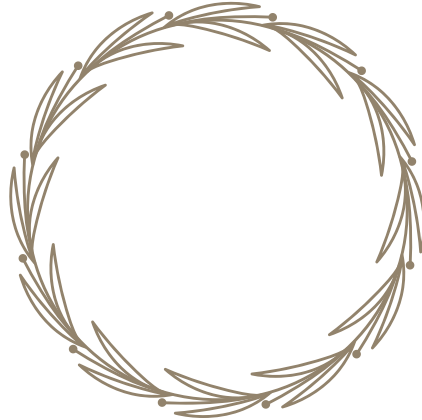
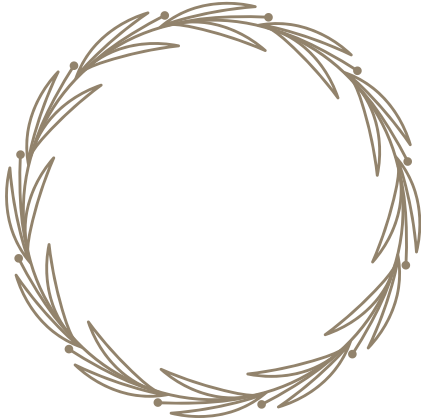
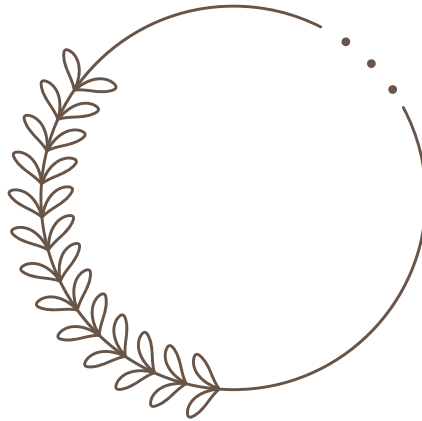


Draw the ones you find on the seed logs on the next pages! Can you ID them?



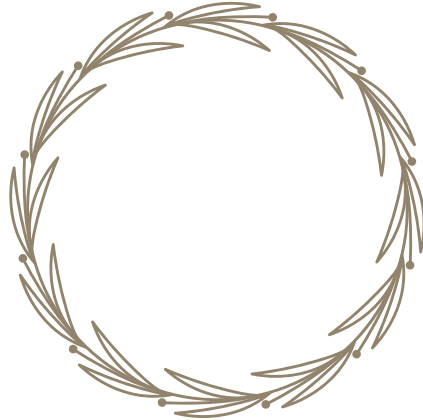
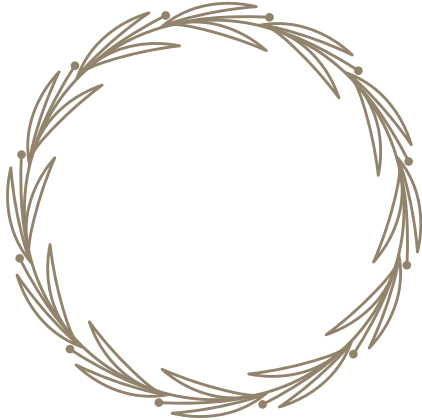
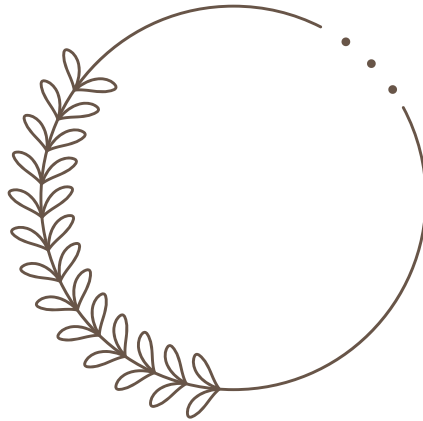
# My Seed Log

Draw seeds and seed pods you see this season.  
If you like, write the plant name and location so you have a record.



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# Sweet Woodruff

Sweet woodruff is usually found in woodlands. It was once a popular herb to use in flavoring drinks. Some people also used it to treat wounds and to help with liver and stomach problems.

If you look at the petals under a microscope, they look like they're covered with tiny pearls!



# Wheat & Hybrids

Did you know that wheat that we use for flour is just a type of grass? Modern wheat is very different from its wild ancestors because we have hybridized it (changed it through special farming practices) and bred it to have certain characteristics over a very long time.

Farmers do things like save the seeds from the biggest plants and they can also cross pollinate plants that are related to each other to get traits from both of them. For instance, if I had a plain looking rose that smelled wonderful and a beautiful rose with no smell at all, I could try to cross them by taking the pollen from the male flower of one rose and dusting it on the female flower parts of the other one (this is what pollinators like bees do when they walk around the inside of flowers). Then I could plant the seeds that developed and see what the new roses were like. I might also end up with a rose that had ugly flowers and no scent though!

This is how they are able to develop new types of flowers, vegetables, shrubs and other plants and animals if they are in the same species.

They have to be related species to cross them, though. You can cross a poodle with a Dalmation to make a new breed of dog, for instance, but you can't cross a poodle with an elephant or a tomato. That is called genetic engineering, which is done in a laboratory and uses parts of genes from entirely different species.

Some plants cross-pollinate very easily to make new types of plants. That's one reason we have so many different types of squash plants! If you grow a flower or vegetable garden, you can try crossing your plants and saving the seeds to try to develop your own hybrids. You could even name your new varieties!



"WOOD-RUFF"  
(SWEET WOODRUFF)  
(*Galium Odoratum*)



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

WHEAT  
(*triticum aestivum*)



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

*"There is a time in late September when the leaves are still green, and the days are still warm, but somehow you know that it is all about to end, as if summer was holding its breath, and when it let it out again, it would be autumn."*

~Sharyn McCrumb

September  
by Edward Bliss Reed

Crickets are making  
The merriest din,  
All the fields waking  
With shrill violin.

Now all the swallows  
Debate when to go;  
In the valleys and hollows  
The mists are like snow.

Dahlia are glowing  
In purple and red  
Where once were growing  
Pale roses instead.

Piled up leaves smoulder,  
All hazy the noon,  
Nights have grown colder,  
The frost will come soon.

Early lamps burning,  
So soon the night falls,  
Leaves, crimson turning,  
Make bright the stone walls.

Summer recalling  
At turn of the year,  
Fruit will be falling,  
September is here.

September Days  
by Helen L. Smith

O month of fairer, rarer days  
Than Summer's best have been;  
When skies at noon are burnished blue,  
And winds at evening keen;  
When tangled, tardy-blooming things  
From wild waste places peer,  
And drooping golden grain-heads tell  
That harvest-time is near.  
Though Autumn tints amid the green  
Are gleaming, here and there,  
And spicy Autumn odors float  
Like incense on the air,  
And sounds we mark as Autumn's own  
Her nearing steps betray,  
In gracious mood she seems to stand  
And bid the Summer stay.  
Though 'neath the trees, with fallen leaves  
The sward be lightly strown,  
And nests deserted tell the tale  
Of summer bird-folk flown;  
Though white with frost the lowlands lie  
When lifts the morning haze,  
Still there's a charm in every hour  
Of sweet September days.



September  
by Annette Wynne

Golden in the garden,  
Golden in the glen,  
Golden, golden, golden  
September's here again!  
Golden in the tree tops,  
Golden in the sky—  
Golden, golden, golden  
September's going by!



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 birds 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
- Black eyed susan (rudbeckia) seeds gathered and scattered



September 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		

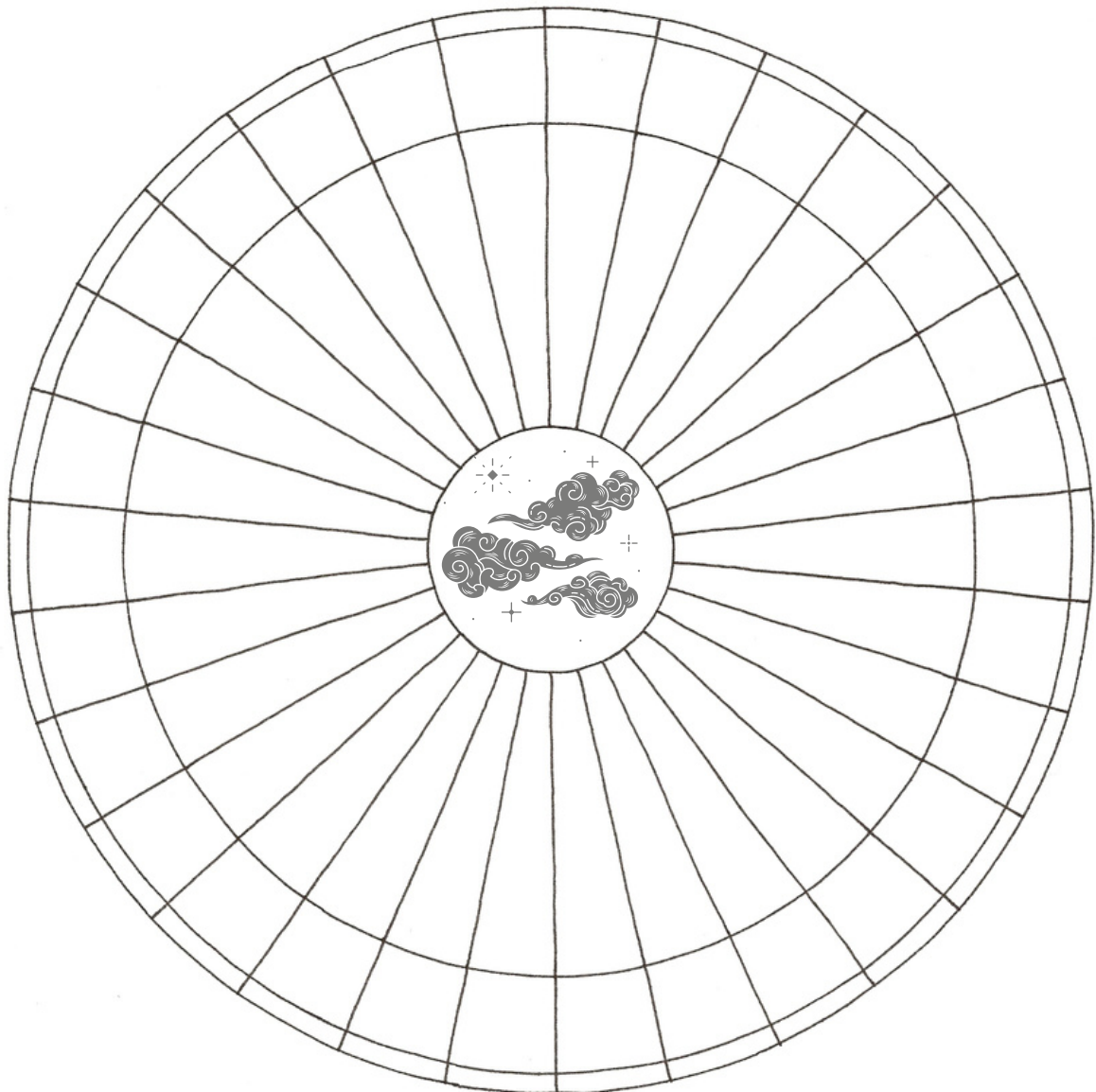
# September Sky Wheel

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

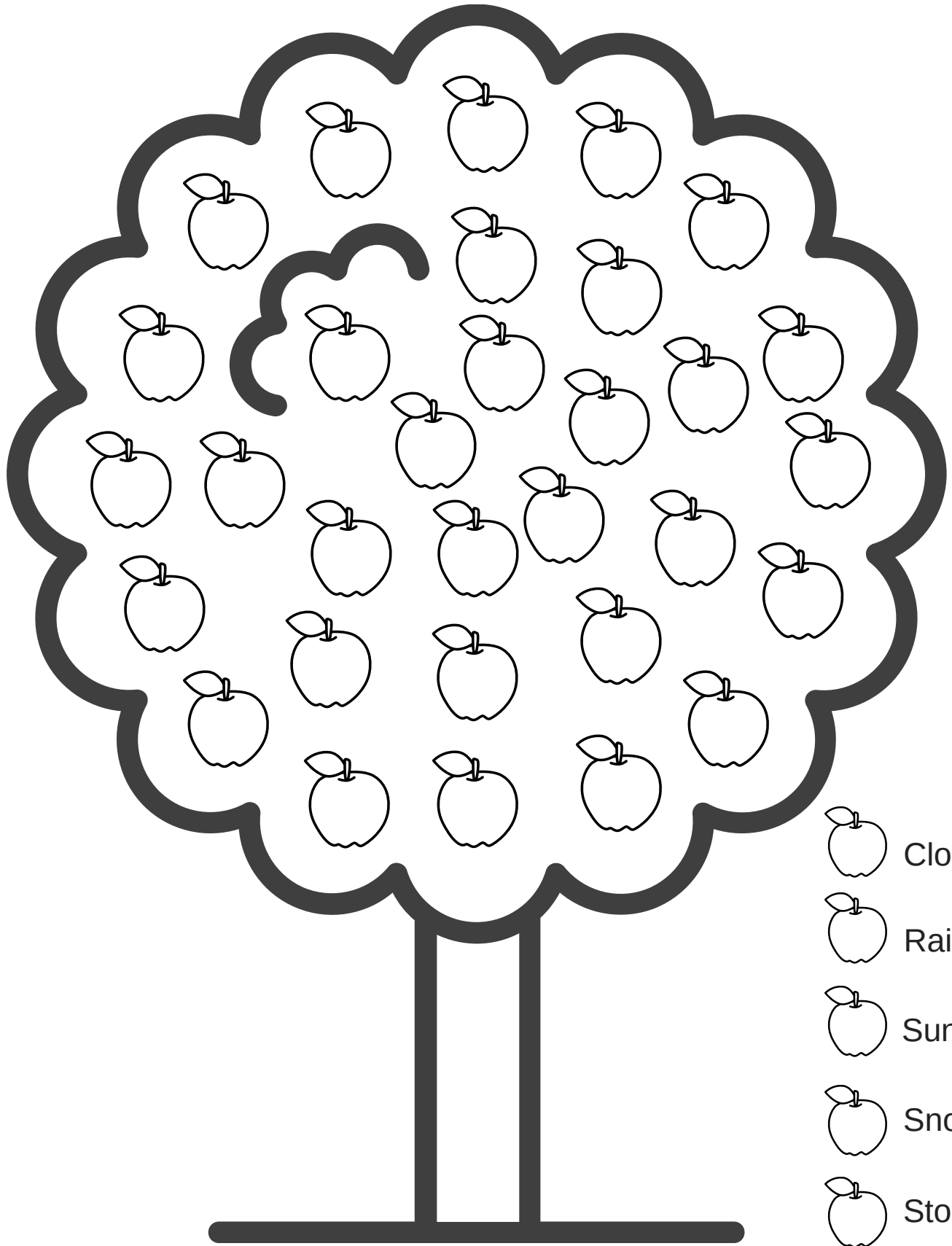
Draw, paint or color how the sky looks each day this month.

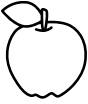


Is it cloudy? Gray? Are there big fluffy clouds? Did you see lightning, rain, fog or a rainbow?

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



# 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)

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

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.