

November 2022

WILD KIDS

SEASONAL NATURE EDUCATION FOR KIDS & THEIR GROWN UPS

**November Temperature
Tracker**

**Foraging For
Wild Flour**

Nature Math

**November
Nature Notes
& Sky Wheel**



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

From the editor



BY ALICIA BAYER

Happy November!

What are you hoping to do in nature this month?

Here in Minnesota, it's getting very cold. There's not much to forage anymore, although there are some wild plants that would be good survival food if we ever needed them. Trees like pine trees can make teas full of vitamin C. Rose hips are often around long into winter and also are great for vitamin C to keep people healthy. Dock seeds make a good flour full of fiber (we've got some information on wild flours in this month's issue).

Those are just a few examples of what we could find pretty easily if we needed to. There are all kinds of wild foods around no matter where we are or what time of year it is, but I have to admit that this isn't the easiest or tastiest time to gather them! I'm glad we "put up" all kinds of wild and garden foods earlier this year when there were lots of them, so we have them right in our freezers, pantries and canning shelves.

Speaking of off-season foraging, if your family gets Hulu there's a fun new show called Chef Versus Wild that we've been watching. They drop chefs off in a wild part of Canada in cold weather with a survivalist to help them and give them 3 days to gather all the wild foods they can to cook a fancy dinner in an outdoor kitchen. It's very interesting seeing what they find and how they use it! Do you think you'd like that challenge?

This month we're hoping to do a lot of hiking in the woods. Our son Jack has asked if we can also head out and light a campfire and do some day camping with food and games. We're looking forward to that and lots of other wild fun.

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

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 information and back issues at
www.magicalchildhood.com/wildkids

Go Wild in November

10 WAYS TO PLAY & LEARN WITH NATURE THIS MONTH

Color in the ones you do!

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

Graph this month's temperatures (we have a blank graph in this issue)

Check out a big pile of fun nature books from the library

Practice your long jump and mark in the dirt the farthest you can jump

Gather pretty leaves and use scissors and hole punches to do art with them

Do some nature math (we have ideas in this issue)

Request tourist information (free) from someplace wild you'd like to visit someday

Go outside and write down the first 10 nature sounds you hear

Go someplace quiet in nature and sit for 15 minutes to see what wildlife visits and how close they will come to you

Take a photo or do some art in nature and send it to Wild Kids!

Nature Math!

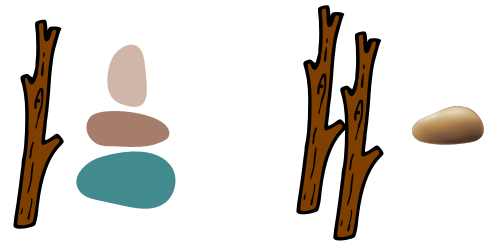
There are all kinds of fun ways to use nature to do math! Here are five fun ones from my upcoming book, *A Magical Homeschool Math-a-Day*, with 365 + ways to play with math.

Nature Manipulatives

Make math manipulatives out of natural items outside. Collect an assortment of natural treasures to use for different number values.

You can use shells, rocks, pine cones, sticks (paint them and use different lengths like Cuisenaire rods!), tree nuts, you name it.

Maybe a stick is worth 10 and a pebble is worth 1. You'd make 13 with one stick and 3 pebbles. Then if you added 21 (2 more sticks and 1 more pebble), see how many you have.



Pumpkin Math

Do you have any pumpkins around the yard this time of year? There are all kinds of ways to use them for math!

- Measure the circumference (how big around it is)
- Guess its weight and then weigh it
- Figure out its capacity (how much it holds)
- Think of an alternate way to figure out its capacity
- Compare its weight to other foods
- Use the seeds for math manipulatives
- Estimate how many seeds it will have and then see how close everybody got
- Use pushpins and rubber bands to make a geoboard on it (push the pins in it and then make shapes like squares and octagons by stretching the rubber bands onto various pins)



Angle Hunt



Talk about the different types of angles like right, acute and obtuse. Then go out into nature and look for natural angles. What kinds do you find most often?



Figure Out the Height of a Tree

Want to know how tall a tree is? You can use a measuring tape and math to figure it out. Just measure your height and the length of your shadow on a sunny day near the tree, and then measure the length of the tree's shadow. Add half of the tree's diameter (width across) to the tree's shadow's number. Be sure you use just one measurement like inches for both (not feet and inches).

Now multiply the length of the tree's shadow by your height. If you are 5 feet tall, and the tree's shadow is 100 feet long, multiple them together: $5 \times 100 = 500$. Or if you're doing inches, it might be 60 inches times 1200 inches. I recommend using feet or meters and just rounding to the nearest whole number to make it much easier!

Now divide the answer by the length of your shadow. So if your shadow is 8 feet long, divide your answer by that number. $500 / 8 = 62.5$ feet tall.



Tree Estimation

Here's an even easier way to estimate the height of a tree!

Stand at the base of a tree and hold a ruler straight out in front of you in a vertical position. Close one eye and back away from the tree until the ruler and the tree appear to be the same size. Mark where you're standing and then measure the distance back to the tree. That is the approximate height of the tree.

Try both ways and see if they give you the same answer.



Can You Forage For Flour?

Most people know that you can forage for things like mushrooms, berries and greens. But can you forage for flour for baking? Yes!

Wild flours are not exactly the same as the flour that's in your pantry. For one thing, the flour that most people bake with has been changed in factories to make it white, soft and bland tasting. This bleaching and processing makes baked goods like breads that are soft, light and mild tasting but it also removes the nutritious parts of the original plant like the fiber, vitamins and minerals.

Another reason wild flours don't work the same in recipes as wheat flour is that wheat contains a protein called gluten that helps hold baked goods together. If you bake with wild flours you might need to add something to bind them or make them stick together better.

Also, every plant tastes different, so different plants make different tasting flours.

All that said, there are lots of plants that people use for flour. Gluten free bakers use ground rice, nuts and seeds for baking and also starches. You might have almond flour, brown rice flour or corn starch in your pantry.

Quinoa flour is very healthy and good for baking, but it's expensive so it's not usually in baked goods. But a weed that grows all over is the same plant! Lambs-quarters (also known as goosefoot) grow as weeds in just about every garden and people pull them up and throw them away, even though the leaves taste better than spinach and the seeds are the same seeds that other people pay \$10 a pound for in grocery stores.

There are all kinds of great wild plants that make good flour. In some parts of the world, plants that we think are weeds are regularly used to make flour, like teff, amaranth and even some kinds of tree barks.

Ways Our Family Has Used Wild Flours

We've gathered dock seed in the fall and toasted it in the oven. Then we ground it and mixed it with almond flour (one part dock seed flour and one part almond flour), a splash of olive oil and water, garlic, salt and pepper, and made crackers. We rolled them out into little balls that we flattened, poked them with a fork all over, and baked them at 350 until they were crispy. The kids gobbled them up before I could get more than one picture, so we considered them a hit!



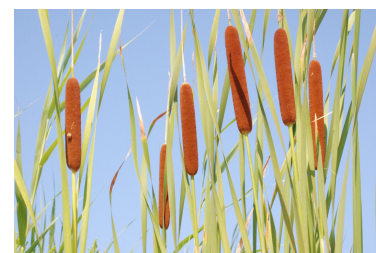
We gathered bright yellow cattail pollen in the summer one year by shaking the stalks into a paper bag. Then we brought it home and mixed it with flour (1 part cattail pollen to 3 parts flour) and used a pancake recipe to make pancakes. They were light yellow, fluffy and very tasty!



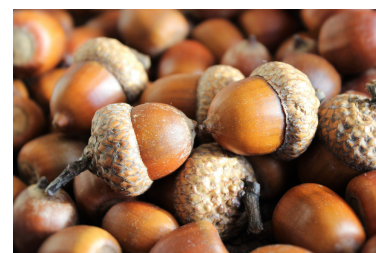
We also have made all kinds of foods with acorn flour for many years. It's one of our favorite wild foods to cook with and I've even written a book on foraging acorns with over 90 recipes for things like cookies, bread, cake, tortillas and more. I have a recipe for acorn flour mini donuts from my acorn foraging book on the next page. If you want to learn to process acorns into flour, we taught how to do hot water processing in the October 2019 issue of Wild Kids Magazine.



Dock seeds



Cattails



Acorns



Lambsquarter seeds

Here are some plants you can forage for flour:

- Hazlenuts
- Amaranth seeds (pigweed)
- Lambsquarters seeds (wild quinoa)
- Cattail pollen
- Cattail rhizome starch
- Wild rice
- Acorns (process out the bitter tannins)
- Dock seeds
- Butternuts
- Plantain seeds
- Purslane seeds
- Chestnuts (not horse chestnuts)
- Sunchoke tubers

REMEMBER

When you eat a food for the first time, always just have a little in case you're allergic.

When using wild flours, they can have stronger tastes and they don't have gluten, so it's usually better to mix them with some regular flour. Try using 1 part wild flour to 2 or 3 parts of white flour or a gluten free blend. That way you still get the good flavor and nutrition of your wild flour but your recipe should still turn out right, and you'll make your wild flour last longer!

Alicia's Acorn Mini-donuts or Mini-muffins

- 1 cup acorn flour
- 1 cup flour (or gluten free flour mix)
- 1 tsp salt
- 2 tsp baking powder
- 2 eggs
- ¼ cup of oil
- ½ cup sugar
- 2 cups milk or non-dairy milk
- Non-stick spray
- Powdered sugar or glaze, optional (see glaze recipe below)



1. Preheat mini-donut maker or oven to 350.
2. Combine dry ingredients in a large measuring cup or pitcher with a pouring spout. Add oil, sugar, eggs and milk and stir until smooth. Add more milk if mixture seems thick, or more flour if it seems thin. The batter should pour easily but not be runny.
3. If using a mini-donut maker: Lightly spray inside with non-stick spray and pour batter just to fill each well. Close and cook until the mini-donuts stop steaming and are lightly browned, about 3 minutes. Toss with powdered sugar or glaze.
4. If using a mini-donut pan or mini-muffin pan: Grease inside and fill wells 3/4 full. Bake for 10 minutes or until set and light golden. Toss with powdered sugar or glaze.

To glaze: While the donuts cook and cool, whisk together 1 cup powdered sugar and 4 tsp milk. When the donuts are cool enough to handle, dip the tops in the glaze. Quickly flip over so the glaze is on top and transfer to a plate.

NOVEMBER SKYWHEEL

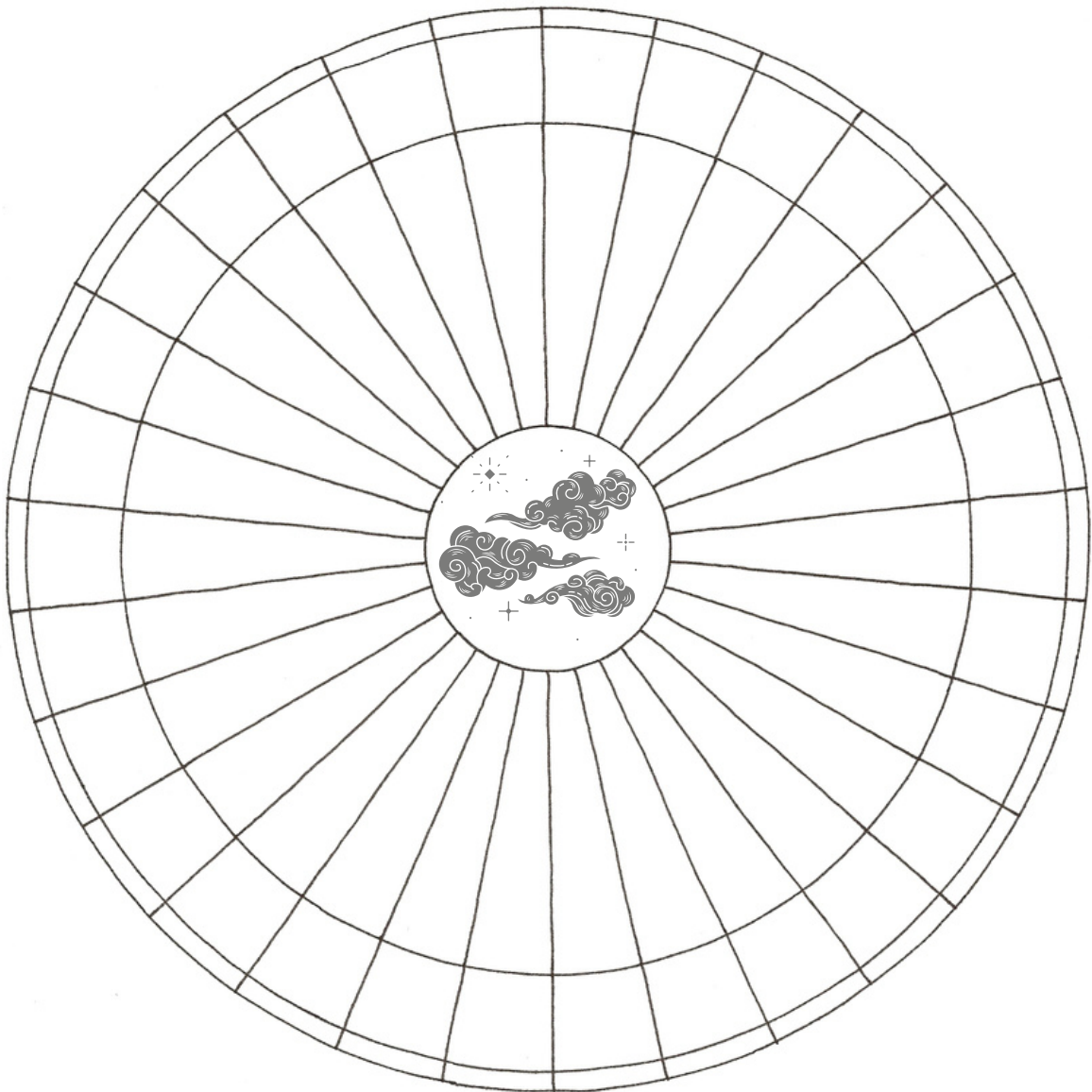
Make a picture record of your observations of the sky in November!

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 art, math and science!





NOVEMBER NATURE NOTES

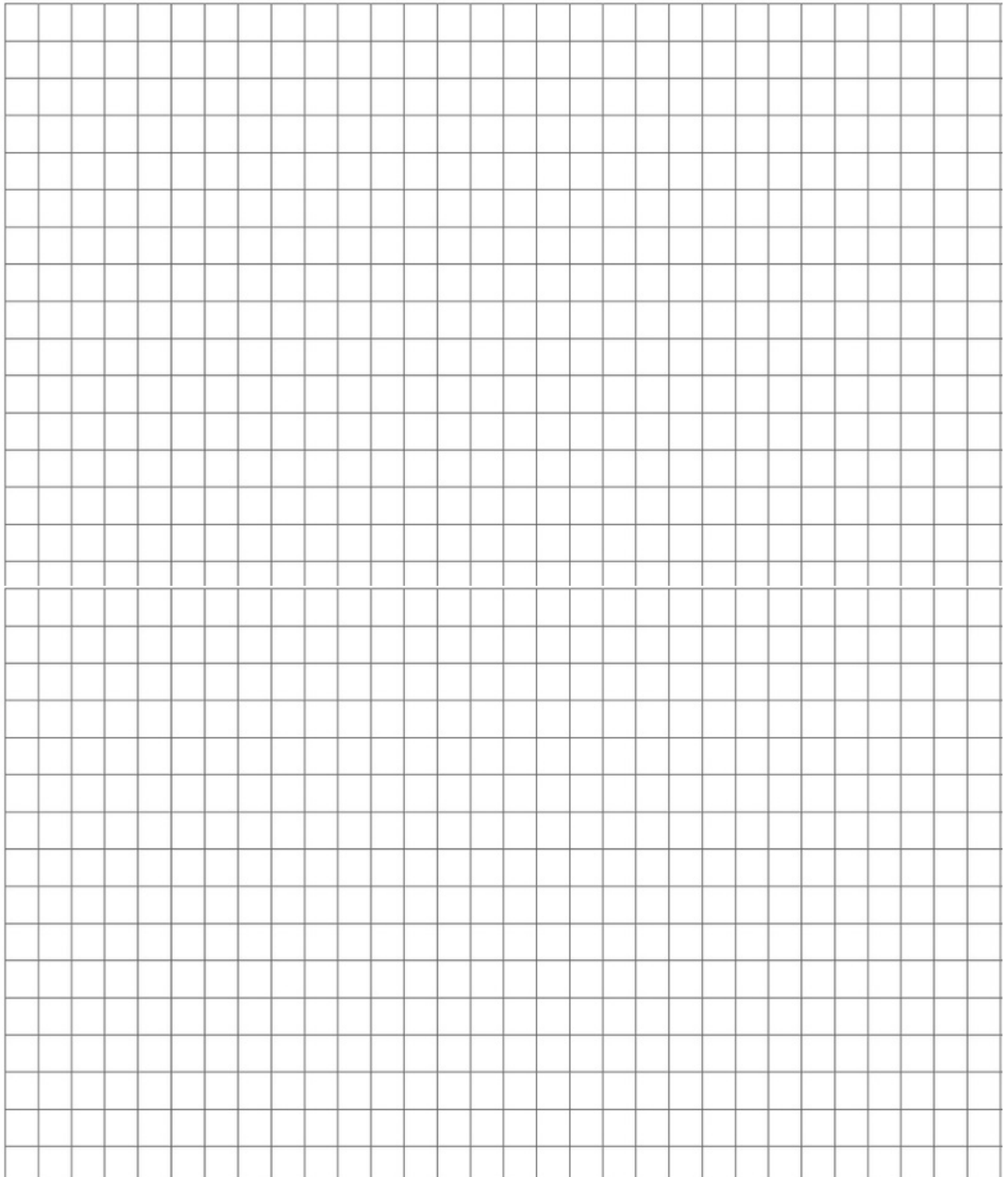
EACH DAY THIS MONTH, WRITE OR DRAW SOMETHING TO REMEMBER FROM NATURE THAT DAY LIKE SEEING A HAWK, GOING TO THE STATE PARK, HAVING THE FIRST SNOW OR FINDING A WILD MUSHROOM.

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

November Temperature Graph

Here's how you can easily see how the temperatures change as the month goes on.

Write numbers going up the graph representing temperatures. Your range of numbers will depend on what the weather is usually like this month where you live. It's best to go up by 2s, like start at 20 and go 20, 22, 24, 26... You can do F for Farenheit or C for Celsius. Every day at the same time like noon, check the temperature and color in the squares up to that number.



Date ⇒ 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

November Poetry

“In November, the earth is growing quiet. It is making its bed, a winter bed for flowers and small creatures. The bed is white and silent, and much life can hide beneath its blankets.”
– Cynthia Rylant

Rain
By Robert Louis Stevenson

The rain is raining all around,
It falls on field and tree,
It rains on the umbrellas here,
And on the ships at sea.



There's snow on the fields,
By Christina Rossetti

There's snow on the fields,
And cold in the cottage,
While I sit in the chimney nook
Supping hot pottage.

My clothes are soft and warm,
Fold upon fold,
But I'm so sorry for the poor
Out in the cold.

O wind, why do you never rest
By Christina Rossetti

O wind, why do you never rest
Wandering, whistling to and fro,
Bringing rain out of the west,
From the dim north bringing snow?

What is pink?
By Christina Rossetti



What is pink? a rose is pink
By the fountain's brink.
What is red? a poppy's red
In its barley bed.
What is blue? the sky is blue
Where the clouds float thro'.
What is white? a swan is white
Sailing in the light.
What is yellow? pears are yellow,
Rich and ripe and mellow.
What is green? the grass is green,
With small flowers between.
What is violet? clouds are violet
In the summer twilight.
What is orange? why, an orange,
Just an orange!

THE ALMOND TREE

Plate 105



The Almond Tree .
Eliz. Blackwell delin. sculp. et Pinx. } 1. Blossome }
2. Fruit } Amygdalus
3. Stone }
4. Kernel }

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

THE HAZELNUT TREE



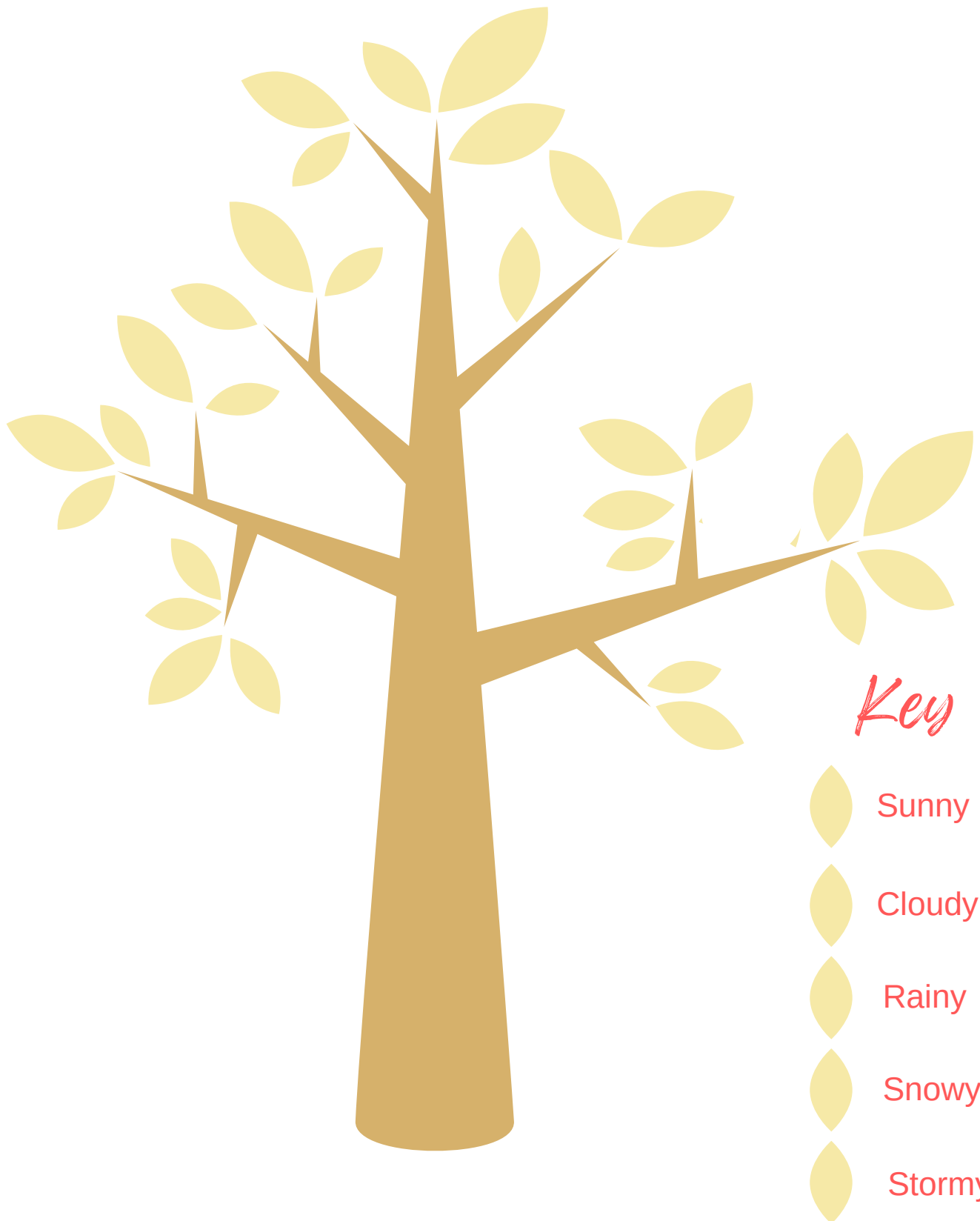
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My Nature Journal

November



November Weather Tree



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 _____

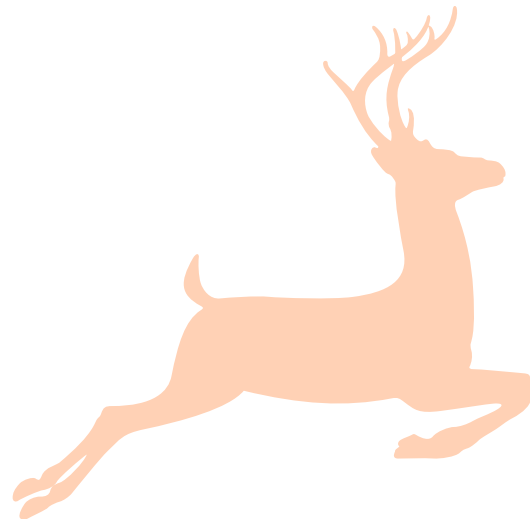
LOOKALIKES & HOW TO POSITIVELY ID:

WARNINGS: _____

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

MY RATING FOR THIS PLANT





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.