



PEPÁKĒN HÁUTW Native Plants & Garden Program

LÁU, WELŅEW Tribal School, Brentwood Bay BC

<p>Lesson Title: ĆENKILES Forest Teas and Spring Garden</p>	<p>Subject: Native forest teas and seeding in the spring veggie garden</p>	<p>WELU,ĆISTENEK (Instructors): Earl FEFÁTIN Claxton Jr, Judith Lyn Arney and PEPAKĪYE Ashley Cooper</p>
<p>Grade Level: NETEILĆ I, CESEILĆ 1-2</p>	<p>Time Needed: 45 mins</p>	<p>Date: May 25, 2017 LKALJ: SXÁN,EL</p>

Purpose

- ❖ Discuss what native plants can be made into teas
- ❖ Identify different native species in the green house and native gardens
- ❖ Understand the importance of planting your own veggies from seeds
- ❖ Mix and create their own tea bag of native teas
- ❖ Identifying and creating labels for mixed tea bag

Resources

- ❖ Sea soil
- ❖ Trowels and gloves
- ❖ Spinach, kale, and carrot seeds
- ❖ Native teas (*TEXTEX stinging nettle*, *DILEK strawberry leaves*, *SKEKĆES red huckleberry leaves*, *KÁLK rose petals*, *KIDE honey suckle*, *TIHIĆ labrador tea*, *hawthorn berries*)

Materials needed from Teachers

- ❖ APPROPRIATE CLOTHES! Make sure students are wearing clothes that can get dirty
- ❖ Name tags + Water bottles

Ask the students

- ❖ What are your favorite things to eat? Where do they grow? What do they need to survive?



WORKSHOP ACTIVITIES

Time	SĆĀ (Activity)
5 mins	<p>ŠELOQ I, EĀOSTONES TFE WELU,ĀISTENEK (Circle and introduce instructors)</p> <p>Review what we learned in past workshops - what do you remember? What have been some of your favorite things? Review respect for tools, garden space and each other.</p> <p>Talk about the structure and flow of the day. Assure children that each group will get to participate in each sections of the garden</p> <p>Break into two groups.</p>
20 mins	<p>Station 1:</p> <ol style="list-style-type: none"> 1. Walk around the forest garden, and ask students what they recognize, and if they know what the plant is good for 2. Discuss and show students which plants are edible. Show students the flowering shrubs and compare the flowers to the ones that are ready to berry 3. Head back to the tea table. Talk to the students about each tea and what it' medicinal qualities are. Demonstrate how to mix tea bag. Remind students that they won't need to fill their entire bags and to remember to write down what they are mixing.
20 mins	<p>Station 2:</p> <ol style="list-style-type: none"> 1. Walk around the vegetable garden and discuss what is growing. Taste whatever is available in the vegetable or herb garden. 2. Compare the KEXMIN flowers to the KEXMIN seeds, and pass the jar of seeds around for students to examine and smell. 3. Head back out to veggio beds. Examine the vegetable seeds and discuss the life cycles of seeds. Use trowel or fingers to create rows in the soil and plant seeds. Water the planted seeds, and discuss why plants need water, and how often to water seeds.
	<p>ŠELOQ: What did you learn about today? What was your favourite part?</p>

Please fill out our feedback forms and leave them in the PEPÁKEN HÁUTW envelope in the staff room!

HÍ,SWĀKE SIÁM!