



PEPÁKĒN HÁUTW Native Plants & Garden Program

LÁU,WELŅEW Tribal School, Brentwood Bay BC

Lesson Title: ĆENKILES Forest Teas and Spring Garden	Subject: Native forest teas and seeding in the spring veggie garden	WELU.ĆISTENEK (Instructors): Earl ƧƧÁƧIN Claxton Jr, Judith Lyn Arney and Ashley PEPÁKĪYE Cooper
Grade Level: NETEILĆ 1	Time Needed: 45 mins	Date: May 30, 2017 LKALJ: SĶÁN,EL

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 in glass labeled jars. (**TEXTEX** stinging nettle, **DILEK** strawberry leaves, **SKEĆES** red huckleberry leaves, **KÁLK** rose petals, **KIDE** honey suckle, **TIHIĆ** labrador tea, hawthorn berries)

Resources from Teachers

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

Ask the Students

- ❖ What are plants that you use to make tea from?
- ❖ How do you make this tea bag when you get home?
- ❖ Who remembers the SENĆOTEN plants and Veggies that we planted today?
- ❖ How will you make sure that the seeds you planted will sprout?



WORKSHOP ACTIVITIES

Time	SĆÁ (Activity)
4 mins	<p>ŚELOQ I, EĆOSTONES TFE WELU,ĆISTENEK (Circle and introduce instructors) 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>
18 mins	<p>Group 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. Teach students the SENĆOFEN names for JSAY (Douglas Fir) and SKEMÍEK (Grand Fir) 2. Discuss and show students the KEL,KE,IŁĆ (Nootka Rose Bush) and show them the KÁLK (Rose Buds) and demonstrate how to harvest pedals. 3. Head back to the tea table. Talk to the students about each tea and what's medicinal qualities are. Pass around demo tea bag for students to understand what their making. Pass around tea jars for students to smell and look at. 4. Have students mix their own tea bag, tie, and make a label to list the contents of teabag. Have students practice the SENĆOFEN names as they mix their bags. Put tea bag and label into ziplock bag to bring home.
18 mins	<p>Group 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 veggie 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.
4 mins	<p>ŚELOQ: 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,SW₂KE SIÁM!