



PEPÁKEN HÁUTW Food Systems Education Foundation

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Lesson Title: ĆENKILES Forest Teas + Spring Gardens	Subject: Make tea from the garden herbs and native plants, plant spring garden vegetables and seeds	Months: April - May LKALJ: SXANEL
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Purpose:

- ❖ Comparing the fresh roses, nettles, mints, and fir tips to the dried teas
- ❖ Creating an opportunity for students to showcase their knowledge in identifying native plants
- ❖ Participating in sacred teachings like praying and singing to our medicine beds
- ❖ Mixing their own tea bags to bring home or gift to someone

Resources Provided

- ❖ Kale, broccoli, rhubarb, lemon balm, mint, rose, and fresh fir tip from the garden.
- ❖ Dried teas: **KÁLK** (Rose), **TEXTEX** (Stinging nettle), **TIHĪĆ** (Labrador tea), Peppermint, **SKEMÍEK + JSÁY** (Balsam and Douglas fir tips) **KEL, EK** (Rosehips) **Telikelp** (Yarrow)
- ❖ Tea sachets + Ziplock bags
- ❖ Spoons
- ❖ Paper + pens

Ask the Students

- ❖ What are some of the SENĆOTEN names of the teas from today?
- ❖ What did you taste?
- ❖ What was your favorite flower from today?
- ❖ Do you like working in the garden?



WORK SHOP ACTIVITIES

Time	SĆA (Activity)
	<p>ŚELOQ I, EĀOSTONES TFE WELUIĆISTENEK (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 and rules for garden space, tools and each other.</p> <p>Break into two groups.</p>
	<p>Group 1</p> <ol style="list-style-type: none"> 1. Explore the vegetable garden by looking around to look at the life stages of plants. Discuss the flowers or some of the plants that are going to seed such as SĆK,ŚEN (white fawn lily), KEXMIN (Indian celery), shooting star, and kale. 2. Taste what's available in the garden such as kale, mint, rhubarb and KEXMIN greens and seeds. 3. Plant salad greens, edible flowers and beans! Water these seeds if we have the time 😊 <p>Group 2</p> <ol style="list-style-type: none"> 1. Practice saying the SENĆOFEN names of tea native teas. Pass the jars to look at the dried inside the jars and look at the spelling of each tea name. 2. Open the jars and start smelling and looking at the dried teas and discuss the uses for them 3. Demonstrate how to mix a tea bag and help assist students while they mix their own bag of tea to bring home. Help students write down on the tags what they are mixing 4. Explore the forest garden and compare some of the fresh ingredients to the dry teas they just looked at, smelt, and mixed
	<p>ŚELOQSET (Make a circle): What did you learn about today? What was your favourite part?</p>