



# PEPÁKEN HÁUTW Native Plants & Garden Education Program

LÁU,WELNEW Tribal School, Brentwood Bay BC

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|--|-----------------------------|--|
| Teacher: Anita Pilger                                | Grade Level: 5              | Subject: herbal teas, SENĆOTEN plant names, vegetable seeds and transplanting, spring garden transplanting |
| Lesson Title: Forest & Garden Teas and Spring Garden | <b>Time Needed: 45 mins</b> | Date: June 7 2016  |

## BC Min of Ed Learning Outcomes addressed in this lesson:

- Science K to 7 (2005) 5 analyze how the Aboriginal concept of interconnectedness of the environment is reflected in responsibility for and caretaking of resources
- Science K to 7 (2005) 5 describe potential environmental impacts of using BC's living and non-living resources
- Science K to 7 (2005) 5 identify methods of extracting or **harvesting** and processing BC's resources
- Social Studies K to 7 (2006) 5 apply critical thinking skills including hypothesizing, comparing, imagining, inferring, identifying patterns, and summarizing to a range of problems and issues
- Social Studies K to 7 (2006) 5 explain why sustainability is important
- Social Studies K to 7 (2006) 5 analyze environmental effects of settlement in early BC and Canada

## Objectives -Through these learning activities, the student will demonstrate the ability to:

- Students recognize the changes in the garden and identify plants
- Students understand the difference between seeds and seedlings
- Students learn about container gardening and gardening in small spaces.

## WORKSHOP ACTIVITIES

| Time   | Activity   |
|--------|--|
| 2min   | Opening Circle: introduce workshop instructors and review what we learned in past workshops - what do you remember?<br><br>Explain ground rules for working with the garden (respectful use of tools, respect for shared space) and introduce today's activities.<br><br>Break into 2 groups |
| 20mins | Veg Garden:<br><br>1. Students tour the garden, and see what is growing.<br>2. Students tour the composter and talk about composting<br>3. Students help to identify and taste plants<br>4. Student review what plants need to be grow well<br>5. Students compare seeds and seedlings       |

6. Students prepare pots for growing, and discuss container gardening and how to garden in small spaces.
7. Student's plant squash, potatoes and sunflowers in containers and around the garden.

Native Plants:

20mins

1. Look at the native plant gardens, discuss each ecosystem and review SENĆOTEN plant names
2. What can we eat in each garden? What plants can we use for tea?
3. Make a teabag with SENĆOTEN labels to bring home!

Tea Plants: ȚEX,ȚEX Stinging nettle *Urticia dioicia*

ᑕELᑕ Nootka rose petals *Rosa nutkana*

JSÁY Douglas fir tips *Pseudotsuga menziesii*

DEWI,ELĆ Grand fir tips *Abies grandis*

KEXMIN Indian consumption plant *Lomatium nudicaule*

Peppermint

Lemon balm

2mins

Closing Circle: What are the things you learned today? What do you wonder about? How can you investigate further before we meet again?

**Materials Needed:**

- Seeds, seedlings, trowels, gloves
- 8 large pots and sea soil to fill them
- Labels and pens to make signs
- Assorted native plants and herbs prepared for tea
- Compostable teabags and string
- Labels and pens for tea labels

**Please fill out our feedback forms and leave them in the envelope at the front office!**

**HÍ,SWᑕE SIÁM!**