



# PEPÁKEN HÁUTW Native Plants & Garden Education Program

LÁU,WELNEW Tribal School, Brentwood Bay BC

Teacher: Berkeley Lott	Grade Level: 7	Subject: herbal teas, SENĆOTEN plant names, vegetable seeds and transplanting, spring garden transplanting
Lesson Title: Forest & Garden Teas and Spring Gardens	<b>Time Needed: 45 mins</b>	Date: May 24 2016

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

- Social Studies K to 7 (2006) 7 apply critical thinking skills including comparing, classifying, inferring, imagining, verifying, using analogies, identifying relationships, summarizing, and drawing conclusions ñ to a range of problems and issues
- Science K to 7 (2005) 7 analyse the roles of organisms as part of interconnected food webs, populations, communities, and ecosystems
- Science K to 7 (2005) 7 assess survival needs and interactions between organisms and the environment
- Science K to 7 (2005) 7 assess the requirements for sustaining healthy local ecosystems
- Science K to 7 (2005) 7 evaluate human impacts on local ecosystems

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

- Understand how to care for gardens generally and what extra supports are needed.
- Understand the role of composting and compost in a healthy garden
- Examine and taste what is growing now in the garden
- Learn how to 'prep a bed' for planting, and how to space different seeds.
- Directly sow beans, radishes, beets and brassicas
- Review forest and meadow native ecosystems
- Review SENĆOTEN names for native plants
- Learn about plants we can use for tea

## WORKSHOP ACTIVITIES

Time	Activity
2min	Opening Circle: Explain ground rules for working with the garden (respectful use of tools, respect for shared space) and introduce today's activities.  Break into 2 groups
	Vegetable Garden: 1. Have a quick tour and taste of the garden (herbs, pea tendrils).

20mins

2. Check out the composter, and talk about why composting is important
3. Discuss the lifecycle of annual plants and what types of supports plants need (watering, structures like trellising, weeding, soil amending- not just planting and harvesting).
4. Work together to get beds ready for planting.
5. Plant pole and runner beans behind berry plants, and brassicas and sunflowers, beets in other beds.
6. Weed and water garden as needed (time permitting)
7. If time put up trellises for peas.

Native Plants:

20mins

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

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

ĶELĶ Nootka rose petals *Rosa nutkana*

JSÁY Douglas fir tips *Pseudotsuga menziesii*

DEWI,EŁĆ Grand fir tips *Abies grandis*

KEXMIN Indian consumption plant *Lomatium nudicaule*

Peppermint

Lemon balm

2mins

Closing Circle: Review what was learned during workshop. Open time for questions.

**Materials Needed:**

- Hand tools and gloves for weeding
- Seeds and seedlings
- Shovels
- Labels for plants
- 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,SWĶE SIÁM!**