



## PEPÁKEN HÁUTW Food Systems Education Foundation

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<b>Lesson Title:</b> ĆENKILES Forest Teas + Spring Gardens	<b>Subject:</b> Make tea from the garden herbs and native plants, plant spring garden vegetables and seeds	<b>Months: April - May</b> <b>LKALI: SXANEL</b>
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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) **TELIKĒLP** (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><b>ŚELOQ I, EĆOSTONES TFE WELUIĆISTENEK</b> (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><b>Group 1</b></p> <ol style="list-style-type: none"> <li>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 <b>SĆK,ŚEN</b> (white fawn lily), <b>KEXMIN</b> (Indian celery), shooting star, and kale.</li> <li>2. Taste what's available in the garden such as kale, mint, rhubarb and <b>KEXMIN</b> greens and seeds.</li> <li>3. Plant salad greens, edible flowers and beans! Water these seeds if we have the time 😊</li> </ol> <p><b>Group 2</b></p> <ol style="list-style-type: none"> <li>1. Practice saying the <b>SENĆOTEN</b> 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.</li> <li>2. Open the jars and start smelling and looking at the dried teas and discuss the uses for them</li> <li>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</li> <li>4. Explore the forest garden and compare some of the fresh ingredients to the dry teas they just looked at, smelt, and mixed</li> </ol>
	<p><b>ŚELOQSET (Make a circle):</b> What did you learn about today? What was your favourite part?</p>