

Make a wigwam for a home

- ___ Maple (for the frame)
- ___ White birch (for the wigwam siding)
- ___ Spruce roots (to tie the frame together—although basswood twine is preferable)

Make a fire

- ___ White birch (for bark as tinder)
- ___ Balsam (for pitch as fire starter)
- ___ Chaga (to transport the fire)

The Honorable Harvest

Know the ways of the ones who take care of you,
so that you may take care of them.

Introduce yourself. Be accountable as the one who comes asking for life.

Ask permission first before taking. Abide by the answer.

Never take the first. Never take the last.

Take only that which is given.

Never take more than half. Leave some for others.

Harvest in a way that minimizes harm.

Use it respectfully. Never waste what you are given.

Share.

Give thanks for what you have been given.

Give a gift, in reciprocity for what you have taken.

Sustain the ones who sustain you and the Earth will last forever.

adapted from various Indigenous teachings by Robin Wall Kimmerer

Make a meal

- ___ Ostrich fern (fiddleheads)
- ___ Wild leeks
- ___ Violets
- ___ Trout lily
- ___ Dandelion
- ___ Cedar



Spirit of the Wildwood

LLC

Munising, Michigan

spiritofthewildwood.com



Gifts of the Forest

Plant Scavenger Hunt



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White Birch / wiigwaasaatig

Gifts: canoes, baskets, utensils, sleds, home siding, fire tinder, cooking pots

Note: *harvesting bark incorrectly will harm the tree*



White Spruce / gaawaandag

Gifts: roots are used for binding home siding, canoes, and more. Also used as tough thread. Pitch used as caulking for canoes and containers.



Balsam / zhingob

Giffs: bark bubbles have pitch that is nicely flammable for fire-starting. Boughs used as floor covering and as bed cushioning.



Cedar / giizhik

Gifts: canoe ribs, paddles, cradleboards, flooring, tea rich in Vit C & more

Note: *Can live 1000+ years*



Dandelion / mindimooyen

Gifts: young leaves edible, roots make coffee, flowerheads can be eaten fried, or battered. Leaves very rich in Vitamin A.



Ostrich Fern (fiddlehead) / waagaagan

Gifts: edible as fiddlehead (raw, sautéed, cooked). Look for the brown scales and the groove down the front of the stem. Ferns covered with white fuzz are not edible.



Violet / ogitebagoons

Gifts: edible flower petals (easy on the yellow tho'). Dried leaves make violet tea - rich in Vit A & C. Look for heart-shaped leaves.



Chaga / shkitagen

Gifts: a powerful medicine and cancer remedy. A firekeeper - embers will burn inside fungus allowing the transport of fire over distances. Grows on white and yellow birches.



Trout Lily / namegbugomiin

Gifts: very young leaves are edible (bitter aftertaste). Bulbs are edible raw and considered tasty.



Wild Leeks / bagwaji-zhi

Gifts: edible bulbs and leaves. Most easily spotted in spring but harvestable throughout the year.

Note: *Leave roots in ground.*

