

## 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)

## Make a meal

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

## 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*

*Disclaimer: Wild edibles and medicinals should always be approached with cautious inquiry. Clients choose to eat wild edibles at their own risk. Spirit of the Wildwood LLC and its associated personnel are not legally liable for any harm that comes from utilization of the information we provide in this brochure, in person, or in any other manner associated with Spirit of the Wildwood publications and activities.*



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## Gifts of the Forest

### Plant Scavenger Hunt





### White Birch / wiigwaasaatig

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

**Note:** *harvesting bark incorrectly will harm the tree*



### 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.



### 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.



### 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.



### Balsam / zhingob

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



### Chaga / shkitagen

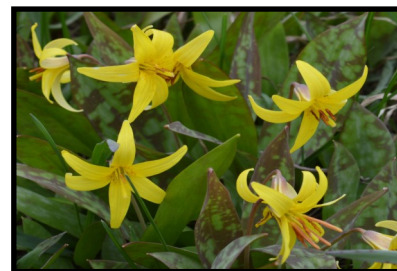
**Gifts:** a powerful medicine and cancer remedy. A firekeeper - embers will burn inside fungus allowing the transport of fire over distances. Grows on white and yellow birches.



### Cedar / giizhik

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

**Note:** *Can live 1000+ years*



### Trout Lily / namegbugomiin

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



### Dandelion / mindimooyenh

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



### Wild Leeks / bagwaji-zhi

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

**Note:** *Leave roots in ground.*

