

Wild Edibles

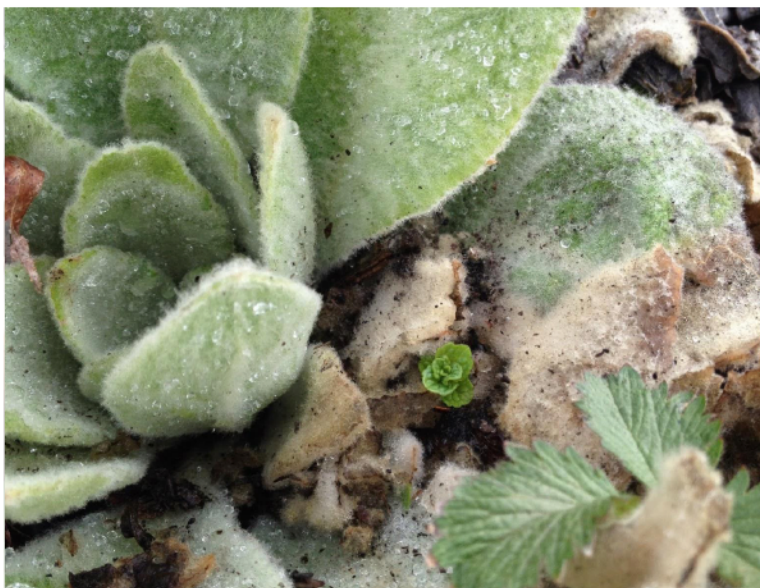
Description

Students will have a chance to interact with the garden and begin to understand some basic native wild edibles found in most gardens and naturalized spaces here in Ontario.

Students will gain an understanding of the importance of a diverse diet, and how wild edibles can be a viable source of nutrients, sometimes containing more nutrients than cultivated types of plants.

Key Learning Outcomes

- Eating locally
- Biodiversity
- Use regional and seasonal foods to plan and produce a Canadian food product or meal
- Plant history and identification



Time Frame

1 period

Materials

- Zine books for students
- Wild edible lesson cards
- Metal salad bowls and forks

Related Workshops

- Seed saving
- Cooking outdoors
- Pollination and pollinators



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