



# Student Activity Guide

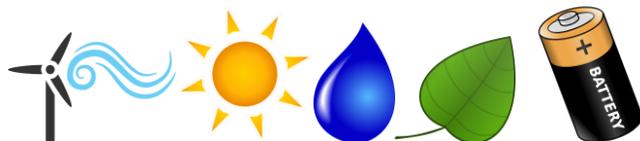
Asynchronous Activity

Session Name: Sustainability (Backyard plant identification)

Materials List: Camp workbook, writing utensil, phone/camera (optional)

Directions: There are many plants we see every day that can be used sustainably in food and medicine! Take 15-20 minutes to go outside and see if you can find any of these useful plants! Note which ones you find for our discussion later. **\*\*\*Do not harvest or consume plants without adult supervision!\*\*\***

1. Dandelion: This plant is common across the country and is edible! The green leafy parts are often used in teas and salads.



# ENERGIZING OUR WORLD

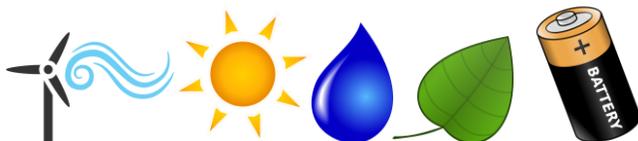
2. Plantain: This small weed like plant has wide leaves that can be used in salads (similar to spinach)!



3. Wild garlic and garlic mustard: Wild garlic is a common plant that often gets mistaken for a type of weed or grass. This plant can be used just like regular garlic and onions in order to add more flavor to food! Garlic mustard is an invasive species that grows in two stages. It can be harvested in the flowering stage to be used in pesto sauces.



Wild Garlic

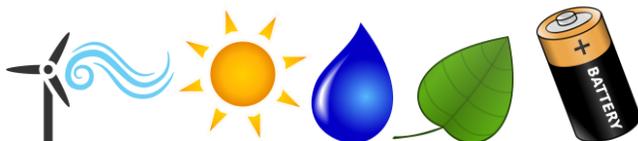


# ENERGIZING OUR WORLD



Garlic Mustard

4. Rose: While this plant produces beautiful flowers, it also produces rose hips which are high in vitamin C and are commonly used for medicinal purposes.



# ENERGIZING OUR WORLD

5. Violets: This plant's leaves and small purple flowers can be eaten or used to soothe many skin conditions.



## Reflection Questions:

1. How many plants were you able to find? List them below:
2. What are some other plants that you know how to identify? Can they be used for food or other purposes?
3. What are some natural or sustainable changes we can make in our own gardens and back yards?
4. Do you think we can reuse or regrow plants sustainably?

Video Tutorials/Links: Watch this short video on sustainable gardening!  
[https://youtu.be/9CkHET7e\\_7k](https://youtu.be/9CkHET7e_7k)

