

Foraging with Kids in Nova Scotia

Family Guide

Ground Rules - Safety

Everyone must understand the safety rules before foraging. Read (or listen to) each rule and check the box if you agree to follow it.

 If I don't know what something is, I won't pick it

 I'll stay with an adult so I forage only in safe places

 I'll check with an adult before tasting anything

 I'll only try a small amount of a new food at a time

Ground Rules - Respect

Everyone must understand how to respect nature before foraging. Read (or listen to) each rule and check the box if you agree to follow it.

 I won't pick from the first patch I see

 I won't take more than one-third of any plant

 I won't leave anything behind

 I'll stay on the path to keep myself and wildlife safe

Ground Rules - Safety Gear

 Basket or bag

 Garden gloves

 All-weather boots

 Good attitude

Remember to Bring:

- Medicine for kids with food allergies
- A few tools (such as a spade or scissors)
- A phone for photos, time and location

Food for thought: Going foraging is a great way to learn about whose land you are on. Find out more about Mi'kmaw place names at placenames.mapdev.ca/.

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Siwk (Spring)

Psesgw (Mint)



Locate

- Found in damp areas near ponds, rivers or marshes



Identify

- Strong mint scent; may smell like toothpaste
- Green leaves with a jagged edge



Add **leaves** to recipes like fresh rolls or dry for mint tea

Ma'susi'l (Fiddleheads)



Locate

- Found in mostly shady areas near rivers and streams



Identify

- Tightly curled heads on long green stems; must be smooth, **not fuzzy**
- Clustered in vase-shaped packs of 6-8 fronds



Sauté or roast heads (with 2 cm of stem); **do NOT eat raw**

Tewa'lutewei (Dandelion)



Locate

- Found in mostly sunny areas like fields or grassy lawns



Identify

- Bright yellow flowers that are shaped like a bursting firework



Add **leaves** (picked before or after the plant flowers) to salads; use **flowers** to make dandelion jelly or tea

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Nipk (Summer)

Pkwimann (Blueberry)



Locate

- Found in damp areas or woodlands

Identify

- Small dark blue berries with a crown
- Low to the ground bush with woody branches and green leaves



Eat **berries** fresh, dried, or frozen or make into jams etc.

Klitaw (Raspberry)



Locate

- Found in mostly sunny areas like fields or woodlands

Identify

- Red compound berries; look like each is made of many small berries
- Prickly bush with green jagged leaves



Eat **berries** fresh, dried, or frozen or make into jams etc.

Atuomgomin (Strawberry)



Locate

- Found in mostly sunny areas like fields or grassy lawns

Identify

- Red berries with visible yellow seeds; berries may be hiding under leaves
- Small white flowers with jagged leaves



Eat **berries** fresh, dried, or frozen or make into jams etc.

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Toqa'q (Fall)

Su'n (Cranberry)



Locate

- Found in damp areas like wetlands, along lakes, and on forest floors



Identify

- Deep red berries with an oval shape; inside is partly hollow with pinkish-white flesh and brown seeds



Eat **cranberries** cooked in sauce or compote; edible raw but are very tart

Sipekn (Groundnut)



Locate

- Found along flowing water like a riverbank



Identify

- Pink flowers and bean pods hanging from vines
- Several tubers attached by a thin root once pulled from ground



Shell **beans** and boil, cook **tubers** like potatoes

Ajioqjimin (Blackberry)



Locate

- Found in mostly sunny areas like fields or woods



Identify

- Purple compound berries; look like each is made of many small berries
- Prickly bush with green jagged leaves



Eat **berries** fresh, dried, or frozen or make into jams etc.

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Gesig (Winter)

Ka'qaju'mannaqsi
(Wintergreen)



Locate

- Found in mostly shady areas like woodlands



Identify

- A small low to the ground shrub with waxy green leaves
- Bright red berries with a minty taste



Eat **berries** fresh, dried, or frozen or make into jams, use new pale green **leaves** in tea

Wadakuna'sikjech
(Dulse)



Locate

- Found in saltwater or on rocks near the seashore during low tide



Identify

- Reddish-purple seaweed with finger-like shapes; may be hidden under other larger seaweed



Eat **dulse** raw in a salad or soup, or dry to preserve as a seasoning

Guow (White Pine)



Locate

- Found in woodlands



Identify

- Long blue-green needles that grow in clusters of 5 from a single point



Steep **pine needles** in hot water to make a lemony tea