

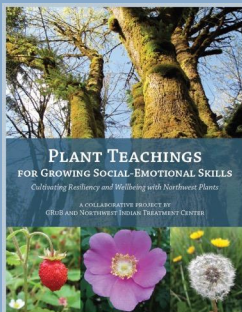
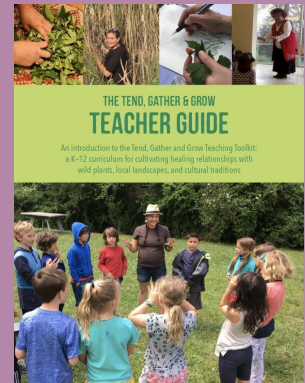
Connecting Children with Plants, Local Landscapes, and Cultural Traditions

GRuB's Wild Food and Medicines Program (WFM) helps people to learn about, access, and protect nutritious wild foods and medicines through hands-on, place-based, and culturally relevant activities. We convene groups of experts to create innovative educational resources such as the [Tend, Gather and Grow Teaching Toolkit](#) and [Plant Teachings for Growing Social-Emotional Skills](#). These resources promote the development of sensory observation and storytelling as means for self-expression and social/environmental change and support a sense of cultural pride among Northwest Native children and youth, and a greater understanding of Indigenous people and connection to local landscapes among non-native students.

The Tend, Gather and Grow Teaching Toolkit includes:

- A K-12 curriculum covering 20 regional plants with modules on wild food traditions, cultural ecosystems, herbal medicine, plant technologies, and tree communities.
- Short videos featuring Native storytellers, plant experts, and youth.
- Games, posters, plant identification cards, and recipes.

Tend was designed by a team of Native and non-native educators for use by Native and non-native educators and their students. *Tend* has been reviewed for accuracy, ethical harvesting practices, and culturally-appropriate content. Learn about our team, review process, and partners at wild.goodgrub.org.



The **Plant Teachings for Growing Social-Emotional Skills Toolkit** explores how plants can lead us in being healthy and resilient. It includes a book, plant teaching cards, movement videos, an activity guide, and infographics, and was developed through a partnership between GRuB, Squaxin Island Tribe's Northwest Indian Treatment Center, and Seattle Indian Health Board. Learn more about the project team at wild.goodgrub.org.



Resources for Tribal ECE Programs (February - September 2023)

In response to requests from Tribal Early Childhood Education programs, GRuB is partnering with the Washington State Department of Health, Department of Children, Youth & Families, and Office of Superintendent of Public Instruction to offer teaching resources and technical assistance on native plants, traditional foods, and outdoor learning to interested Tribal ECE programs across Washington State.

Resources include:

- Printed copies and online access to *Tend* and *Plant Teachings* toolkits (see above) as well as [Feeding 7 Generations: A Salish Cookbook](#) and an early childhood monthly activity guide. (Spring timeline)
- Free 3-part zoom series introducing resources and activities for connecting kids to Traditional Foods and plants as teachers of social-emotional skills. STARS hours available. See calendar page 2.
- Scholarships to GRuB's seasonal [Tend, Gather and Grow teacher trainings](#) in Olympia, WA. STARS hours available.
- Technical assistance in enhancing or establishing native plant gardens at ECE centers. (limited availability)

Calendar of Upcoming Professional Development Opportunities

To register follow links in titles. For a full list of *Tend*, *Gather and Grow* Trainings, see wild.goodgrub.org/events

March 18th

April 19th

June 10th

[Introduction to Traditional Foods Resources and Curricula](#) - Free 3 part zoom series for ECE Providers serving Tribal Communities.

- Part One: Saturday, March 18th 10am - 11:30am - General Overview
- Part Two: Wednesday, April 19th 5:30pm - 7pm - Spring & Summer Foods & Activities
- Part Three: Saturday June 10th 10am - 11:30am - Fall Foods & Activities

Join Zoom Meeting

<https://us02web.zoom.us/j/83266388602?pwd=ZUQ5M0NHTFcxWmt0UjRmQlZOU045UT09>

Meeting ID: 832 6638 8602 Passcode: 222530

Tuesday
March 28th

[Wild Food Traditions: Spring Greens Teacher Training](#) - Embrace the gifts of spring! Taste edible greens including nettles, dandelion, chickweed, wild lettuces, salmonberry sprouts, violets, and big leaf maple blossoms. 9am - 4pm. Scholarships available for Tribal ECE programs.

Saturday
April 22nd

[Cultural Ecosystems: Wetlands Teacher Training](#) - Learn about wetland ecosystems that Pacific Northwest regional tribes have cultivated since time immemorial. We will start the day at GRuB with an overview lesson and then will head to the McLane Creek nature trail to explore wetland ecosystems. Scholarships available for Tribal ECE programs.

Tuesday
May 9th

[Cultural Ecosystems: Camas Prairies Teacher Training](#) - Learn about camas prairie ecosystems that Pacific Northwest regional tribes have cultivated since time immemorial. Many children grow up thinking that humans are harmful to the land. Through learning about cultural ecosystems, youth see how people can promote biodiversity and well-being through conscientious stewardship. Scholarships available for Tribal ECE programs.

Tuesday
July 11th

[Cultural Ecosystems: Food Forests and Urban Landscapes Teacher Training](#) - We will explore how to identify, harvest, and prepare many wild berries and nutritious and medicinal "weeds." Walk away with tangible ideas for diversifying your schoolyard with useful native plants. 9am - 4pm. Scholarships available for Tribal ECE programs.

Learn More

- GRuB's Wild Foods & Medicines Program Website: wild.goodgrub.org
- Native Plants and Foods Curriculum Portal: nativeplantsandfoodsportal.org
- Coast Salish Connections: A Native Plants & Foods StoryMap: <https://wild.goodgrub.org/our-partners>



Teaching about our plant relatives has done so much for me as an Indigenous woman that I do not believe words could ever accurately capture its impact on my existence. It's like the (Tend) curriculum opened up an entirely new way of knowing for me that I knew was always there, but always struggled with accessing.

—Emma Johnson, Cowlitz

Contact Mariana Harvey, Wild Foods and Medicines Tribal Relations Lead, with questions or scholarship requests at mariana@goodgrub.org.