

# Tend, Gather & Grow

A youth-centered teaching toolkit on  
wild plants as food, medicine, and traditional technologies



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Our Tend team started working together in Spring 2016



# Curriculum Goals and Outline

*Goals include promoting health, connecting people to the land and cultural traditions, upholding tribal sovereignty, building social-emotional skills, and increasing individual and community resilience*

## Modules

- Plant Guide
- Cultural Ecosystems Field Guide
- Herbal Apothecary
- Wild Food Traditions
- Tree Communities
- Plant Technologies





## THE TEND, GATHER & GROW PLANT GUIDE

A resource for educators using the Tend, Gather and Grow Teaching Toolkit:  
a K-12 curriculum for cultivating healing relationships with wild plants,  
local landscapes, and cultural traditions



# TEND GATHER & GROW PLANT GUIDE

December 2021

1. Teacher Guide for the Tend Curriculum
2. Alder
3. Bigleaf Maple
4. Camas
5. Cattail
6. Cedar
7. Cleavers
8. Cottonwood
9. Dandelion
10. Douglas Fir
11. Fireweed
12. Hawthorn
13. Huckleberry
14. Ironwood
15. Nettle
16. Plantain
17. Salal
18. Salmonberry
19. Wild Rose
20. Willow
21. Yarrow

TEND, GATHER & GROW  
**CULTURAL ECOSYSTEMS**  
FIELD GUIDE



Artwork by Tamat Kames

A module of *Tend, Gather and Grow*, a K-12 curriculum on native and wild plants of the Pacific Northwest. The *Cultural Ecosystems Field Guide* explores the deep-time relationships and cultivation practices of Native People with local ecosystems. Topics include camas prairies, saltwater beaches, food forests, wetlands, and urban landscapes.

**Big Idea:** *We are a part of the land. The land shapes our culture, and our culture shapes the land.*

## Lessons

Introduction

Camas Prairies

Food Forests

Saltwater Beaches

Wetlands

Urban Landscapes





## Cultural Ecosystems

Cultural ecosystems are landscapes that include and **require** human involvement with them if they are to continue to exist. Native People have stewarded cultural ecosystems including camas prairies, clam gardens, mountain huckleberry meadows, wetlands, and food forests since time immemorial.



## THE TEND, GATHER & GROW ECOSYSTEM GARDEN GUIDE

A resource to support people growing native plants in garden settings and connecting with the cultural ecosystems featured in the *Tend, Gather and Grow* Curriculum.



Shawna Zierdt planting a micro-prairie at GRuB. *Ecosystem Garden Guide* has information on incorporating cultural ecosystems into school and community gardens.



# TEND, GATHER & GROW

## THE HERBAL APOTHECARY



A module of *Tend, Gather and Grow*, a K-12 curriculum on native and wild plants of the Pacific Northwest. *The Herbal Apothecary* includes techniques for harvesting, processing, and preparing medicinal plants. Lessons explore herbal teas, infused herbal vinegars, herbal honeys, healing poultices, infused oils and salves, aromatherapy basics, and making herbal baths.

**Big Idea:** *Plants have unique gifts that support their own health and can support human health.*

### Lessons

Making Herbal Teas

Herbal Infused Vinegars

Herbal Infused Honey

Infused Herbal Oils and Salves

Introducing Essential Oils

Making Bath Salts





# TEND, GATHER & GROW WILD FOOD TRADITIONS



Artwork by Annie Brulé

A module of *Tend, Gather and Grow*, a K-12 curriculum on Native and wild plants of the Pacific Northwest. Wild Food Traditions explores Indigenous foods and wild non-native foods with identification, harvesting, cooking, stories, and food traditions. Lessons include an overview with energizing snacks, wild spring greens, Native berries, and healthy beverages.

**Big Idea:** *Many wild plants are nutritious foods. The foods we need to stay healthy and nourished come from the land.*

## Lessons

The Gift of Native Foods

Spring Wild Greens

Wild Edible Berries

Native Infusion: Rethink Your Drink



# TEND, GATHER & GROW TREE COMMUNITIES



Artwork by Annie Brulé

A module of *Tend, Gather and Grow*, a K-12 curriculum on native and wild plants of the Pacific Northwest. *Tree Communities* introduces common Northwest trees and explores identification, ecological relationships, how trees are valued for food, medicine, and traditional technologies, and life skills that we can learn from trees. Lessons include a tree walk and a deeper look at evergreen conifers.

**Big Idea:** *Each tree has unique gifts that contribute to the forest community.*

## Lessons

Tree Walk

Evergreen Conifer Trees I

Evergreen Conifers Trees II

## Additional Documents

Student Handouts

Tree Lifecycle Pages

Tree Coloring Pages

Evergreen Conifer Botanical Key



# TEND, GATHER & GROW

## PLANT TECHNOLOGIES



Artwork by Annie Brulé

A module of *Tend, Gather and Grow*, a K-12 curriculum on native and wild plants of the Pacific Northwest. *Plant Technologies* explores how humans have used plant qualities to create human technologies for millennia. Lessons explore ways to gather and process plants to make useful items including cordage, baskets, mats, tools, and dyes.

**Big Idea:** *Plants have specialized structures and functions, such as strength and flexibility, that help them thrive in their environments. Humans have made use of these qualities to meet their own needs.*

### Lessons

Build a Tiny House  
Plant Superpowers  
Make Cordage  
Plant Dyes





## THE TEND, GATHER & GROW TEACHER GUIDE

An introduction to the Tend, Gather and Grow Teaching Toolkit:  
a K-12 curriculum for cultivating healing relationships with  
wild plants, local landscapes, and cultural traditions



# Guiding Principles and Teaching Strategies

Storytelling

The Art of Noticing

Culturally Responsive Teaching

Honoring Cultural Property  
Rights

You Don't Need to be an Expert

Learn Together

Teach and Learn Outside

Harvest Safety and Ethics

See the video *Honoring Plants,  
Places, and Cultural Traditions* at

<https://vimeo.com/grubinoly>



# PLANT TEACHINGS

## FOR GROWING SOCIAL-EMOTIONAL SKILLS

*Cultivating Resiliency and Wellbeing with Northwest Plants*

A COLLABORATIVE PROJECT BY  
GRUB AND NORTHWEST INDIAN TREATMENT CENTER



A sister curriculum to Tend, Gather, and Grow

Many Native Elders remind us that plants are teachers. When we awaken our senses and observe nature, plants can lead us in finding ways to be healthy and resilient.

This resource is especially useful for mental health workers, educators, and community members who are exploring behavioral health skills that are rooted in the land and Coast Salish culture. Plant knowledge, social-emotional skills, stories, mindfulness activities, and recipes on wild foods and herbal medicines are woven throughout the book.

# Tribal Community Educator Internships



# Resources for Tribal ECE Programs

(February - September 2023)

- 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.
- 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)

# 3 Part Zoom Series

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

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

Join Zoom Meeting

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

Meeting ID: 832 6638 8602

Passcode: 222530





# Teacher Trainings in Olympia

[wild.goodgrub.org/events](http://wild.goodgrub.org/events)

for upcoming trainings

Tuesday March 28th

[Wild Food Traditions: Spring Greens](#)

Saturday April 22nd

[Cultural Ecosystems: Wetlands](#)

Tuesday May 9th

[Cultural Ecosystems: Camas Prairies](#)

Tuesday July 11th

[Cultural Ecosystems: Food Forests and Urban Landscapes](#)

# Questions for Group

- What questions do you have?
- What of this fits your program needs?
- What's missing? What support would you like in future years?
- Who would be interested in receiving technical assistance about enhancing their educational grounds?
- Who would be willing to share a story about connecting kids to traditional foods for the resource guide?
- Who would be willing/interested in reviewing resource guide?
- Permission for DoH to share your contact info?

# Thank you!

And we would like to thank the Elders and teachers who have shared knowledge and stories. And we thank the plants for their generosity, medicine, and teachings.

For more information visit [wild.goodgrub.org](http://wild.goodgrub.org)

Have questions? Ideas?

Email [mariana@goodgrub.org](mailto:mariana@goodgrub.org)

See <https://nativeplantsandfoodsportal.org> for the full curriculum.