Learn how to peel **Birch Bark** & to identify poison ivy, oak, & sumac, while picking & learning a cure. Also, we will be checking for Strawberries, Dewberries, Juneberries, & Edible Mushrooms.

**Wednesday JULY 10th** - We will plan to pick **Raspberries/ Blueberries, Edible Mushrooms** plus **Plantain & Yarrow**. We will also check for **Strawberries, Dewberries, Juneberries & Wintergreen** to make a **Mint Tincture** for Sore Throats/Colds.

**Wednesday AUGUST 14th** - Pick **Blackberries, Hazelnuts, Swamp Tea & Sage** & Make **Plantain & Yarrow Salve** for Eczema/Bug Bites/Cuts/Burns/Scrapes. (I will teach Safe & Respectful Picking; Tree, plant, & leaf identification. Learn how to make jam, jelly, syrup & sauce with berries, Scented Lilac oils, and so much more.)

***PARENTS ARE WELCOME***

*After Picking We May Be Swimming at a Local Beach*

Items Your Child Must Bring in a Backpack: **Bug Spray, Picking Basket**, (Ice-cream or Sand pail) **Swim Wear & Towel**, **Sun-Screen, Water bottle, & Snack**

**Families will be responsible for transportation**

Drop off at Elementary to Eat Lil Cat’s by 8:30am

Lunch at Noon (Elementary)

Pick up at Elementary at 3:00pm

Questions? Contact:

JASMIN LARSON  218-214-3066