Wild Edibles: Cookbook Project

“Wild Edibles Recipes”

* The goal of this project is to look up and record information about TWO different wild edible plants that are found in your area.
* You will record ONE recipe for each of the TWO plants you chose.
* You will prepare ONE actual recipe for the family to enjoy (*That’s right!!! You are going to make something for people to eat … so don’t get cute.)*

1. Use at least 3 recipe books, the Peterson field guide & at least one internet site to find recipes for the wild edible plants we have studied. **[9 points for following directions]**

* Skim through the source looking for practical recipes that you could prepare yourself.
* When you have found two recipes (ONE recipe for each of TWO different plants), sign up for those two plants and those particular recipes.

1. No two students in may use the same recipe. You may, however, use the same plant as long as it is approved by the teacher.
2. Choose at least ONE from the following list of Wild Edible Plants:

Burdock Cattail Clover Dandelion

Day Lily Elderberry Raspberry Goldenrod

Jerusalem Artichoke Milkweed Plantain Puffball

Touch Me Not Wild Carrot Wild Mint Wild Strawberry

* The other plant must be approved by the teacher or taken from the field specimen activity.

1. You will make a “mini cookbook” using TWO wild edible plants. It will consist of five pages as outlined below:

PAGE 1: Cover Page **[5 points]**

* Your own personal title for the cookbook
* Your name
* Course title
* Class Hour
* Date Due

PAGE 2: Information about your first plant **[*13 points*]**

* Common name
* Scientific name (Genus species)
* Habitat description
* Pressed specimen (to fill a ½ page or less) [*5 pts*]
* The flowering time of the plant by season or month

PAGE 3: Field Guide information about your first plant **[20 points]**

* Insert an image of the plant based on the field guide [*5 pts*]
* Record the “USE” of the plant as found in “Peterson’s Field Guide to Wild Edible Plants”
* Write ONE recipe that you can prepare yourself [*10 pts*]
* Give the reference that you used for the recipe (recipe book [title, author, year & page #], Field Guide title & year, internet site URL, etc.)

PAGE 4: Information about your second plant **[13 points]**

* Common name
* Scientific name (Genus species)
* Habitat description
* Pressed specimen (to fill a ½ page or less) [*5 pts*]
* The flowering time of the plant by season or month

PAGE 5: Field Guide information about your second plant **[20 points]**

* Insert an image of the plant based on the field guide [*5 pts*]
* Record the “USE” of the plant as found in “Peterson’s Field Guide to Wild Edible Plants”
* Write ONE recipe that you can prepare yourself [*10 pts*]
* Give the reference that you used for the recipe (recipe book [title, author, year & page #], Field Guide title & year, internet site URL, etc.)

1. Prepare ONE of your two recipes so your family can all eat and, hopefully, enjoy!
2. GRADING of the Project will include the following:

* You must include the following references:
* Peterson Field Guide
* At least three (3) books (Give the title, author, publisher, year, page number(s))
* At least 1 internet site URL

GRADING RUBRIC

9 points Following Directions (plant sign up, references, neatness)

5 points Cover Page

26 points Basic information about plants (*13 pts each*)

40 points Field Guide Information (*20 points each*)

20 points Making one of your recipes for the family