



Chestnuts 1

Castanea sativa

- Chestnuts refer to both the nuts, and the trees from which they grow. The trees grow best in temperate climates in the northern hemisphere.
- The nuts become ripe and fall to the ground in the autumn. Their roots sprout almost immediately, so they can start growing very quickly.
- Chestnuts have been an important staple food since as far back as 2000 B.C., particularly in Eurasia (especially the Mediterranean Basin), Asia, and North America.
- The nuts have been used as substitutes for both potatoes and cereal grains, given their high starches and carbohydrates. They can be eaten raw, roasted, and even ground into flour.



Walnuts 1

Juglans regia

- Walnuts are stone fruits that grow on trees and come with a single seed, or kernel.
- Originating in Asia, walnuts are the oldest known tree nuts.
- The shells contain antioxidants that keep the kernels fresh and prevent them from going bad.
- Walnut trees produce a specific chemicals into the soil so that other plants and vegetation cannot grow in the same vicinity.
- In Persia the walnut was called the "Royal Nut" and only royalty were allowed to eat them.



Goldenrod 2

Solidago

- Goldenrod or solidago is a species of flowering plants in the aster family. There are about 100-120 different types of goldenrod.
- Goldenrod is a weed because of how fast and quickly it grows, but it is also considered to be a perennial garden plant.
- Goldenrod is a tall flower that grows from one tall, hairy stem. One plant grows many small yellow flowers in a single bunch and most either hang low or have a flat top.
- The plant can grow in almost any conditions and can typically be found in meadows, fields, bogs, marshes, and even the side of the road.
- Native Americans used goldenrods for medicinal purposes, to aid sore throats and toothaches, and some of the flowers can be made into tea.



Queen Anne's Lace 2

Daucus carota

- Queen Anne's Lace is a biennial plant that can grow between 1 and 4 feet tall. It grows small white flowers that cluster into a flat surface or "umbel."
- Originating in Europe, Queen Anne's Lace is a biennial plant, considered to be both an invasive weed and a wildflower garden plant.
- Queen Anne's Lace is also known as "wild carrot" due to its roots tasting and being used as a substitute for carrots.
- It is said that Queen Anne's Lace is named after England's Queen Anne, who was an expert lace maker.
- Queen Anne's Lace can be beneficial for crops as it helps attract wasps and butterflies for pollination.



Lobster 3

Homarus gammarus

- Lobsters are arthropods: invertebrates that grow hard protective exoskeletons.
- The lobster's habitat is at the dark bottom of the ocean, so their eyes are reflective and they use their antennae as sensors.

- They have eight legs, six of which have claws, plus the biggest, frontmost claws.
- Lobsters have blue blood due to the presence of copper
- They can live up to 50 years old in the wild
- Lobster has been an important food source for coastal regions since the prehistoric period, due to their abundance and accessibility to the shore.



Shellfish 3

- Shellfish are any type of aquatic, invertebrate animal that have a shell, including mollusks, oysters, scallops, clams, shrimp, prawns, crabs, and more!

- Shellfish are a common food source in coastal regions, but are also among the most common food allergens.

- Even though they are called "shellfish," they are not actually fish, but crustaceans and molluscs. In fact, many shellfish are more closely related to insects than fish!
- The most commonly known shellfish, such as oysters and clams, are bivalve molluscs, meaning they are a type of animal that lives in a shell with two hinged parts.
- Other shellfish refer to crustaceans, which are invertebrates with a hard exoskeleton.



Cranberries 4

Vaccinium macrocarpon

- Cranberry refers to the berries and the shrubs on which they grow. The shrubs are low creeping vines and can grow up 7 feet long.
- Cranberries grow in the Northern Hemisphere and thrive in cool climates.

- Cranberries were originally used by the Native Americans as both a source of food and as a dye.
- Cranberries contain a lot of acid, resulting in a sour taste that is stronger than the sweetness.
- The berries are commonly harvest and made into juice, jam, and dried.



Currants 4

Ribes divaricatum

- Currants are a type of berry that grows on plants, referred to as Ribes, and is part of 200 different species.
- Currants are native to Europe and parts of northern Asia, thriving in winter and cold weather conditions. They are especially popular in the UK.

- Currants are eaten by several different species of moths and butterflies.
- Currant berries can refer to blackcurrants, redcurrants, white currants, and gooseberries, which are made into syrups, jams, pies, and cordials.



Handicraft

The Pilgrims brought their weaving techniques from England to America and primarily wove fabrics using hand looms and wool from their own sheep. They produced items such as blankets and garments for everyday use.

Pilgrim weaving is now recognized as a distinct style, characterized by its use of bold colors and geometric patterns. These handwoven textiles are highly coveted for their beauty and superior quality, making them valuable pieces in both historical and contemporary contexts.

For our handicraft lesson, we will create a cardboard loom and try our hand at weaving.

"I've filled him with the Spirit of God, giving him skill and know-how and expertise in every kind of craft to create designs ... he's an all-around craftsman."

~ Exodus 31:3-5

Handicraft Lesson

Weaving Project



Morris is also known as "Mills and Merrills," and there are a variety of similar games that share the name. All of them have a few things in common:

They are played with pips, marbles, or checkers on a board. That board is comprised of crossing lines, with the markers moving from one intersection to the next.

When a player aligns three of his pieces in a row, he may remove another player's piece. The goal is to reduce the opponent to two pieces. The most common Morris boards feature nested squares, with their corners and centers joined by lines.

Nine Men's Morris is considered the standard version the game, and would have been the one played by Colonial Americans. Children may have drawn rough makeshift board on the ground and played with rocks, or draw them in chalk on a board, but dedicated wooden Morris boards with checkers or marbles for pieces were common.