

PA Chapter -Inside Outside Sept 30, 2021

Guest: [Angie Barger, Clinical Herbalist and Mindfulness Instructor](#)

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Angie is the founder and instructor of The Tea Project courses for educators:
www.luna-root.com/theteaproject.com

Imagine a world where elementary school children grow herbs in a school garden, harvest them and drink herbal tea together mindfully every day.

These children understand the plant cycle from seed to warm belly because they care for the plants at every stage.

The Tea Project is: a standards-based initiative in which elementary schoolchildren experience the plant cycle, weather and seasons, and develop self-care, empathy, body awareness, mindfulness and science observation skills through the lens of growing and preparing perennial healing herbs.

The Tea Project is presented as a 3-credit graduate course for educators, including workshops, PLC's and consulting visits, through [Castleton University's Center for Schools](#), VT, and can be adapted to pre K- Grade 6.

Online Resources for TriState Region Foraging and Herbs (also known as weeds ;)

PA Foraging Guide: <https://www.paeats.com/feature/foraging-in-pennsylvania/>

Seasonal Foraging in PA from the above stated website:

- Spring:
 - Dandelion flowers and greens
 - Burdock root
 - Dandelion Root
 - Nettles
 - Ramps
 - Rhubarb stalks
 - Spruce tips
 - Wild garlic

- Summer:
 - Honeysuckle
 - [Mulberry](#)
 - Salsify
 - Sunflowers (for seeds)
 - Wild berries

- Wild mint
- Wood sorrel
- Fall:
 - Barberry
 - Crabapples and other wild apples (very bitter ones may need to be cooked down into jelly)
 - Hardy kiwi
 - Paw paws
 - Persimmon
 - Spicebush
 - Rose hips
 - Wild grapes
- Winter:
 - Wild greens (chickweed, hairy bittercress)
 - Black walnuts
 - Chestnuts
 - Hackberries
 - Juniper berries
 - Chokeberries AKA aronia berries
 - Wild Evergreens for Tea

GrowForageCookFerment: <https://www.growforagecookferment.com/what-to-forage-in-spring/>

Book List

Newcomb's Wildflower Guide, L Newcomb

Peterson Field Guide: Edible Wild Plants, L Petersen

Peterson Field Guide: Eastern/Central Medicinal Plants and Herbs, Foster & Duke

Field Guide to Trees- Eastern Region, National Audubon Society

Alchemy of Herbs: Rosalee de la Foret, connected with Learning Herbs:
<https://learningherbs.com/>

A Kid's Herb Book, Lesley Tierra