**Nature Nudge: Fin Your Ain Maet**

Suggested Activities:

There’s a “Home Economics” theme this week with some interesting recipes for you to try ☺ (separate documents)

If you have a recipe that you use with ingredients you’ve sourced from the wild PLEASE send them (with photos preferably) to us and we will put them up on the website!

Water Cycle lesson with cut-out cards: Science/Geography: <https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=12&ved=2ahUKEwj3tdr1sJrpAhVtSxUIHY1CDLEQFjALegQIAhAB&url=https%3A%2F%2Fwww.wateraid.org%2Fuk%2Fpublications%2Fthe-water-cycle-lesson-plans&usg=AOvVaw0svM5-YEK-r2iC90SAM4ZR>

Who says Shetland doesn’t have forests? You saw examples of these on Richard Shucksmith’s video clip. Did you know that there’s kelp in ice-cream and toothpaste? Learn more at:

<https://oceana.org/marine-life/marine-science-and-ecosystems/kelp-forest>

Read the following article - Ecology: seaweed and its environmental significance and then answer the questions: <https://www.ccber.ucsb.edu/collections-botanical-collections-algae/ecology-seaweed-and-its-environmental-significance>

Seaweed questions and answers (separate documents)

Resources:

Foraging for Wild Plants by Roddy Maclean: <https://www.nature.scot/sites/default/files/2020-03/Publication%202020%20-%20Foraging%20for%20Wild%20Plants.pdf>

Video Clips:

Short explanation of the water cycle:

<https://www.bbc.co.uk/bitesize/topics/zkgg87h/articles/z3wpp39>

Ancient Threads working with Green Nettles: <https://www.youtube.com/watch?v=VSq4ynO-lRs&app=desktop>

Spoots or Razor Shells are a bivalve that are found on many sheltered sandy beaches around Shetland. They are very good to eat but shouldn’t be eaten from the wild in the summer months. Remember the R Rule (don’t eat if the Month doesn’t have an R in its name) How to catch spoots: <https://www.youtube.com/watch?v=5cq8R09YIr4>

Interesting websites

Always be sure what you are eating before you put it in your mouth:

What is a soorick?: <https://wildplantguide.com/foraging-common-sorrel-and-other-docks/>

What is a dandelion?: <https://wildplantguide.com/monday-morning-monographs/>

If you sting yourself on nettles use dockans (Dock) or baking soda to take away the pain. <https://www.northumberlandgazette.co.uk/read-this/do-dock-leaves-cure-nettle-stings-heres-what-do-if-you-get-stung-635858>

Nettles have also been used effectively, for centuries, to ease the inflammation of arthritis. Somewhat like bee sting therapy, apitherapy, nettle stings to the area affected or applied as a cream show significant improvements in symptoms of arthritis: (Karen’s hands should be safe for a while then ☺ ) <https://www.medicalnewstoday.com/articles/325244>

Mussels are absolutely delicious but you have to be careful if you want to gather your own - remember the R Rule! In Shetland there’s a company called Blueshell Mussels which sells local line grown mussels. These are toxin and quality tested and so are always safe to eat. I thoroughly recommend you try them!! <http://www.blueshellmussels.co.uk>

Richard Shucksmith has won awards for his nature photography. He runs [shetlandphototours.co.uk](https://www.shetlandphototours.co.uk/) and is most famous for his pictures of diving gannets off Noss. He very kindly let us use his stunning underwater footage in our video. Visit his website to see more.

Dan Puplett is a naturalist, conservationist and outdoor educator who very kindly made this video on dandelions just for us. Dan provides training in a range of nature-based skills, and runs courses throughout the UK. Check out some of his online courses here: <https://www.danpuplett.net/events>

Dan Puplett You Tube Channel <https://m.youtube.com/channel/UCCq4e7R-TytFDbkPmnUE1rw>

Guide to the Edible and Medicinal Wild Plants of Britain <https://www.eatweeds.co.uk>

The medicinal properties of Dandelions: <https://www.medicalnewstoday.com/articles/324083#10-possible-health-benefits>

Foraging guide for kids <https://wilderchild.com/foraging-for-wild-edibles-with-kids/>

Scottish Natural Heritage guide to Foraging:

<https://www.nature.scot/professional-advice/planning-and-development/social-and-economic-benefits-nature/food-and-drink/foraging>

National Geographic for Kids <https://www.natgeokids.com/uk/discover/science/nature/water-cycle/>

Health benefits of eating seaweed: <https://www.healthline.com/nutrition/seaweed-healthy-nutritious>

Beginners Guide to Sourdough bread: <https://www.theclevercarrot.com/2014/01/sourdough-bread-a-beginners-guide/>