Stone Age Survival

Hide copies of the plants around your school grounds. Challenge your class to become stone age hunter-gatherers. Will you find enough to make a meal?

Nettle

It can be used to make tea.

It can make nettle soup.

It can also be used as a medicine. They can be harvested in the spring.

Blackberries

Blackberries contain vitamin C and they can be harvested in autumn.

Dandelion

Dandelions are high in vitamin C.

The best time to gather them is in spring.

Haws (Hawthorn)

Hawthorn needs to be cooked before eating.

Leaves are safe and can be harvested in May. The fleshy part of berries is safe, but remove the seeds, as they contain cyanide. The berries are ripe around September/ October.

Pine Kernels

The seeds from pine kernels are high in protein. They are in season during autumn.

Elderberries

Elderberries are high in vitamin C.

They can be gathered in summer.

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Beech Nuts	**Blackthorn**	**Acorns**
Beech nuts are cooked before they are eaten because they could be poisonous.	Blackthorn are also known as sloe berries. They can be harvested in autumn.	Acorns were eaten in autumn when they had turned brown.

They would be ground into flour. |
| **Fools Funnel Mushroom** | **Death Cap Mushroom** | **Giant Hogweed** |
| It is poisonous!

It gives severe sickness and stomach pain. | It is poisonous!

It causes severe sickness and even death. | It is poisonous!

It should **NOT** be touched. |

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