



Field Botany Intensive

Syllabus 2021

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Mission & Learning Outcomes

In modern times, the knowledge of place and fundamental human skills of interacting with the landscape through foraging and stewardship is no longer commonly passed down through the generations. The Field Botany Intensive program is designed to provide that basis of knowledge so that students can connect with their local ecologies in a meaningful way. A balance of scientific foundations as well as intuitive process will provide students with multiple ways of obtaining information and receiving the wisdom of their local plant allies.

Learning Outcomes:

- Positively identify common vascular plants & trees
- Know how to keep yourself safe while foraging and recognize toxic plants
- Develop a working knowledge of botanical terminology and taxonomy
- Recognize basic morphological features of leaves, flowers, fruits, roots, wood/bark, and trichomes/thorns/spines, etc.
- Know how to forage ethically in a way that creates a positive impact on the ecosystem
- Understand multiple ways of obtaining information about a plant
- Build and strengthen relationships with all the community members of your local ecology

Program Structure

The program consists of 22 total hours. This time will be split between lecture, demonstration, and hands-on exploration through solo and group activities.

On-topic questions and conversation are encouraged throughout the day, especially during “circle up” time after field activities. If you have questions or concerns about class material between classes, you may contact us with the provided contact info at the bottom of the syllabus.

There will be a private facebook group available for students and alumni to interact with each other. You may also post questions and conversations in the facebook

group for group discussion outside of the live sessions.

Certification

For those completing the Field Botany Intensive as part of their Foundations of Bioregional Herbalism (FBH) certificate, students will need to complete a botany live skills exam on the first day of FBH class (Saturday, October 9). There will be subsequent botany related quiz questions and assignments throughout the remainder of the FBH program. For specifics regarding grading and assignments for the FBH program, refer to the FBH syllabus.

Instructors

Faculty:

Calyx Liddick

Jaybird Tignor

Guest Instructors:

Jonathan Darby of *Riverbend Foraging and Wallicks Farm Project (York, PA)*

Required & Recommended Reading

Required Texts

These are required for the course and you will need to bring these with you to class.

- *Newcomb's Wildflower Guide* by Lawrence Newcomb
- *Audubon Society Field Guide to North American Trees: Eastern Region*
- *Botany in a Day* by Thomas J. Elpel

Recommended Texts:

The following list includes books that we have found to be highly valuable as herbalists and land stewards. None of these are required for the course. If you would like suggestions for more books that are specific to your bioregion, please feel free to ask us.

Botany:

- A variety of field guides specific to your region

- *Peterson Field Guide to Medicinal Plants and Herbs of Eastern and Central North America* by Steven Foster
- Any book by Samuel Thayer
- *The Plants of Pennsylvania* by Ann Fowler Rhoads and Timothy A. Block
- *Bark: A Field Guide to Trees of the Northeast* by Michael Wojtech
- *The Sibley Guide to Trees* by David Allen Sibley
- *Winter Botany* by William Trelease
- *Fruit Key & Twig Key to Trees & Shrubs* by William M. Harlow

Ecology, Wildtending, & Decolonization:

- *Braiding Sweetgrass* by Robin Wall Kimmerer
- *The Earth's Blanket* by Nancy Turner
- *Plants Have So Much to Give Us, All We Have to Do Is Ask: Anishinaabe Botanical Teachings* by Mary Siisip Geniusz
- *1491* by Charles C. Mann
- *Rambunctious Garden* by Emma Marris
- *Tending the Wild* by Kat Anderson
- *Thus Spoke the Plant* by Monica Gagliano

Phytochemistry:

- *Herbal Constituents* by Lisa Ganora

Course Calendar

Class Schedule:

Daily schedule subject to change

PLEASE NOTE: There are no restrooms available at the PA State Gamelands. There are restrooms at Kings Gap Environmental Education Center but they may not be accessible during class. We will briefly discuss this during orientation on the first day. If you have questions or concerns prior to the start of the program please do not hesitate to reach out (we can guarantee you're not the first person to ask!)

<p>Saturday, September 11 9:00AM-3PM Kings Gap Environmental Education Center</p>	<ul style="list-style-type: none"> ● Instructor & Student Intros ● Briefing: Format, Expectations, Rules, etc. ● Taxonomy ● Nomenclature ● Terminology Basics ● Intro to Botanical Morphology ● Morphology & Terminology Focus: Leaves ● Morphology & Terminology Focus: Leaves ● ACTIVITY: LEAF SHAPE SCAVENGER HUNT ● Morphology & Terminology Focus: Flowers ● ACTIVITY: FLOWER DISSECTION
<p>Sunday, September 12 9:00AM-3PM Kings Gap Environmental Education Center</p>	<ul style="list-style-type: none"> ● Intro to Using Field Guide ● Keying (pairs) ● Morphology & Terminology Focus: Trees & Shrubs ● Morphology & Terminology Focus: Fruits & Dispersal ● ACTIVITY: KEYING (trees) ● Organoleptics for ID ● Botanical Relationships ● Doctrine of Signatures ● ACTIVITY: SENSORY AWARENESS ● ACTIVITY: PLANT & ECOLOGY OBSERVATION ● ACTIVITY: KEYING

<p>Saturday, September 25 9:00AM-3PM PA State Game Lands 243</p>	<p>Safety & Legality Toxic Plants ACTIVITY: TOXIC PLANT SKETCH ACTIVITY: KEYING Morphology & Terminology Focus: Trichomes, Thorns, Spines, & Prickles Morphology & Terminology Focus: Roots ACTIVITY: KEYING</p>
<p>Sunday, September 26 9:00AM-3PM PA State Game Lands 243</p>	<p>Threatened Plants Invasive, Native, Non-native, etc. Terminology & Perceptions Perceptions of Wilderness Ethics & Regenerative Foraging Rules of Ethics Wildcrafting ACTIVITY: KEYING LUNCH Ecological Succession Applications of Ethical Wildcrafting (Wild Propagation, Harvest Techniques) ACTIVITY: PLANT SIT & DISCUSSION Final Q&A & Wrap up</p>

Additional Content

<ul style="list-style-type: none"> ● Botanical Morphology Lecture Recording & Powerpoint
<ul style="list-style-type: none"> ● Winter Plant ID Lecture Recording & Powerpoint

Assignments

All assigned reading material will be provided if not in required texts.

Assignments are subject to change prior to course commencement.

Assignments will be graded for FBH students only. Non-herbalism students are highly encouraged to complete assignments and will be provided instructor feedback.

Assignment	Description	Submission
Reading: Tracking as the Art of Seeing	Read "Tracking as the Art of Seeing" excerpt from Paul Rezendes "Tracking & the Art of Seeing: How to Read Animal Track and Sign"	Class discussion
Toxic Plants in Your Area	List the primary toxic plants in your area and describe their key identifying features, where they grow, and possible medicinal or edible lookalikes. Choose one focus plant: Visit the plant, if possible, or search images in field guides or online and sketch it. Describe its toxicology: phytoconstituents, physiology, symptoms, & severity. Research historical or pharmacological uses.	Presentation format, sketches
Differential Morphology	Pick one medicinal plant in your bioregion and discuss morphological differences with other local plants (incl. toxic species, edible, and medicinal)	Presentation format
Reading: A Black Ash Basket	Read "Wisgaak Gokpenagen; A Black Ash Basket" excerpt from Robin Wall Kimmerer's "Braiding Sweetgrass"	Class discussion
At Risk Native Plant	Research and discuss one at risk plant in your area: dispersal, how unethical harvesting may put it further at risk (or has), how to improve its stability through	Essay Format

	stewardship, ethical harvesting techniques and whether it should be harvested at all.	
Non-native Plant	Research one plant labeled as “invasive” in your area: discuss the origin of the species and how it got here, ecological effects, medicinal and edible uses, possible market potential, current management practices. How is this plant harmful AND/OR beneficial to the ecosystem? Opinions and hypotheses welcome.	Presentation or essay format

Payments & Refunds

A non-refundable deposit of \$150 is required to hold your place in the program.

The full cost of the program is \$475

Full and partial scholarships are available based on financial need and how scholarships applicants intend to use their knowledge to improve their communities.

Payments may be made by check, cash, or venmo. For alternative payment options, please contact us.

If you choose to withdraw from the program, you may request a pro-rated refund as follows:

- Before program commencement: 100% refund minus the deposit

If you need to withdraw from the program, please notify us as soon as possible. Your refund amount will be processed based on the date of notification of withdrawal. We cannot provide backdated refunds.

The cost of required reading materials are not included in the price of the program.

Policies

At Northern Appalachia School, we embrace our students' differences in age, color, ethnicity, disability, family or marital status, gender expression, religion, sexual orientation, socio-economic status, veteran status, and other characteristics that make our students unique. It is part of our mission to create an environment and a mindset that is not only inclusive, but actively works against systemic racism, colonization, and bigotry. We expect all students and faculty members to embody this work and act in a way that is respectful and inclusive of the diversity of all our students. Any student that exhibits discrimination or hateful speech may be dismissed from the program without refund.

All students are expected to demonstrate respect, mindfulness, and responsibility for the plants and landscapes with which we will be interacting.

Communication & Student Support

Students are encouraged to ask questions and seek out guidance from the instructor as needed. One-on-one communication must be within reason.

If you have questions or problems with any assignment, quiz, etc. please let us know immediately so we can help you keep on track.

We encourage students to interact with and support each other as well through the facebook group, and to make local connections in the herbal community whenever possible.

We welcome feedback and ideas about how to improve the program! Students will be asked to fill out program evaluations, but you are also welcome to email concerns or suggestions at any time.

Contact Information

Calyx Liddick
717-364-5817

Jaybird Tignor
267-353-6893

contact@northernappalachiaschool.com