

CORNERSTONE 2019 RESOURCE

It's About Thyme Someone Did a Session on Foraging!

Evening Program

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SUMMARY:	In this session, participants will explore different herbs and plants around them. The program will start out by foraging for herbs in the environment to create a delicious tea and then partake in crafting activities that will help to reframe Havdalah practices. - <i>Submitted by Ariella Rosen, Adam Allenberg and Natalie Rothstein</i>
TOPIC(S):	Nature, Havdalah, Art
LEARNING OBJECTIVE:	Participants should leave feeling like they learned someone new about how to connect with nature and creating ritual objects.
AUDIENCE:	Ages 12 and up. Group of 30 or less.
TIMING:	75 minutes
APPENDICES:	Ketoret Ha-Samim: Exalted Incense & Holy Scents
MATERIALS NEEDED:	<ul style="list-style-type: none"> • bags or baskets for collecting foraged items • a few of pairs of scissors or shears for cutting plants while foraging • hot water set up for tea • hot cups and stirrers • honey or other sweetener (optional) • burners (preferably set up outside) • pots (# depends on how many different dyes you want to have) • large buckets of water for rinsing • metal tongs • rubber bands • water source (like a hose or outdoor spigot) • Materials for making dyes (there are many options! we're going to use onion skins (yellow and green), avocado skins (pink), black beans (blue/purple), and coffee/tea (browns), foraged leaves (green) • Bags or pouches (MUST be made from natural materials for the dye to stick) • 3-5 yards of natural plant-based fabric for experimenting with the dyes (linen or cotton work well) • Ziploc bags • eco-friendly, ph neutral soap to wash and prepare materials for dyeing • washing soda to prepare materials for dyeing • sharpies for labeling and decorating pouches • various herbs • Plant costumes or flower crowns (3) – optional!

SET-UP DETAILS:

The program should be in proximity to outdoor spaces that allow for foraging. The space should have multiple long tables set up as crafting stations. There should also be a table set up with burners for the dye making and with supplies, and space to hang or lay out the fabric to dry. If a space that offers proximity to foraging is not an option, the room should just reflect the set up. (It's preferable to use natural dyes outside, as the odors can sometimes be strong.) Please reference in advance notes below.

SESSION TIMELINE & OUTLINE:

Introduction- 5 minutes

Foraging- 10 minutes

Tea Making – 10 minutes

Text Study – 15 minutes

Crafting Activity – 30 minutes

Closing- 2 minutes

In advance:

Prepare the materials to be dyed by washing them then heating them with eco friendly, ph neutral soap and washing soda for 2 hours. Rinse and dry. (Best to do this a day in advance.) This isn't essential especially if the fabric is untreated but will help make sure the dye sticks to the fabric better.

Prepare the dyes to be used (look up directions for the plants you want to use as each may require a different amount of prep time). Some will require soaking overnight, others will require being boiled for an hour before use, etc.

Determine what plants are growing in your area in advance and determine a foraging route. Know in advance where poison ivy or other dangerous areas may be so you can steer clear. If you can, learn about what kinds of plants grow in abundance in your region.

Introduction (2 minutes) - short introduction to the program and expectations

Foraging (10 minutes) – Take participants on an adventure of foraging for edible/usable plants and herbs around the space (identify before running the program where herbs are located at camp)

- Pick plants to use for tea (ideally mint) and besamim along the way
- Please be sure to use caution about poison ivy, etc.
- Don't harvest more than $\frac{1}{3}$ of any plant, and only strip bark from dead trees, fallen branches, etc.

Tea Making (5-10 minutes) - use mint, hot water and honey to make tea for participants. Participants can enjoy the tea while the text study is happening.

Text Study (15 Minutes): Utilize source sheet to discuss a different way for understanding besamim and facilitating conversation about inclusion.

Dye Making and Crafting (30 minutes) – Participants will use natural dyes to tie dye fabric and paint besamim pouches. As noted above, be sure to make a few dyes in advance and then make one dye with the group (that takes less times)- 4-5 colors

Dyes to be prepared:

- black bean dye (blue/purple)- soaked cold overnight and used cold in a bucket or bowl)
- coffee and/or tea- save grounds and bags and soak/brew in advance
- onion skins (yellow or red will make yellow or green dye, respectively)- simmer for about an hour before using
- avocado skins and stone (pink/gray)- cut up stone (safely!) and simmer together for an hour before using
- foraged leaves/birch bark/other findings- the hot water for this will be set up in advance- add foraged items to the pot immediately upon returning from foraging. (And be thoughtful about what combination of items you'll add.)

Natural dyes can happen much like tie dye. Use rubber bands to create the patterns you want in your fabric.

Dip the fabric in the desired colors. Note that with natural dyes fabrics need to sit in the dye for longer than synthetic dyes. The longer the soak, the darker the color. You can layer colors on top of one another. Participants can also paint on the pouches that are meant for besamim. Once the fabric dries, they can put the herbs/spices into the pouches. In the meantime, give participants plastic bags to hold the besamim.

Rinse the fabric and lay it out to dry.

Be sure to arrange for participants to pick up fabric later if they want to allow it to dry

Closing – 2 minutes

Ask a few participants to reflect on something new they learned during the session.

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

- Design a foraging tour of camp as a bunk activity.
- Use natural dyes for other crafts- challah covers, shirts, etc. (Just remember to use only natural fabrics!)
- Collect leftover veggie and fruit scraps from a meal and make dyes with them to teach about how we can waste less.
- You can learn more about how to do it yourself here! <https://www.diynatural.com/natural-fabric-dyes/>