

Earthley
- wellness -

Written by Kate Tietje
Illustrated by QBN Studios

The Green Family Goes Wildcrafting *Activity Book*



How to use this Activity Book

This book accompanies **The Green Family Goes Wildcrafting!**
book written by **Kate Tietje**.

The topics that you will find below:

Recipes
Coloring Pages
Puzzle Fun
Word Games
Answer Key

This can be printed as many times as needed for personal use,
but to avoid waste/costs, you may want to try these tips:

1. Print in grayscale or black and white
2. Print and laminate for easy reuse
3. Print only the pages you will be using

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Recipes



Dandelion Cream Salve

Makes about 5 1-oz tins.

Ingredients:

- ½ cup dandelion blossoms (yellow)
- ¾ cup oil (olive or your favorite)
- 2 tbsp. Beeswax



Directions:

1. Dry fresh dandelion blossoms on a flat surface for a few days, until fully dry, or use a dehydrator on low for about 4 - 6 hours.
2. Add the dandelion blossoms to a clean mason jar.
3. Cover blossoms with oil (they should be fully submerged).
4. Allow this to sit for about a month, or place the jar in a pan of simmering water for 3 - 4 hours.
5. Strain the oil through cheesecloth or a fine mesh strainer, reserving the oil and discarding the blossoms.
6. There should be approximately ½ cup of oil after straining. Add 2 tbsp of beeswax to the oil in a clean jar and place the jar in a pan of simmering water until beeswax is melted.
7. Gently stir/swirl the jar so the beeswax is mixed into the oil, then pour the cream into 1-oz stainless steel tins and allow it to sit until fully cooled and hardened.

Dandelion Blossom Punch

Ingredients:

- 2 cups dandelion blossoms, yellow parts only (remove green outsides)
- 1 lemon, sliced
- ½ cup raw honey
- 2 quarts water



Directions:

1. Bring 4 cups of water to a boil.
2. Add the dandelion blossoms and let them steep in the water for 15 - 20 minutes (off the heat).
3. Strain the dandelions out of the water, reserving the water (compost the dandelions).
4. Add the raw honey and stir well.
5. Add additional water (4 more cups) and sliced lemons, mixing with a wooden spoon and 'crushing' the lemons slightly to release their flavor.
6. Add ice and serve!

Roasted Dandelion Root Tea

Ingredients:

- 3 - 6 dandelion roots (enough to make 1 cup chopped)
- 1 cup water
- Raw honey to taste

Directions:

1. Wash the dandelion roots well to remove any dirt.
2. Slice the root into ¼” thick slices and place them on a baking sheet.
3. Roast the dandelion roots at 250 degrees 1 ½ to 2 hours, stirring occasionally. If possible, leave the oven door open a crack for the first hour so moisture can escape.
4. Allow the roasted roots (which should be browned, but not burned) to cool.
5. Bring 1 cup of water to a boil; add 1 tbsp. of roots and steep for 5 - 10 minutes.
6. Strain out roots and add raw honey to taste.



Coloring Pages





Finish drawing the Dandelion seed



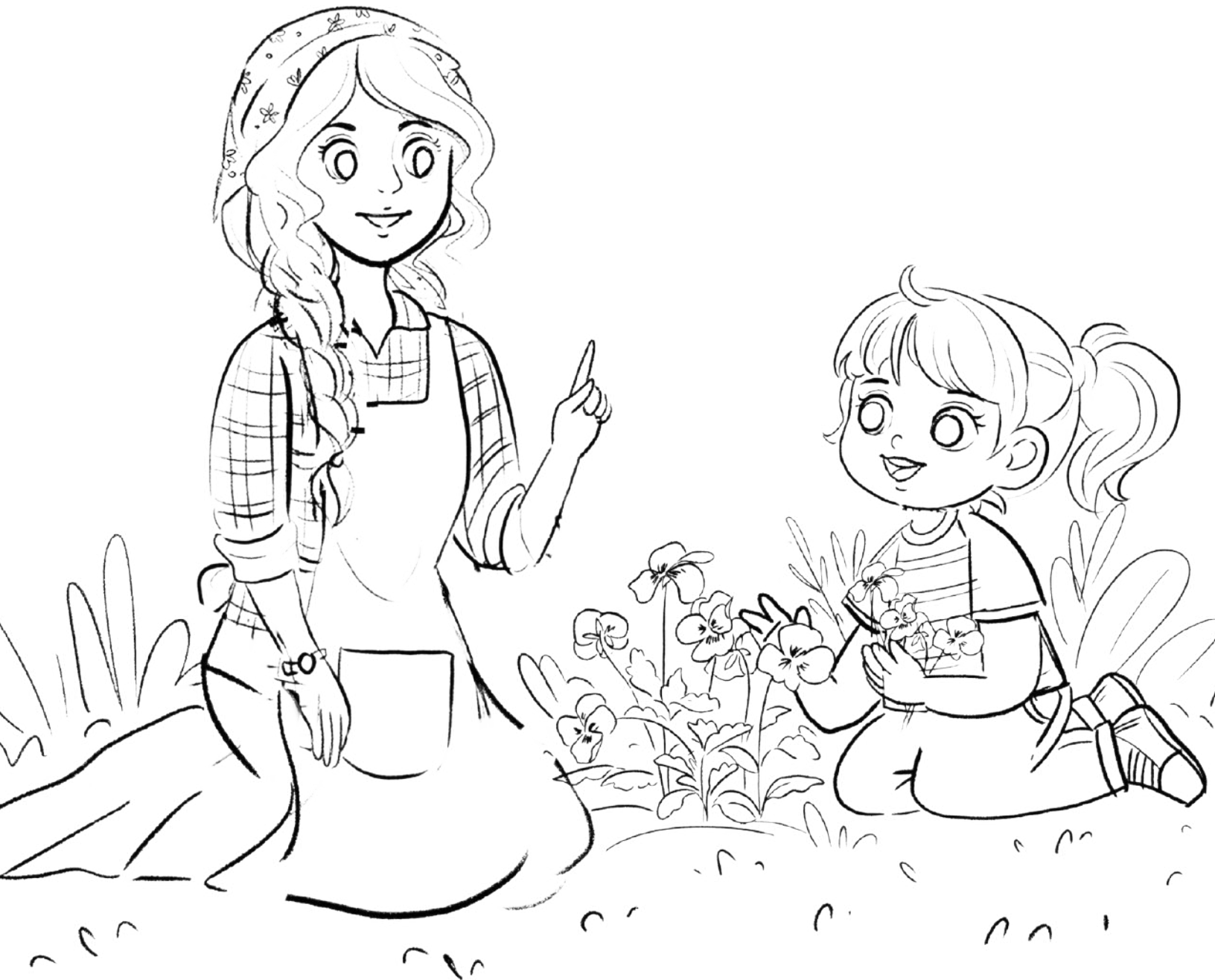


Color the Dandelion



Did you Know?

Violets are rich in Vitamin C!
Historically, they were consumed
to help cleanse the blood in early
spring after the cold, sedentary
winter months. Want to learn
more about Violets? Click here!



Finish drawing the Violet



Color by Number

1- Purple

2- Blue

3- Beige

4- Yellow

5- Light Brown

6- Dark Brown

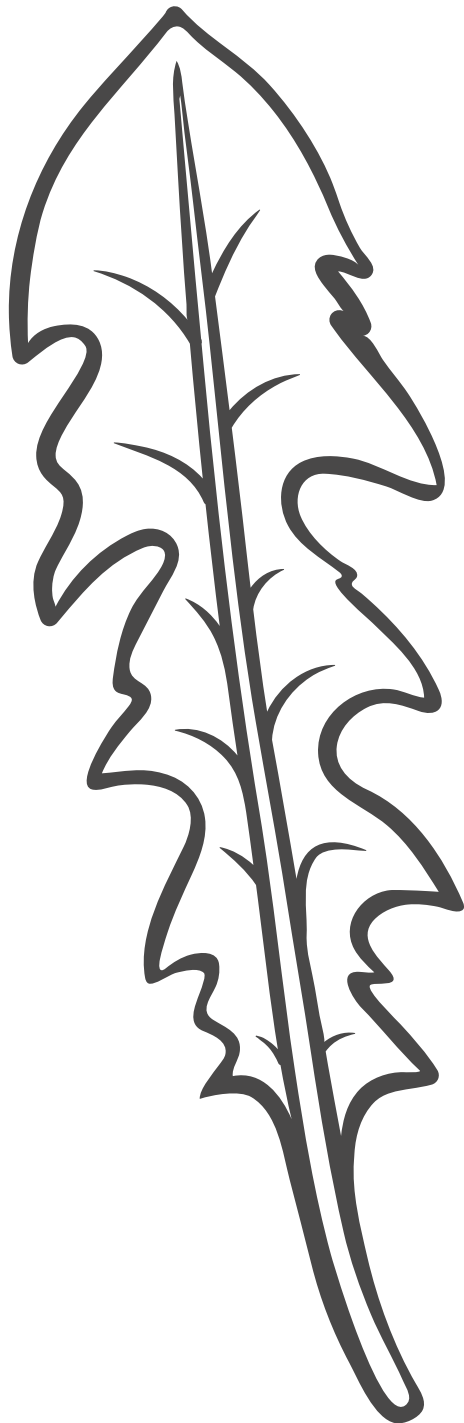
7- Red

8- Green



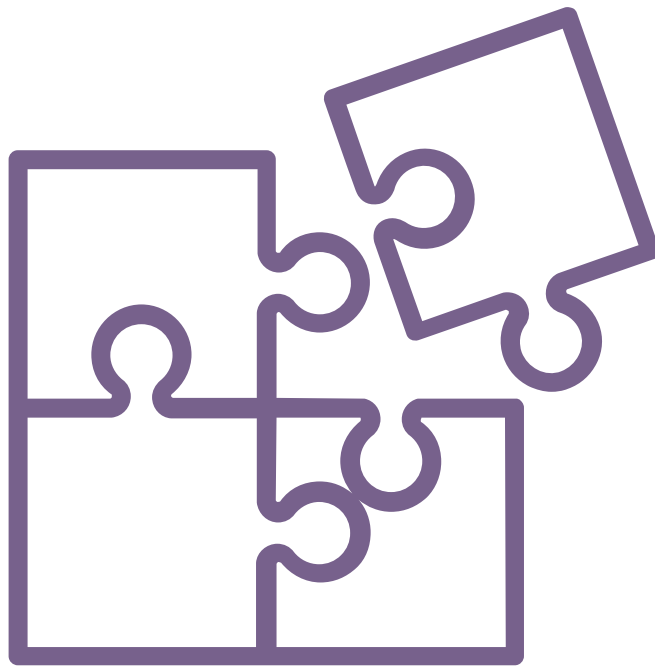
Which leaf is which?

Below are 2 different types of leaves. One is a "toothed" leaf; that means that it has edges with sharp points that look like teeth. The other is "rounded" and smooth. Color the toothed leaf yellow and the rounded leaf green. Do you recognize the leaves? Chances are you see them in your yard most of the year! The answers are in the Answer Key.

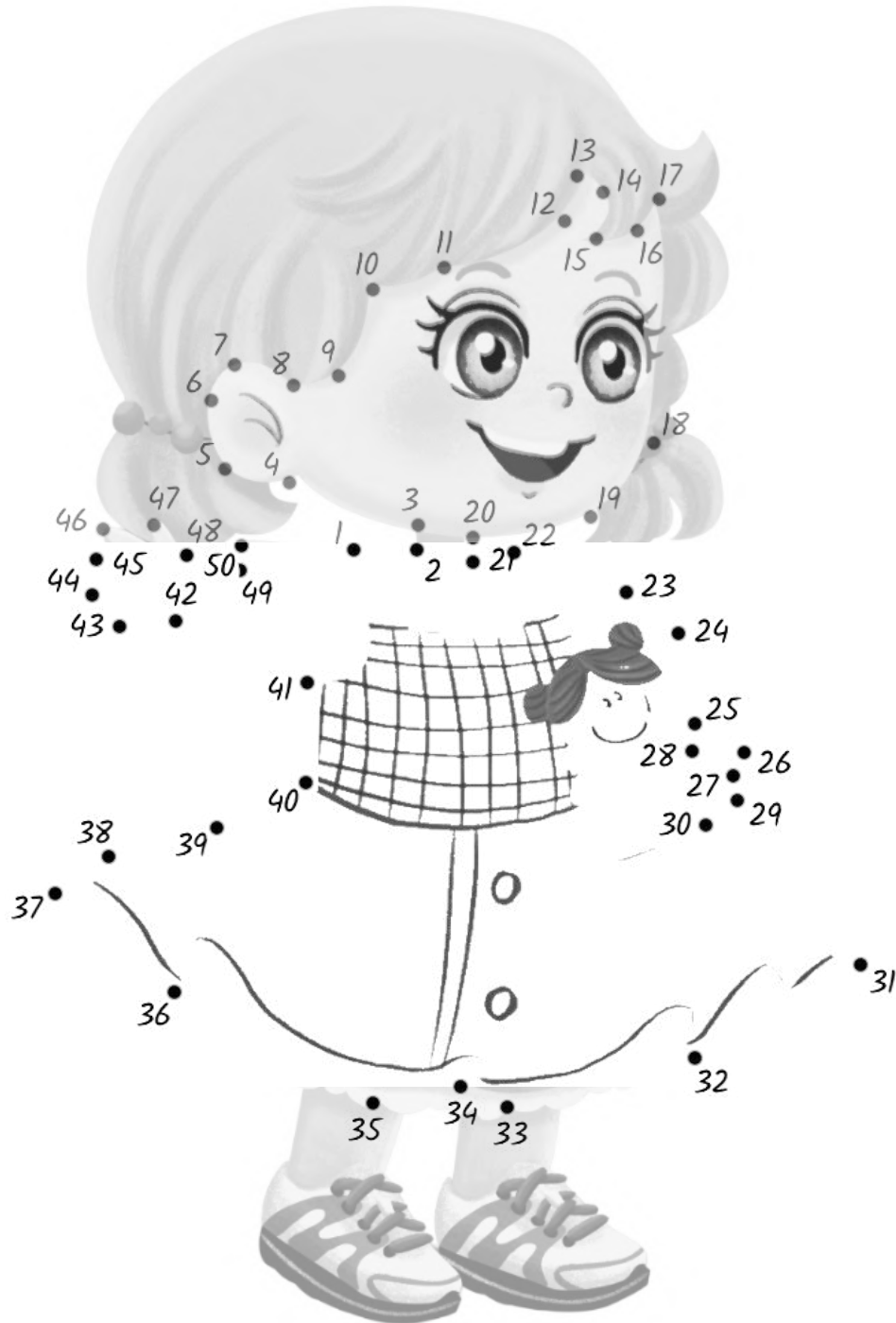


Puzzle

Fun



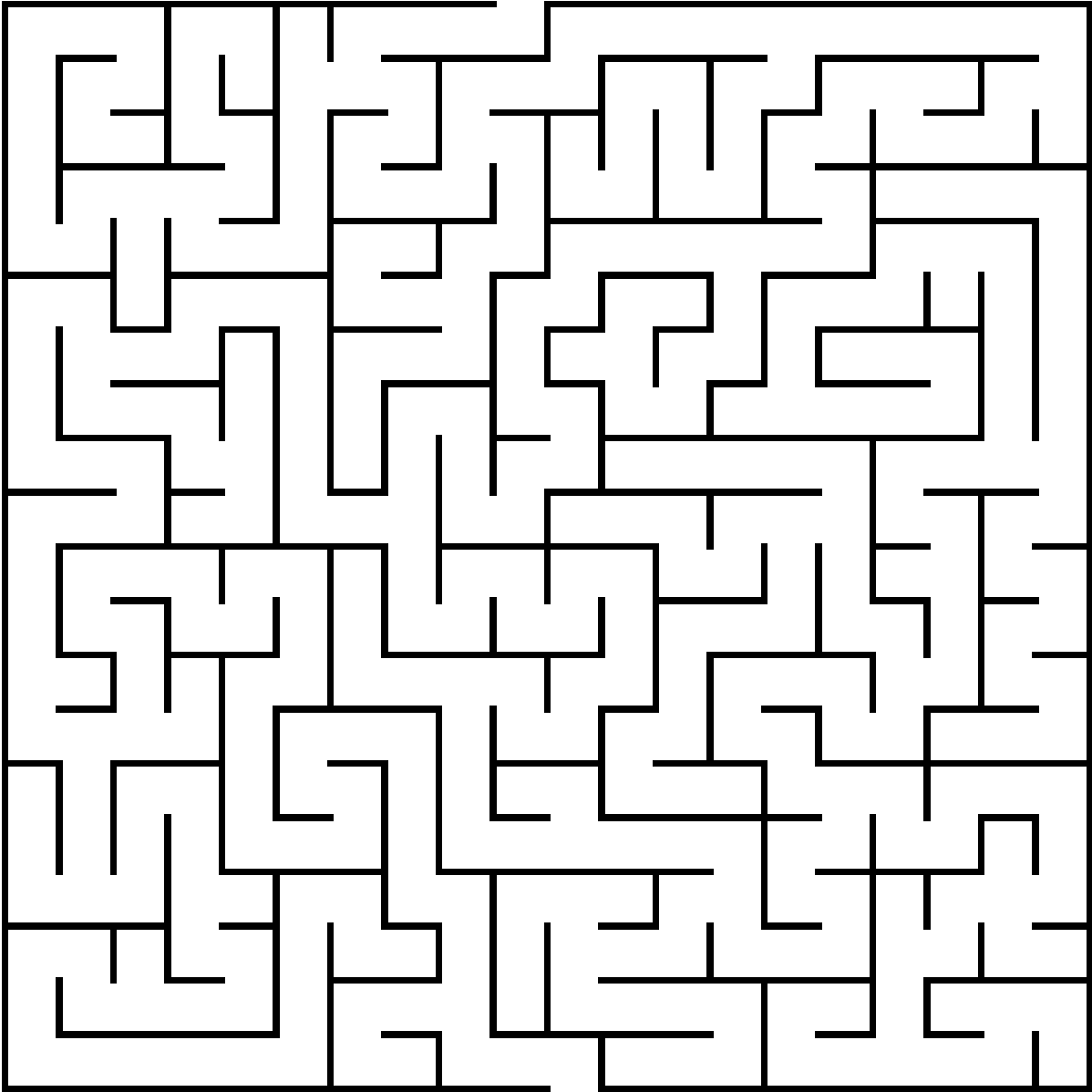
Connect the Dots



Spot the 6 Differences



Help Soliel get to Mama for some Dandelion Blossom Punch!



Cut along the lines of the puzzle and enjoy putting it together again. To make it sturdier, you can print or glue the pieces to cardstock.



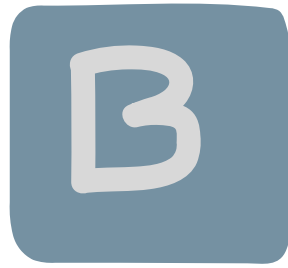


**What would you
add to make a
perfect soup?
Color in the
remaining soup
bowls with
your ideas.**

Add your favorite toppings to the muffins!

For additional fun, help your child look up some helpful benefits of each of their food choices. Need some ideas for where to look? Check out the Answer Key below for resources!





Word Games

How many words can you make from the word Dandelions?



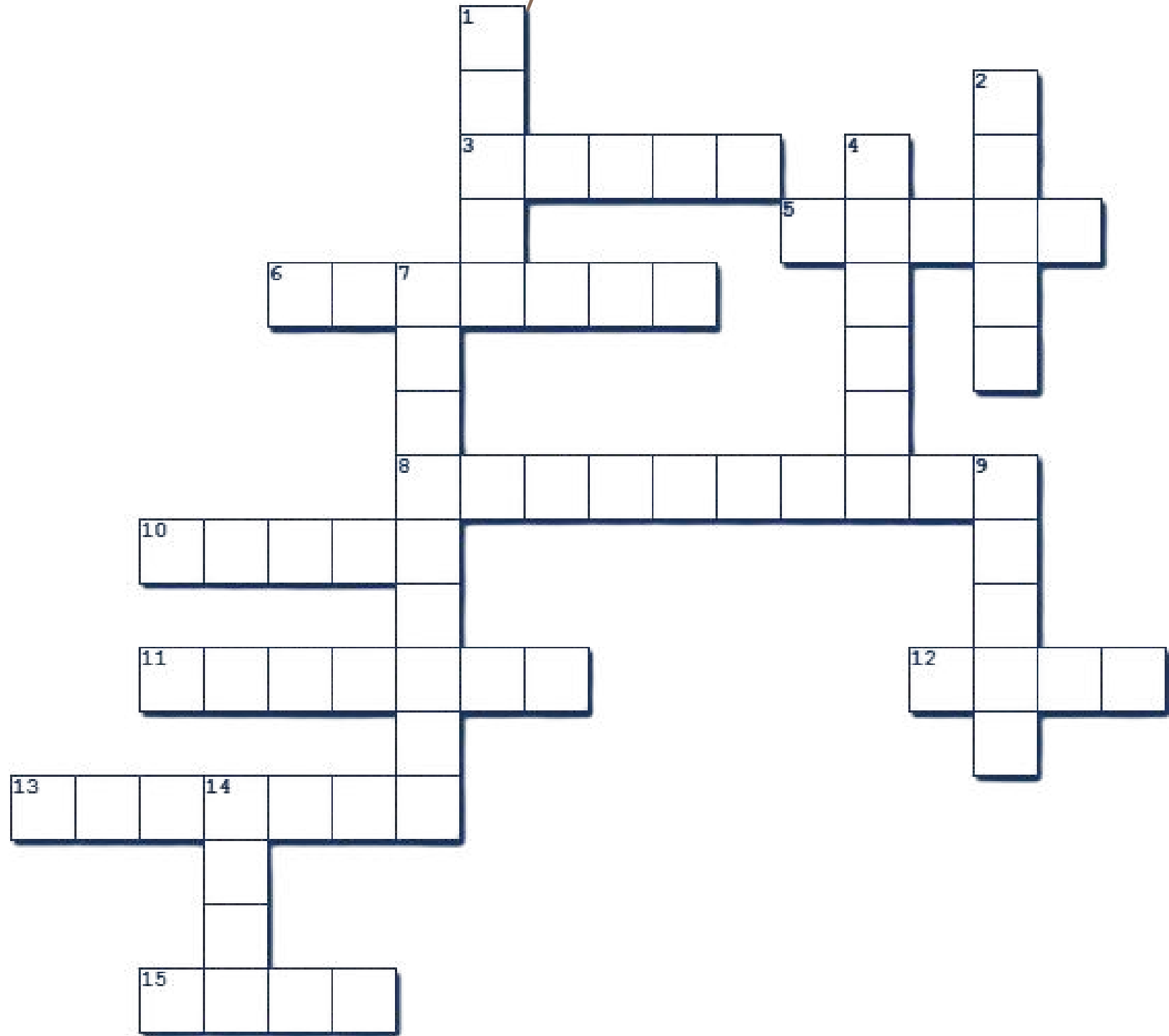
The Green Family Word Scramble

GRNEE
ENDIANDLO
TOVELI
CPHUN
AET
TORO
LSLOIE

VRREI
MFILAY
AMMA
LSSOSBMO
LURPPE
YWOELL
RLCEVO
RED

LATUWN
KNECICH
EUTICRMR
DSALA
LAXE
HEBR
ODSTEAR

The Green Family Crossword Puzzle



Across

3. Kind of juice Mama added to the violet jelly
5. What Mama made with the dandelion greens
6. Insect that can be seen crawling on the clover leaves
8. What the Green family used to dry the dandelion flowers
10. Number of leaves white clover has
11. What the Green family baked with the dandelion flower
12. Green vegetable Mama put in the stew
13. Kind of stew Mama made for lunch
15. Season when it is best to harvest dandelion roots

Down

1. What the Green family made with the violets
2. The shape of violet leaves
4. What the Green family used to collect the herbs
7. A yellow edible flower
9. Name of oldest child in Green family
14. Kind of seed that Violet and Mama liked on their avocado toast

The Green Family Word Search

Y	S	N	E	Y	T	R	S	S	G	A	S	R	P
E	M	T	L	L	L	A	A	Y	R	D	O	R	U
L	O	R	P	I	A	U	L	O	E	W	L	E	N
L	S	R	R	M	X	S	A	T	E	E	I	L	C
O	S	I	U	A	E	I	D	L	N	T	E	T	H
W	O	V	P	F	L	M	H	A	M	S	L	J	E
S	L	E	V	I	O	L	E	T	L	S	D	E	V
C	B	R	I	V	A	M	I	S	L	C	O	L	P
L	N	O	I	L	E	D	N	A	D	R	P	L	S
O	E	P	A	C	H	A	M	M	E	A	C	Y	O
V	I	M	A	P	T	E	A	A	C	V	P	I	U
E	N	C	R	E	D	T	M	E	T	E	U	L	P
R	W	A	L	N	U	T	A	R	E	I	A	S	O
E	E	H	M	G	N	E	K	C	I	H	C	C	O

AXEL

FAMILY

RED

TEA

BLOSSOMS

GREEN

RIVER

VIOLET

CHICKEN

JELLY

SALAD

WALNUT

CLOVER

MAMA

SOLIEL

YELLOW

CREAM

PUNCH

SOUP

DANDELION

PURPLE

STEW

The Green Family Vocabulary Fun

Cut the boxes out on this page and match the shape with the shape on the pictures of the following page. Can you guess the meaning from the picture? Find the word in the story to see if you can figure out its meaning from context!



Peered



Medicinal



Edible



Platter



Gasped



Bounty



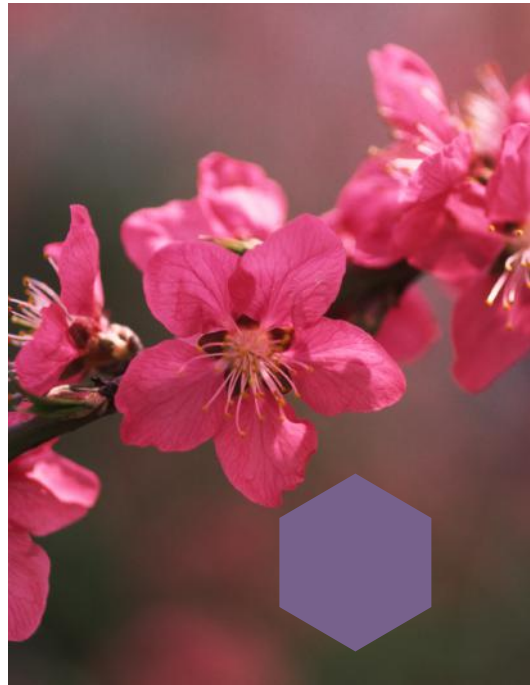
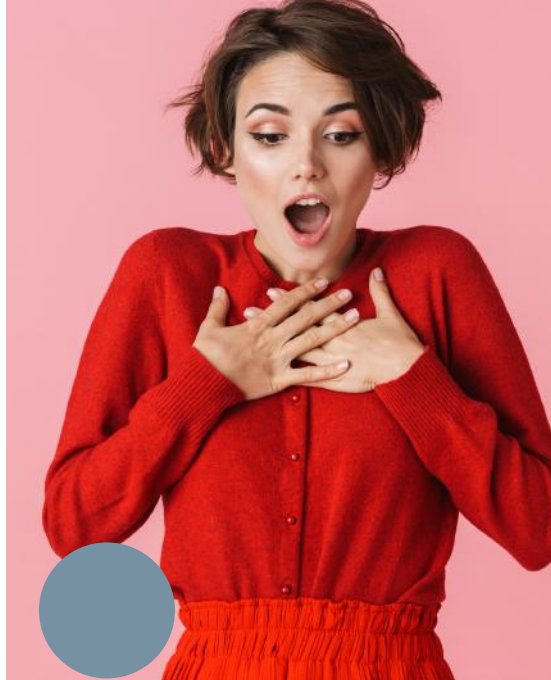
Spoil



Pitched in



Blossoms

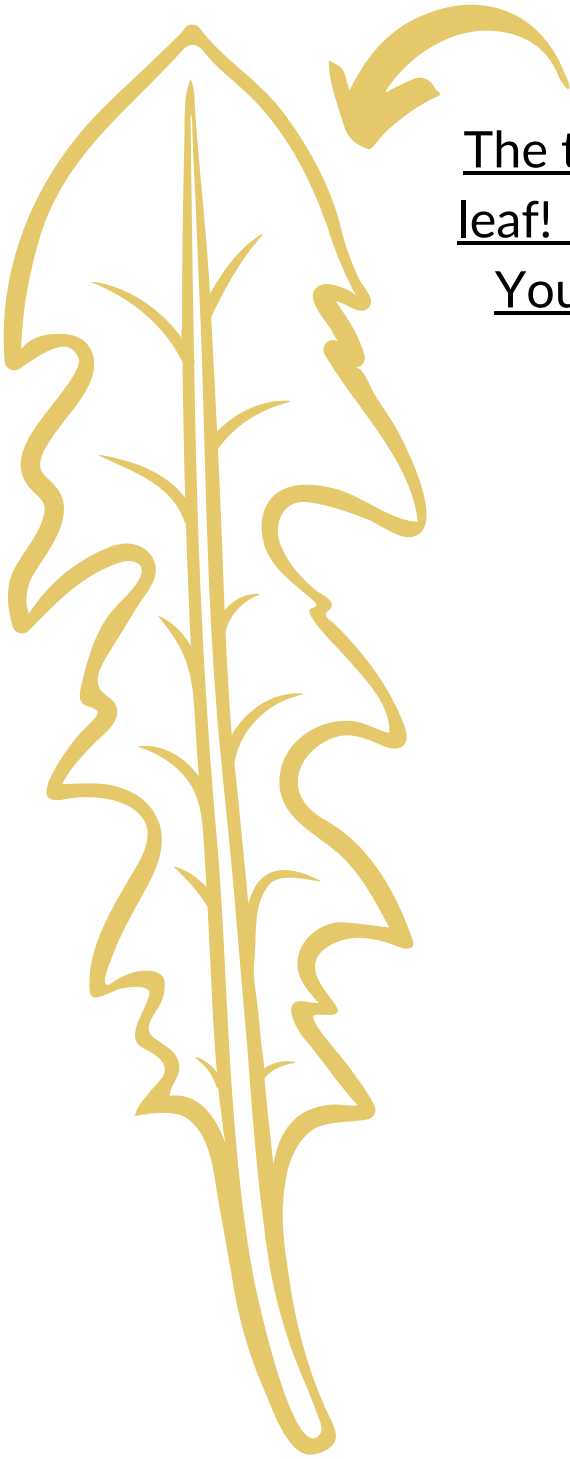




Answer

Key

Which leaf is which?



The toothed leaf (colored yellow) is a dandelion leaf! It has great nutritional and medicinal value! You can learn more about it by clicking here!



The rounded leaf (colored green) is a plantain leaf. These are very handy to keep around for first aid use! Although, it too has nutritional and other medicinal benefit! Click here to learn more!

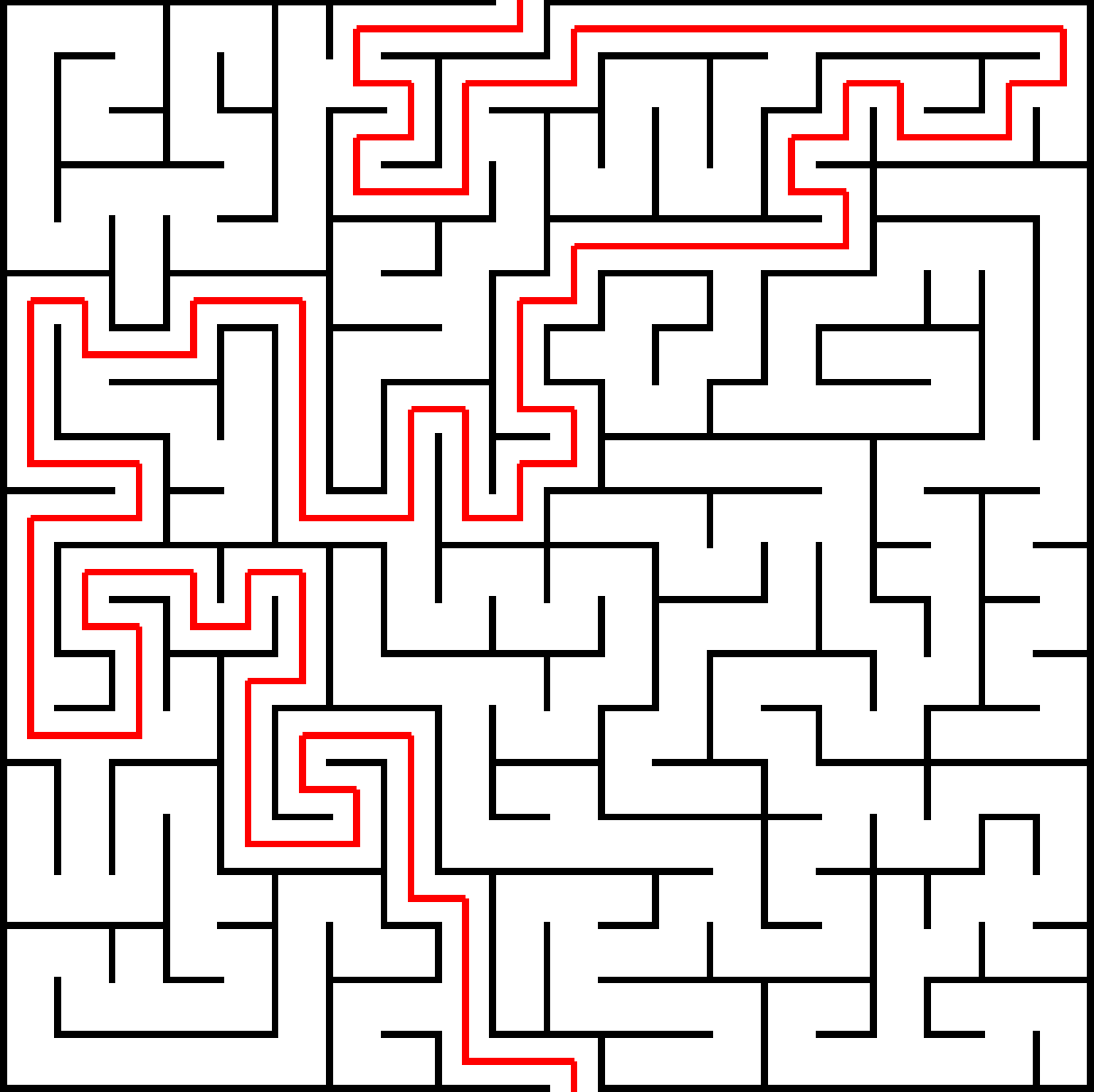
Spot the 6 Differences



Help Soliel get to Mama for some



Dandelion Root Tea!



Add your favorite toppings to the muffins

Additional resources:

<https://modernalternativemama.com/2022/06/25/20-super-foods-and-why-you-need-them/>

<https://earthley.com/product/nourishing-food-and-gut-health-guides/>

<https://earthley.com/product/earthley-herbal-clubs/>

<https://earthley.com/product/homeschool-curricula-digital-guides/>



How Many Words Can You Make From the word Dandelions?

There are a total of 192 words that
can be made from just the word
Dandelions. Here are some of
them:

Lion

Idea

Alien

Den

Idol

Aided

Dan

Line

Diode

Dad

Node

Node

Deli

Neon

Odd

Land

Laid

Online

Lend

Lain

Load

Dial

Slain

Ale

Loan

Denial

End

The Green Family Word Scramble

green

dandelion

violet

punch

tea

root

soliel

river

family

mama

blossoms

purple

yellow

clover

red

walnut

chicken

turmeric

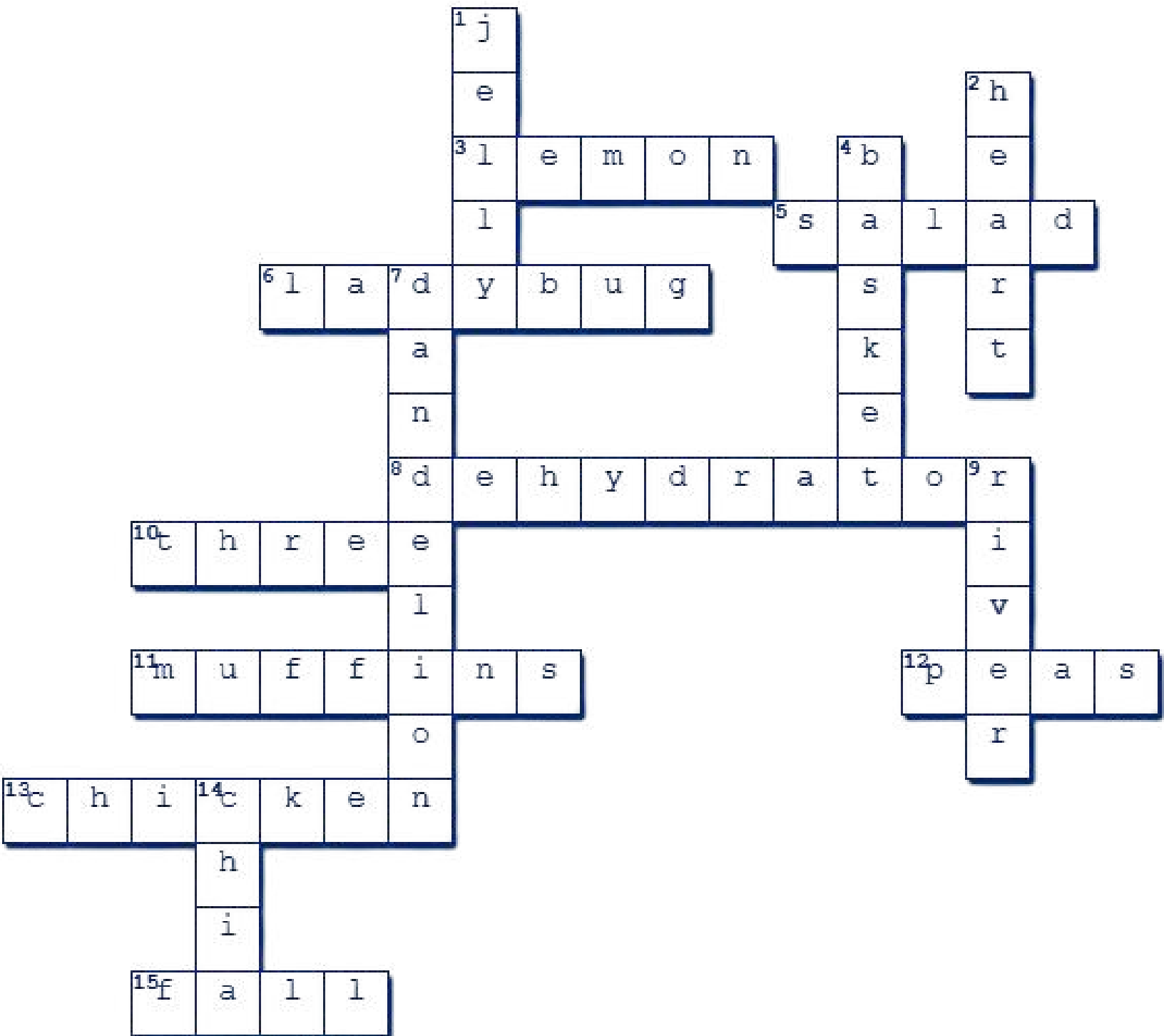
salad

axel

herb

roasted

The Green Family Crossword Puzzle



The Green Family Word Search

Y	S	N	E	Y	T	R	S	S	G	A	S	R	P
E	M	T	L	L	L	A	A	Y	R	D	O	R	U
L	O	R	P	I	A	U	L	O	E	W	L	E	N
L	S	R	R	M	X	S	A	T	E	E	I	L	C
O	S	I	U	A	E	I	D	L	N	T	E	T	H
W	O	V	P	F	L	M	H	A	M	S	L	J	E
S	L	E	V	I	O	L	E	T	L	S	D	E	V
C	B	R	I	V	A	M	I	S	L	C	O	L	P
L	N	O	I	L	E	D	N	A	D	R	P	L	S
O	E	P	A	C	H	A	M	M	E	A	C	Y	O
V	I	M	A	P	T	E	A	A	C	V	P	I	U
E	N	C	R	E	D	T	M	E	T	E	U	L	P
R	W	A	L	N	U	T	A	R	E	I	A	S	O
E	E	H	M	G	N	E	K	C	I	H	C	C	O

The Green Family Vocabulary Fun



Medicinal



Gasped



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