

# Grow Your Own Feast

## Foraging



### Let's Begin!

*“What is foraging? Have you picked and eaten a blackberry? Then you are a forager. Foraging is gathering plants from the wild to eat or use for medicine. Many years ago, our ancestors had to forage to survive. They would have chosen plants that were easy to find and right on their doorstep.”*

*Foraging can start on **your** own doorstep. It is a wonderful pastime, bringing you close to nature in a way that is easy, fun and safe... but which is also a thought-provoking and sensory experience which makes you happy.”*

Adele Nozedar, Author 'Foraging with Kids'.

### Leaf and Plant Scrapbook

Collect as many different leaves and flowers as you can, press them, and glue into a scrapbook, complete with their names and the date found.

### Pressed Flower Tealights and Lanterns

You can make beautiful tealights by gluing your pressed flowers and leaves onto the outside of a glass jar with watered down PVA glue. Create larger hanging Papier Mache lanterns by embedding the dried flowers and leaves within the glued paper layers or make dried flower sun catchers. Perfect decorations for any celebratory feast!

### Let's Talk about Food

Imagine a world without shops. No supermarkets, no farm shops, no corner shops, no garages, no online shopping either.

1. How would you find food to eat?
2. How would you get seed if you wanted to grow fruits and vegetables?
3. How difficult or easy would it be?

### What's in a Name?

Plants have several sorts of names. They have a botanical name which defines the plant, and which is the same all over the world.

An example would be 'apple', whose botanical species name is 'malus'. 'Dandelion' is called 'Taraxacum officinale'. However, plants also have folk names which can vary in different parts of the country. Many plants are named because of how they grow, their colour, the texture of their leaves, and their uses.

Find 3 plants that you know, and give find a name for each one that describes the plant.

**Do you know what your own name means?**

### Health and safety tips



- Watch our short video on foraging safely.
- Children must be supervised by adults at all times when foraging.
- Try just a little of any new foods in case of allergies, as you would with any food.

# Tyfu'ch Gwledd eich Hun

## Fforio



### Dyma ni'n dechrau!

*“Beth yw fforio? Ydych chi wedi hel a bwyta mwyaren ddu? Yna rydych chi'n fforiwr. Fforio yw casglu planhigion o fyd natur at ddefnydd meddygol. Flynyddoedd maith yn ôl roedd yn rhaid i'n cyndeidiau fforio i oroesi. Byddent wedi defnyddio planhigion a oedd yn hawdd dod o hyd iddynt ac ar eu stepen drws.*

*Gall fforio ddechrau ar eich stepen drws chi. Y mae'n hobi hyfryd sy'n dod â chi'n agos at fyd natur mewn ffordd sydd yn hawdd, yn hwyl ac yn ddiogel ... ond y mae hefyd yn gwneud i chi feddwl ac yn brofiad synhwyrdd sy'n eich gwneud yn hapus.”*

Adele Nozedar, Awdur 'Foraging with Kids'.

### Llyfr Lloffion Dail a Phlanhigion

Casglwch gymaint o wahanol ddail a blodau ag y gallwch, gwasgwch nhw i lawr a'u gludo mewn llyfr lloffion, ynghyd â'u henwau a'r dyddiad y cafwyd hyd iddynt.

### Goleuadau Te a Llusernau o Flodau Gwasgedig

Gallwch wneud goleuadau te hardd drwy ludo eich blodau a dail gwasgedig at du allan jar wydr â glud PVA yn gymysg â dŵr. Gallech greu llusernau crog mwy o Papier Mache drwy wasgu'r blodau a'r dail sych i mewn i'r haenau o bapur gludiog neu wneud dalwyr haul o flodau sych. Addurniadau perffaith ar gyfer unrhyw wledd ddathliadol!

### Beth am Siarad am Fwyd

Dychmygwch fyd heb siopau. Dim archfarchnadoedd, dim siopau fferm, dim siopau cornel, dim garejys, dim siopa ar-lein chwaith.

1. Sut fydddech yn dod o hyd i fwyd?
2. Sut fydddech yn cael hadau os bydddech am dyfu ffrwyth a llysiau?
3. Pa mor anodd a fyddai?

### Beth sydd mewn Enw?

Mae gan blanhigion sawl math o enwau. Mae ganddynt enw botanegol sy'n diffinio'r planhigyn, ac sydd yr un fath ar draws y byd. Un enghraifft fyddai 'afal' sydd â'r enw rhywogaethol, botanegol, 'malus'. Enw 'Dant-y-llew' yw 'Taraxacum officinale'. Ond mae hefyd gan blanhigion enwau gwerin y gellir eu defnyddio mewn sawl rhan o'r wlad. Mae nifer o blanhigion wedi'u henwi ar sail sut y maen nhw'n tyfu, eu lliw, teimlad eu dail, a pha ddefnydd sydd iddynt.

Dowch o hyd i 3 planhigyn yr ydych yn gwybod amdanynt, ac yna enw sy'n disgrifio'r planhigyn ar gyfer pob un.

### Ydych chi'n gwybod ystyr eich enw eich hun?

#### Cynghorion Iechyd a Diogelwch

- Gwylwch ein fideo byr ar fforio'n ddiogel.
- Rhaid bod oedolion yn goruchwyllo'r plant drwy'r adeg y byddant yn fforio.
- Rhowch gynnig ar ddim ond ychydig o unrhyw fwydydd newydd, fel y bydddech ag unrhyw fwyd, rhag ofn y bydd alegerddau'n bresennol.