

*August 2023*

# WILD KIDS

SEASONAL NATURE EDUCATION FOR KIDS & THEIR GROWN UPS

**Citizen Science  
Projects for August**

**Nature & Herbal  
Scavenger Hunts**

**August Nature  
Photo Prompts**

**Old Man of the Woods  
& Hen of the Woods  
Wild Mushrooms**

**Seasonal poems,  
activities,  
nature journal pages  
and more!**



# From the editor

BY ALICIA BAYER

## Hello August!

What are you hoping to do in nature this month?

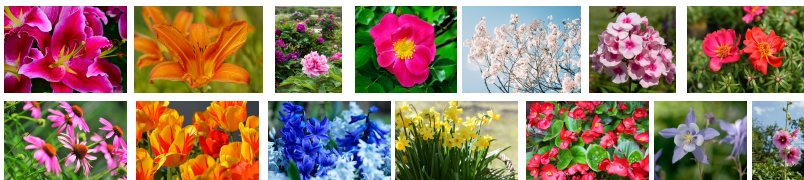
Here in Minnesota, we've been busy with gardening, foraging, raising caterpillars into moths and butterflies, and just enjoying nature outside.

This year we've been doing more flower gardening. For many years we mostly planted edible plants in our yard because we have a big family and it helped to grow our own food. We still do that, but lately we've been planting more flowers too. They help the pollinators like the bees and butterflies, feed the birds, and also make the yard so pretty. I love that nature doesn't just feed us with food but also with beauty!

If you have a yard you're allowed to plant in, you can find flowers lots of ways even if you don't have extra money to buy plants. You can collect seeds from wildflowers in the fall. You can ask friends or neighbors if they have any extra plants to divide (dividing crowded plants helps them by making more space). You can even let volunteer weeds grow and see if they become something pretty or helpful. Here are some of the flowers that have planted themselves in our yard all on their own. (Okay, birds probably did most of the work!)



And here are some kinds of flowers we've planted.



We try to plant native flowers as much as possible because they're much better for wildlife like birds and butterflies. A lot of the flowers we have help us in other ways, too, like echinacea makes a helpful medicine and catmint makes our cats very happy!

Flowers are some of my favorite parts of nature. What are some of your favorite things in nature?

Whatever you love to do in nature, I hope you find lots of fun ways to have fun with it this month!

*Alicia*



Why is Wild Kids free?

Kids (and their grown ups) need nature, and nature needs us! Our family believes in the importance of sharing & helping each other, and of passing on skills to help our world and each other. As long as we are able, we plan to produce Wild Kids to help do this for families who find it useful.



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# Go Wild in August

## 10 WAYS TO PLAY & LEARN WITH NATURE THIS MONTH

Write words on small rocks or shells and make poetry with them

Use things like thistle heads, pine needles and wild grasses as paintbrushes — which ones work best?

Do a citizen science project — we have some fun ones in this issue

Visit a local nature center or DNR site and see if they have any volunteer activities

Do crayon rubbings of 6 kinds of tree leaves and see if you can learn to ID them from the rubbings

Watch for the Perseid meteor shower late at night — it peaks on August 13 this year

Use nature as your gym equipment & see how many ways you can exercise with it

Find the three prettiest bugs in your yard or local park and take their picture or draw them

Lay a dark or brightly colored t-shirt in the sun with rocks on it in a pattern and leave it for a few days for the sun to bleach a pattern onto it

Go to an outdoor festival, concert or other event

# HERBAL SCAVENGER HUNT

How many of these helpful plants can you find this month?

Circle the ones you do!

*yarrow*



*red clover*



*motherwort*



*elder*



*catmint*



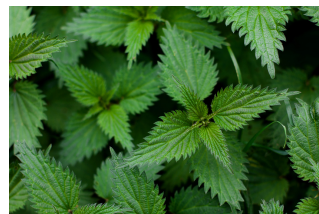
*goldenrod*



*chamomile*



*nettles*



*plantain*



*bee balm*



*jewelweed*



*mullein flowers*



# HERBAL SCAVENGER HUNT

How many of these helpful plants can you find this month?

Circle the ones you do!

*rose*



*self heal*



*pineapple weed*



*raspberry leaf*



*chicory*



*St. John's wort*



*California poppy*



*purple deadnettle*



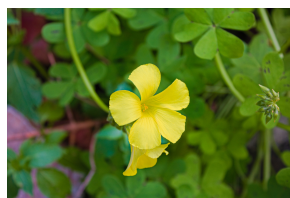
*mugwort*



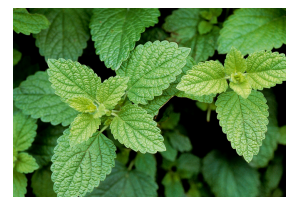
*mallow*



*wood sorrel*



*lemon balm*



# 10 Fun Citizen Science Projects to take part in this month

*Kids like you can help nature and scientists*



Have you heard of citizen science? That's where ordinary people help scientists by doing things like observing wildlife, analyzing photographs of constellations and even counting the insects in their houses.

There are citizen science projects for just about any place you live and for all kinds of nature topics. You can do a lot of them from your own house, while others ask you to report on nature-related observations in your area.

**Here are some examples of citizen science projects that could use your help. These are just a few examples but there are thousands more!**

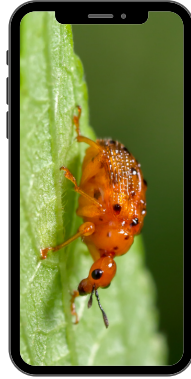
- **Lights Out!** asks you to join them by turning off unnecessary lights outside from 11 p.m. to 6 a.m. now through November while birds are migrating.
- **Beecology** asks you to upload a 5-10 second video of a bee interaction with a flower once a week to help study pollinators.
- Use the **Clean Swell** app to protect oceans and log trash you pick up from your local beach, park or neighborhood.
- **Spidey Sens-r** has you monitor air quality by collecting and submitting spider web samples from your neighborhood.
- **Report to Tick Quest!** every time you find a tick to help monitor tick activity.
- **Join Beavers from Space** to watch satellite images for beaver dams and lodges in the waterways of the Kainai Nation (Blood Tribe) in southern Alberta.
- **Help Go-Sea** by logging marine life and plastic you find at the beach.
- Take part in the **Global Amphibian Bioblitz** by posting as many amphibian observations as possible to iNaturalist.
- Help out **Nitrate Watch**, who will send you a free kit containing everything you need to measure nitrate in your drinking water or local waterways.
- Use the free **Flora Incognita** app to identify plant species and contribute to biodiversity monitoring.

**Go to [scistarter.org](https://scistarter.org) to learn more about each of these and find other citizen science projects you can take part in!**

# August

## Nature Photo Challenge

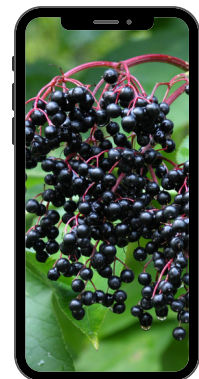
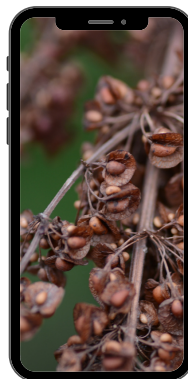
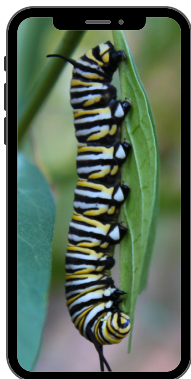
Try to head outside and take a picture each day with that day's prompt as an inspiration!



- 1 Starts with A
- 2 Seeds
- 3 Sharp
- 4 Two
- 5 Purple
- 6 Busy
- 7 Cracks
- 8 Flower
- 9 Legs
- 10 Stacked

- 11 Mossy
- 12 Orange
- 13 Round
- 14 Black
- 15 Wrinkled
- 16 Colorful
- 17 Pattern
- 18 Rock
- 19 Hidden
- 20 Asymmetrical

- 21 Puffy
- 22 Fragile
- 23 Strong
- 24 Weird
- 25 Helpful
- 26 Droplet
- 27 White
- 28 Edible
- 29 Shiny
- 30 Sky



# Hen of the Woods

By Daryl Hrdlicka



Hen of the woods (*Grifola frondosa*) is also known as maitake in Japan. It is a polypore that grows at the base of trees in late summer to early autumn.

It is native to Asia, Europe, and North America. It is brownish in color.

Its common name is because it grows in a low clump of overlapping clusters that look like a brooding hen sitting on a nest.

It's a perennial mushroom, growing back every year on the same location.

It is a delicious mushroom, and one of the most sought-after for cooking. It is a very common meat substitute due to its flavor and texture.

Remember that hen of the woods is a pore fungus (polypore) and lacks gills.

It can grow into a cluster 3 feet wide and weigh as much as 50 pounds!





HEN OF THE WOODS

(*Grifola frondosa*)



# Old Man of the Woods

*By Daryl Hrdlicka*

Old Man of the Woods (*Strobilomyces strobilaceus*) is a mushroom in the bolete family. The latin name means "pine cone mushroom," because of how it looks.

It grows in forests in Europe, North America, and Asia.

The caps are convex (curved outwards like a ball) and covered with dark gray or black scales. The stem frequently has a ring around it.

Cap width: 2–6 inches

Stalk length: 2–5 inches

Stalk width: ½–1 inch

It has pores on the bottom of the cap instead of gills. The pores are white when young, but get dark as they age. When it's cut or bruised, the white flesh turns pink and then darkens to black.

The lookalikes with pores are all edible.

When it's young, it tastes a lot like a button mushroom. When it gets older it's still edible but not as tasty.



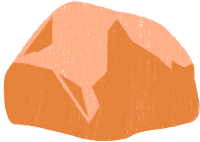

OLD MAN OF THE WOODS  
(*Strobilomyces strobilaceus*)



# AUGUST NATURE LIFE TREASURE HUNT

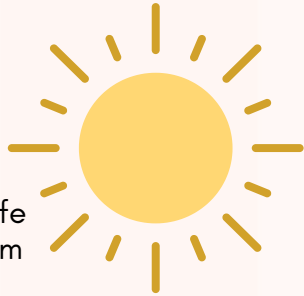


Head out into nature and see what you can find for each category. Draw them or write them in the box. We have an example for each one.

Living	Non living	Once Living
		

# August Poetry

"Breathe the sweetness that hovers in August." - Denise Levertov



At Friends with Life  
By Edwin Markham

There on the hills of summer let me lie  
On the cool grass in friendship with the sky.  
Let me lie there in love with earth and sun,  
And wonder up at the light-foot winds that run,  
Stirring the delicate edges of the trees,  
And shaking down a music of the seas.

End of Summer  
By George Elliston

The summer is so radiant  
I cannot see it go:  
I hug it closely to me for  
Its final warmth and glow...  
There is a stalk of golden rod  
That is about to flower  
Oh, all my heart cries out against  
Forebodings of this hour!  
Cold winds that blow, I bid you go  
To some bleak fastness—high—  
Where summer never comes at all  
And so can never die!



The Locust  
By Leonora Speyer



Its hot voice sizzles from some cool tree  
Near-by:  
It seems to burn its way through the air  
Like a small, pointed flame of sound  
Sharpened on the ecstatic edge of sunbeams.

In August  
By Philip Henry Savage



When the petal falls and lies  
Wrinkled like a leaf that dies,  
When the flower that once was merry  
Sobers to the russet berry,  
When the rose and hawthorn draws  
Slowly down to hips and haws,  
'T is the season birds are mute,  
'Twixt the flower and the fruit.

ROSEMARY  
By Edna St. Vincent Milay

For the sake of some things  
That be now no more  
I will strew rushes  
On my chamber-floor,  
I will plant bergamot  
At my kitchen-door.



For the sake of dim things  
That were once so plain  
I will set a barrel  
Out to catch the rain,  
I will hang an iron pot  
On an iron crane.

Many things be dead and gone  
That were brave and gay;  
For the sake of these things  
I will learn to say,  
"An it please you, gentle sirs,"  
"Alack!" and "Well-a-day!"

# Phenology Calendar

Keep track of nature observations in your area this month like extreme weather, garden harvests, foraging finds, and wildlife spotted.



## Examples:

- Elderberries ripen
- Dragonflies by the pond
- Purple coneflower blooming
- Foraged wild grapes
- Monarch caterpillars spotted
- Jewelweed blooming
- Hail storm
- Temps over 100
- Flocks of grackles in trees
- Warblers migrating
- Acorns falling
- Oyster mushrooms in park
- Wind storm over 50 mph
- Garden tomatoes ripe
- First fall colors on backyard trees
- Northern lights in sky
- Hummingbirds at trumpet vine



## AUGUST 2023

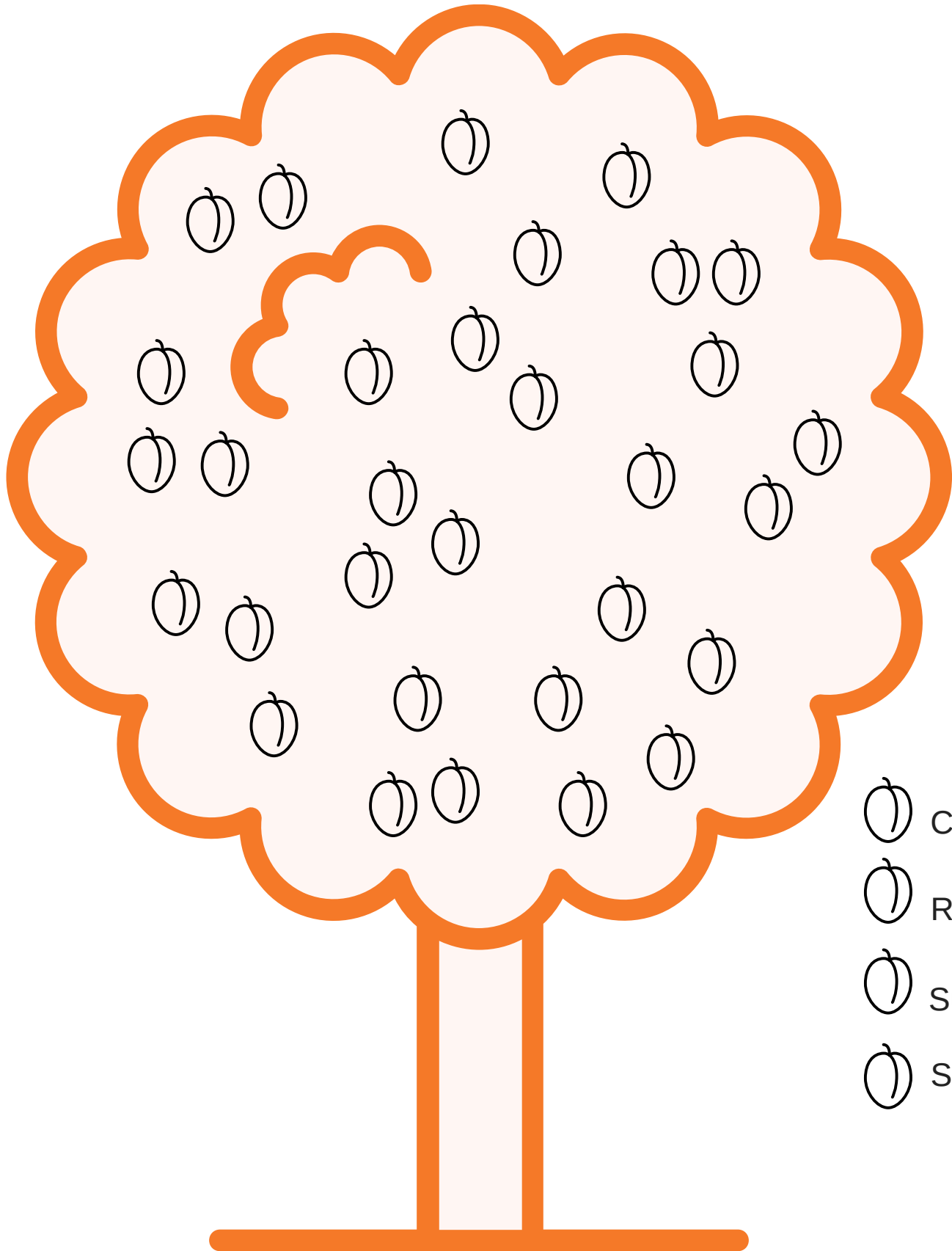
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

# MY NATURE JOURNAL

# August



# August Weather Tree





# August Bird List

Birds spotted this month

# August Animal List

Mammals, reptiles & other wildlife spotted this month

# AUGUST NATURE NOTES

Record any interesting discoveries here -- plants you identify, foods you forage, outdoor activities, cool nature projects, nature books read, or just notes about what it's like outside this week!

Week 1 Observations

Week 2 Observations

Week 3 Observations

Week 4 Observations

# MY FORAGING GUIDE FOR:

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GENERAL SKETCH OF THE PLANT

CLOSE-UP SKETCHES OF PLANT PARTS

LATIN NAME \_\_\_\_\_

WHERE FOUND \_\_\_\_\_

PARTS USED \_\_\_\_\_

LOOKALIKES & HOW TO POSITIVELY ID:

\_\_\_\_\_  
\_\_\_\_\_

WARNINGS: \_\_\_\_\_

FORAGING RECORD (DATES, WHERE FOUND, HOW IT WAS USED)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

MY RATING FOR THIS PLANT





Want to see your stuff in Wild Kids?

We welcome articles, photos, artwork and other submissions from kids and their grown ups.

Visit [magicalchildhood.com/wildkids](https://magicalchildhood.com/wildkids) to learn more.