

Fly Into Our NEHST

Branching Activities for Wilderness Survival



*Take the lead on a family hike and see if you remember how to read trail markings.

*Camp out in your backyard and try to live off the land as much as possible.

*Check out some books from your local library about living off the land.



Nature Education for HOMESCHOOL Students & Teachers



Great Books to Check Out:

Echo Mountain by Lauren Wolk

A Year in the Woods by Torbjorn Ekelund

My Side of the Mountain by Jean Craighead George

Into the Wild by Jon Krakauer

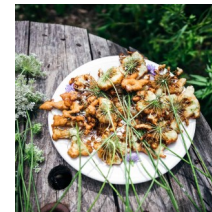
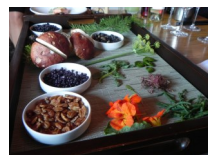


Recipe for Acorn Muffins:

1 and 1/3 cup buttermilk
1 egg, lightly beaten
1/3 cup melted butter or nut oil (walnut, hazelnut, pecan)
1/4 cup brown sugar
1 teaspoon vanilla extract (optional)
1/2 cup wheat bran
1/2 cup acorn flour
1 1/2 cups All-Purpose flour
1/2 teaspoons baking powder
1 1/2 teaspoons baking soda
1/4 teaspoon salt
1/2 cup acorn grits or minced chestnuts, pecans or walnuts
1/4 cup fresh or frozen berries (lingonberries, blueberries, etc.)



*Try living off the land by harvesting some edible plants and making a meal.



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