

## GRADE 3 FALL: Summary of COLONIAL WALK

**GOAL:** Colonial families met many of their needs using common plants. Appreciate the knowledge of the natural world colonists needed, some learned from Native Americans.

**MATERIALS:** For each child a Colonial Job worksheet. For each of 4 groups-Rope 25 feet long knotted in 5 foot lengths, one clipboard, paper and pencil to record foundation size..

**INSIDE :** Explain behavior expectations and logistics. Class is in 4 groups. Two go to Fiske Hill sites with teacher and parent volunteers, two stay at Hastings with parent vols. When done they switch (the group at Fiske Hill go to Hastings and vice versa) teacher stays off site and helps in crossing.(

**OUTDOORS: (45 minutes)** As you walk ask children "*What do you see that would not be here in colonial times? You just came from Europe, what would you bring to survive, and what could you find here?, Imagine life with no stores – everything must be made or found yourself. Children's labor essential, must learn to identify plants, their uses, where to find them. You'll each get a job to do. Let's try to identify some useful plants. Many plants poisonous so mistakes had serious consequences*

### ROTATE TO THESE AREAS:

#### 1) Hastings Colonial Garden

Colonists **brought seeds** they thought they needed. Cleared land and planted: herbs for cooking, for medicine, **storage crops** (Onion carrot etc.) ,Native Amer. taught them **3 sisters** (corn, beans, squash) stored well, grew together, nutritionally balanced together. Potato from S. America in 1700's. **Apples** trees planted because cider was safe drink. Not here but **grains** (wheat rye), **Fibers** (flax, broom corn). Need a food supply until May. Some crops don't make it - drought, animals. What do you do?.

**2) Give each child a job sheet** (Cloth maker hardest) Each child will try to find 3 plants on list. Plants tagged but NOT labeled. They'll have to match by picture and teach their group what plant used for.

*Healer #1: Plantain, White Pine, Mulberry (found at Fiske Hill)*

*Healer#2: Dandelion, Clover, Spruce, Blackberries(found at Fiske Hill)*

*Cook #1 & #2 : Maple, Mulberry, Spruce, Sumac, Crab Apple, Clover (Fiske Hill)*

*Builder: Maple, White Pine, Cherry (Fiske Hill)*

*Clothing Maker: Red Oak, Poke Weed, Goldenrod (Found **on route** to Fiske Hill or at Hastings)*

**2) Route to Fiske Hill along Mass. Ave.** Look at tagged plants, do you need any of these?

#### 3) Fiske foundation stones

This house was built in **1674 by David Fiske**, next to his father's farm. Two stories, slant roof, no cellar. Can you find front stairs? Where would chimney be. How large is a room if 4 rooms on first floor. Measure foundation with rope knotted in 5 foot sections. Kids count off. Discuss perimeter (square feet confusing). Divide in half for room size

**David and Sarah Fiske had 8 children.** One son became the first doctor in Lexington. The Fiske's were among the most prosperous farmers in Lexington. Youngest son, Ebenezer grew up, first wife died in childbirth, so married again. Inherited house so in 1725 family living here was:

Ebenezer Fiske and his wife Bethia, and his mother, Sarah

Two slaves: Phillis and Pompee

9 children (3 died as infants plus Ebenezer, Bethia, Benjamin, Elizabeth, Jane, and Ann

**4) Fiske surrounding trees and well.** Do you see materials here they could have used? What did they need to bring with them to get their farm started? **Look for tagged plants**

**5) (Optional) Path uphill** Find foundation stones for barn. Pasture and fields above for farming

### WRAP UP: (10 minutes)

*What was different about colonial life? What skills would you need as a child? What if you couldn't find a plant or it was wrong season? Need several plants to meet the same need*

*USES OF PLANTS IDENTIFIED IN WALK – (This is info. on walk guide and on job worksheets).*

**TREES:**

Ash (Stump)	Hard wood, wood ax handles, tools wagon wheels, furniture, baskets
Cherry	Wood for fence posts, furniture Fruit dried for winter, Bark made cough medicine
Crab Apple	Fruit for jelly, Dye
Red Maple	wood for building homes and furniture, for fuel
Sugar Maple	Wood for fuel and construction Tap the sap, boil down for sugar
Mulberry	Brought from far east .Berries eaten and made jelly Treat fevers, laxative
Red Oak	(leaves pointed like red flame- White oak round lobes on leaves) Wood for fuel, construction and furniture Bark & leaves for tanning animal skins
White Pine	Wood for construction and furniture, school boards, Ship masts Not for burning – too soft, burns fast, full of pitch Inner bark for cough syrup
Spruce	Tea from needles high in vitamin C Spruce beer, Treat cuts and sores Build houses, not for burning fuel
Stag horn sumac	Red berries for drink Sore throats, stop cuts from bleeding Dye cloth (beige)

**WILDFLOWERS (EXTRA INFO)**

Clover	Source of honey Ointment on cuts
Dandelion	Leaves for salad in spring Roots ground as coffee substitute
Milkweed	Seed pods for pillows, twisted candle wicks Young stalks and flowers boiled and eaten
Plantain	Leaf stops bleeding, helps heal, Relieves pain from mosquito bites
Poke weed	Poisonous, berries for dye or ink
Raspberry	Fruit eaten or in jelly Stomach ache relief Roots used as gargle for sore throat, cuts, stop bleeding
Wild Rose	Sweeten puddings and drinks Rich in vitamin. C, Treat coughs and colds
Queen Ann's Lace	Roots, leaves, seeds eaten for vitamin A Treat coughs and stomach ache, heal sores and burns