



Skills for Life

Field Study

Environmental Scavenger Hunt

- Agree an area that you can use.
- Explain what you want them to do and that they
- Split into small groups with an adult
- Explain that they should be careful with any living creatures they find.
- If you decide to find and taste Wood Sorrel please find it yourselves before using the guide to what you are looking for and if in doubt don't do this part.
- Leaders should be checking before anything is eaten.
- Get the young people to explore and find everything on the chart
- Give them 20-30 minutes to find as many items they can and bring it back to a central point.

Wood Sorrel



Leaves

Three heart shaped leaves with a perpendicular stem descending from the middle, a little like clover. The leaves 'wilt' or close at night or if conditions are harsh.



Flowers

Delicate little five petaled white flowers with pink or purple veining.



Stem

Thin, delicate and green to red, the tastiest part.



Habitat

Woodland floors and hedgerows and almost anywhere damp and shady that has been undisturbed for a long period of time.



Possible Confusion

Clover, pictured, but this is edible in small amounts and in no way has the citrus/apple peel taste of Wood Sorrel. Clover is plant of grassland and the mature leaves don't have a heart shape.

There are many different members of the Oxalis family and several of them are called Wood Sorrel. All green leaved varieties are edible. This includes **Pink-sorrel** and similar species with pink flowers and larger leaves, as well as yellow flowered species that are fairly common in flower beds.

There is a small purple variety called **Creeping Wood Sorrel** which is common in many gardens growing between cracks and plant pots but it is sometimes mentioned as an hyper-accumulator of copper.

Taste

Sharp and sour something like apple peel and lemon, very pleasant when thirsty.

Frequency

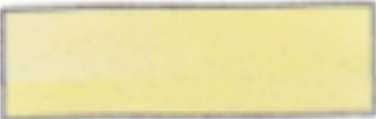

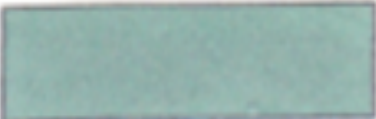
Common in established woodland.

Collecting

The leaves, stem and flowers of this little plant are edible. It contains oxalic acid so it should be consumed in moderation.

Environmental Scavenger Hunt

Try to collect as many of the following items as possible. You should try to avoid harming anything living and where possible keep items to a small size. Each item must be different and only counts for one category.

ITEM	VALUE	SCORE
A cone from a conifer tree	10	
A healthy live insect	40	
A snail shell (dead or alive, but healthy if alive!)	30	
Finding & tasting a leaf of Wood Sorrell	20	
A berry	10	
A feather	40	
A small stone with some lichen on it	20	
A seed	30	
An oak leaf	10	
Something natural that is exactly this colour: 	<30	
Something natural that is exactly this colour: 	<30	
Something natural that is exactly this colour: 	<30	
	TOTAL = (max. 300)	

