




Wild plants in heritage

Title of activity	Wild plants in heritage
Theme	Discovery of natural heritage
Learning goals	To make the audience understand what constitutes natural heritage and experiment with the link between natural heritage and daily life.
Target audience	Group size 5-30 (no specific age and skills required)
Type of activity	An experience in the natural environment
Keywords	Natural heritage/ wild plants/
Step-by-step	<p>The steps we followed:</p> <ol style="list-style-type: none"> 1. Introduction to edible plants and flowers, in general, as an element of natural heritage. 2. Organising nature walks: discovering natural heritage and its connection with peoples' daily lives over the centuries. It is best if a professional guide, familiar with wild flora, is asked to guide the participants on the nature walk. 3. The walks are accompanied by sensory experiences (tasting fruits or flowers, smelling plants, discovering medicinal plants, etc.). <p><i>Debriefing</i> Discussion on what has been discovered during the walks and how it should best be interpreted.</p> <p>The participants learned how to consider wild plants, as an important element of natural heritage. Heritage interpretation was used by looking at wild plants as an important resource, for medicinal, gastronomic or cultural</p>

	purposes, but also through centuries of inherited cultural practices.
Venue	<p>Nature parks, nature reserves, gardens, etc.</p> <p>TIPS <i>In some regions, monasteries can offer the bridge between nature and cultural practices, using wild edible plants and herbs and also growing wild plants. They can be included in the nature walks to learn about how wild plants were part of various social practices: food, healing, spiritual ceremonies, etc.</i></p>
Materials required	No need for special material but a guide or a naturalist is required. The activity should be organised together with the staff of the nature site visited.
Duration	1.5 – 2 hours
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