

# (Free PDF) Walking the World in Wonder: A Children's Herbal by Ellen Evert Hopman

Walking the World in Wonder: A Children's Herbal

By: Ellen Evert Hopman

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ISBN-13: 9780892818785

Introduce children to the magic of using herbs for healing, cooking, and nature crafts and inspire a lifelong interest in the natural world. Designed especially for children ages five to ten. A hands-on book for children, filled with fun, easy-to-follow activities. Walking the World in Wonder covers the medicinal and magical uses of sixty-seven common herbs. Each herb playfully introduces itself and talks about its habitat and many uses. With fun, easy-to-follow activities, herbalist Ellen Evert Hopman teaches children basic herbal skills and invites them to make a sunflower seed mosaic, sew a catnip-filled mouse, and dig for Jerusalem artichoke roots. The book also includes simple recipes that children can use, with adult supervision, to treat minor ailments: peppermint tea to soothe a troubled tummy or horse chestnut salve to heal a scraped knee. Children gain a sense of self-sufficiency and awe for the earth's treasures by eating wild nettle greens, sprinkling a sandwich with nasturtium flowers, making strawberry honey, and learning to season food with dill they've gathered themselves. Parents and teachers will appreciate how these earth-centered activities are placed within a broader social and environmental context. Sixty-seven full-color photographs enable children, parents, and teachers to identify these herbs during walks and field trips. Walking the World in Wonder gives children a direct and joyous experience of their connection to the natural world and inspires a lifelong interest in their own health and that of the planet.

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 Difficulté Facile

 Durée 993 heure(s)

 Catégories Vêtement & Accessoire, Alimentation & Agriculture, Science & Biologie

 Coût 633 EUR (€)

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