

ENAEP SUMMER CAMP 2023

10-10:30 Arrival

10:30-12 Beading Project with Stephanie

12-1 Lunch

1-2 Zipline

2-3 Nature Walk with Medicines with Jennifer

3-4 Rock Wall/Other Activities

4:15-5 Nettle Pesto with Nancy and Mary

5-6 Dinner

6-8 Firepit: salmon, songs, s'mores

Art Activity

Day 2

7-8 Help make Fir tip tea with Mary or dandelion root Latte with Irene

9:30 Breakfast

10:30 Alphabet books

10-11 UNO card game making

Herb Bath Recipes

Soothing Soak For Sore Muscles

1 cup sea salt

1 cup Epsom salt

1/8 cup (2 tablespoons) baking soda

1 tablespoon powdered ginger

Add up to 20 drops of any blend of pure essential oils

Essential oils: Peppermint, rosemary, eucalyptus, lavender

Bath Herbs:

Skin healing: calendula, chamomile, comfrey, lemon balm, plantain, rose, rosemary, yarrow

Open respiratory passages: eucalyptus, mint, rosemary

Fight skin infection: cedar, calendula, plantain, Oregon grape, yarrow

Ease pain and inflammation: cottonwood leaf and bark, ginger, willow leaf and bark

Soothe itching: oats, peppermint, ½-1 cup of vinegar (can be used with herbs)

Nettle Pesto

Nettle-Build Inner Strength

**Nettles are the first edible greens that emerge in the spring. Harvesting requires mindfulness.
The sting wakes us up and helps us be present in the moment.**

Nettle Pesto Recipe

This can be used with pasta, potatoes, cooked vegetables or spread on crackers

1 small bag (6 cups) young, fresh nettles, washed and rinsed

1 bunch basil, stems removed, washed and drained

½ cup parmesan or romano cheese

1/3 cup walnuts or pine nuts

1/3 cup extra virgin olive oil

1-3 cloves garlic, chopped

1 teaspoon lemon juice

Salt and pepper to taste

Cedar Salmon

Students will learn how to cook salmon on cedar sticks in the traditional way and then enjoy their salmon with the nettle pesto



Roast Salmon on Sticks

This recipe was written by Agnes E. Pilgrim (Yurok Tribe) in Crescent City, California. She participated in the Folklife Festival's *Native American Program* in 1974.

Ingredients

Fresh salmon
Salt
Pepper

Preparation

1. Dig a pit about 5 by 3 feet and 6 inches deep. Loosen the soil around the edges, which lets the sticks penetrate deep enough into the ground so that the sticks and the fish on them stay upright.
2. Build a fire in the pit, using seasoned maple, apple, oak, or another wood that does not contain pitch.
3. While the coals are heating up, which take about 2 hours, fillet the salmon. Allow about 1/2 to 3/4 pound per person. Once it is filleted into slabs, cut each slab into pieces about 3 inches wide.
4. For roasting sticks, we use redwood, which is whittled out of seasoned straight-grained redwood, each about 3 feet long and 1/2 inch thick and wide. I sharpen my sticks to a point on both ends to allow me to pierce each piece of fish between the fleshy meat and skin. Then I slide the first piece down the stick until it is about 10 inches up from the bottom. Each stick should hold 3 or 4 pieces.
5. Once all the fish is on the sticks, season with salt and pepper. Push the stick into the ground around the edges of the pit. Always face the fleshy part of the fish toward the fire, because this part should cook first. It takes about 1 hour to cook the entire stick, but start by cooking each side for about 15 minutes or until whitish streaks can be seen in the fleshy part of the fish.

Alphabet Books

Materials:

Book (provided)

Watercolor pencils (provided)

Your tribal alphabet and sounds

Before you come to camp, research the letters in your tribal language alphabet. We will be making an alphabet book/personal pocket dictionary that you can have to keep.

You will need access to some animals, or any word for at least the beginning of your pocket dictionary. You will finish this project at your own pace.

UNO card game

Materials:

UNO card set (provided)

Student Worksheet (included)

UNO Native Style Worksheet

Playing Uno with your Tribal Language:

Insert the name of your language at the top of the first columns. Then add your tribe's words for the English words in the 2nd columns. Additional challenge... for the 2nd chart, do your best to insert tribal phrases in the 2nd chart.

Language---	English
	zero
	one
	two
	three
	four
	five
	six
	seven
	eight
	nine
	reverse
	skip
	wild draw 4
	draw 2
	wild
	red
	yellow
	green
	blue

Language---	English
	Go!
	Whose turn is it now?
	Now it's your turn.
	Now it's my turn.
	Which color do you want?
	Don't look at my cards.
	Don't look at my cards.
	I didn't look at your cards.
	Don't cheat.
	I'm not cheating. You're cheating.
	Don't take 4, take 2.
	Don't take 2, take 4.

Fir Tip Tea and Dandelion Latte

Forest Medicine Tea

3 parts: evergreen tea needles including Douglas fir and/or spruce

1 part each: elderberry, rosehips

This tea build resilience and is immune stimulating

Steep 15-20 minutes

Dandelion root Latte

For problem solving

Place chopped, dried roots on a cookie sheet and roast in oven for about 30 minutes at 275 degrees

When roots turn golden brown and begin to smell sweet and roasted, they are done

Place 1 teaspoon per cup in a pan of cold water, bring to a boil, and turn down to simmer for 5-10 minutes with the pot covered.

Serve with Hot milk and honey