Forest Survival

With Edible Plants

Scenario: After spending five days on a solo canoe camping trip in the Canadian Quetico Wilderness, you have become stranded. During a thunderstorm with high winds, a large red pine tree toppled over, crushing your canoe. Hiking through the dense wilderness of Quetico would be impossible, so you have determined your best bet is to stay at your campsite, until another canoeist comes through so you can get help. Due to the remote nature of the area, this may take several weeks. Your food supply is running low, you only have 1 lb of rice, and a few cups of flour left. Thankfully, you have a good knowledge of edibles that can be found in the forest that you learned in your high school forestry class. What will you do to feed yourself? Be specific with plants, animals, and preparation methods. Animals must be taken legally. You have no hunting gear with you, as you were travelling light, but you do have an ultralight fishing pole, and tackle for small fish.

Plan must be presented in front of class and must include:

-At least 10 plants

-Pictures of each item you will be using for food

-Preparation methods for each food item.

-Enough food to meet caloric requirements of you.

-The season you will be there