



HIGHLANDS BIOLOGICAL FOUNDATION

Week 3

Nearby Nature – Wildflowers

Monday 3/30

It's wildflower week for #NearbyNature ! 🌸🌸🌸 This evening, NC's "Stay at Home" order goes into place, but thankfully, outdoor activity is considered an essential activity. You can still get outside and connect with nature as long as you avoid mass gatherings and continue to practice social distancing! 🌍

Spring blooms are popping up all over, and we encourage you to get out of the house and enjoy them. Use the wildflower resources below to see if any of these wildflowers are near you! If you find any, post a photo and tag us:)

Search our hashtag #SpringSightings to see what has been blooming in the Botanical Garden recently. (example pics below)

[The North Carolina Arboretum :](https://www.ncarboretum.org/.../04/NCA-Wildflower-Guide-2019....)

<https://www.ncarboretum.org/.../04/NCA-Wildflower-Guide-2019....>

[Great Smoky Mountains National Park :](https://www.nps.gov/.../.../nature/common_spring_wildflowers.htm)

https://www.nps.gov/.../.../nature/common_spring_wildflowers.htm



Tuesday 3/31

Were you able to find any wildflowers near you yesterday using our wildflower resources? If you found a common wildflower that was plentiful in your area, we have the perfect activity for you for today's #NearbyNature ! Below are the U.S. Forest Service's instructions for pressing wildflowers, which can be a fun activity for the whole family and will keep your blooms well preserved. 🌸🌸🌿

For more information or instructions on how to dry wildflowers instead go to:

<https://www.fs.fed.us/.../activiti.../preservewildflowers.shtml...>



Nearby Nature: Pressing Wildflowers

What you'll need:

- Flowers
- Paper towels
- Cardboard or Newspaper
- Several heavy books
- A warm, dry room
- A table or cupboard

What to do:

- 1) Arrange the flowers & leaves carefully on the sheets of paper towel. Give each flower enough room, & remember it will press dry just as you have arranged it
- 2) Start with a piece of cardboard or 4 layers of folded newspaper on a flat, hard surface. Lay a paper towel with flowers on top of it. Put another sheet of paper towel & then cardboard or folded newspaper on top of it.
- 3) Go on adding layers of flowers between paper towels & cardboard or newspaper until you have a stack no more than 6 inches high. Finish with a cardboard or newspaper layer.
- 4) Carefully place the heavy books on top of the stack.
- 5) Leave the flowers alone for 2 weeks. Then peel the paper back gently and check that the flowers are flat & dried. If they are not, leave them for another week.

Photo of bloodroot (*Sanguinaria canadensis*)



Wednesday 4/1

Do you know all the different parts of a wildflower?? For today's [#NearbyNature](#) , we are sharing this U.S. Forest Service wildflower activity that covers the name, structure, and function of plant parts! :

<http://ow.ly/vmgc50z2c8X>

Find a flower (large ones such as tulips or daffodils work well) and follow the steps on Activity Sheet #1 (pg. 5). The complete lesson reviews background information and helpful steps for guiding children through the process. Once your family completes the activity, share a picture of your dissected flowers with us! 🌻🌻

Thursday 4/2

For today's [#NearbyNature](#) , we're focusing on how flowers attract pollinators 🌻🐝 Click the link below and download the Pollinator Profiles from the [California Academy of Sciences](#) to complete our activity described in the image. This resource includes an introduction to pollination and a more in-depth lesson if you're interested:

<https://www.calacademy.org/.../le.../flowers-seeking-pollinators>

Nearby Nature

HOW DO FLOWERS ATTRACT POLLINATORS?

- 1) Download & look over the Pollinator Profiles from CAL Academy. Have you seen any of these pollinators this spring?
- 2) Pick one pollinator. What kind of flower would be perfect for your pollinator? It can be a real flower or an imaginary one.
- 3) Draw the perfect flower for your pollinator & share it with us!

Bonus:
In warm weather, find a flower outside. Watch it for 5-10 minutes. What kinds of pollinators visit it? Does it match their pollinator profile?

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Photo courtesy of Cookie Patterson

Don't forget to share your flowers with us! 😊

For more fun, check out this pollinator observation activity from Life Lab:

<https://www.lifelab.org/2020/03/pollinator-observation/>

Friday 4/3

Thank you all for such a great week of #NearbyNature ! 🌱🌸🌸 Now that your family has had a chance to look at, learn about, and even press the wildflowers in your area, we think you're ready to sign up and prepare for [ecoEXPLORE](#) 's Botany Challenge starting April 13th. Developed by [The North Carolina Arboretum](#) , this innovative program encourages kids to explore the outdoors and participate in citizen science.

Use this link to learn about this program and to get started preparing for the Botany Challenge: <https://www.ecoexplore.net/badges>

One option for the Botany Challenge is to study a native wildflower! 😊🌸 All you have to do is:

- 1.) Draw a picture of your favorite native North Carolina wildflower. Be sure to include the flower and leaf shape.
- 2.) Include a brief paragraph describing when the flower blooms in your area of North Carolina and one interesting fact that you learned.
- 3.) Email your work to your regional hub. (Click the link above to find your regional hub.)

Don't forget to share your wildflower pictures with us!