Name_____Date_____Period_____

Wild Foods 1: The Black Walnut

Team Performance Task

Background

The black walnut tree is a commonly occurring shade tree found throughout much of North America east of the Rocky mountains. Its fruit (the walnut) is highly edible and easy to preserve for long periods of time. For this lab investigation, your team will be tasked with finding, identifying and foraging for the nutritious nuts of this common tree and preparing them for later use in the course.

General Instructions

1. Read the *Black Walnut* page of the Wild Foods E-Unit to familiarize yourself with the species' characteristics and properties.

2. Go outside to discover exactly where black walnuts are located in your neighborhood and either record the latitude/longitude of any discovered trees for later addition to shared Wild Foods Location Map or add the tree location(s) directly to the shared at the time of discovery.

3. When available, gather the black walnuts for processing as they fall from the trees in late September into early October.

4. Consult other online sources for hints and tricks for processing the black walnuts and develop a plan for completing the objective. You will only be given a certain amount of time to complete the task so it is vital that you devise a plan prior to starting the foraging part of the lab. A high quality plan will address collection strategies and methods, processing, drying and storage.

4. Obtain an ample supply of fresh black walnut husks from local trees to facilitate the creation of a supply large enough to satisfy the short term nutrition needs of you and/or your team. Black walnuts contain approx. 175 calories per ounce (~14 halves).

Special note: Black walnuts fall under the category of "tree nuts" for allergic students and care must be taken to keep the nuts and associated oils off of tabletops, etc. in areas where allergic students might work. If you or a members of your team are allergic, their duties should be limited to responsibilities that will not expose them to any allergens. See your instructors with concerns.

A Note on Natural Competition

Black walnuts are sources of food for a variety of small mammals so you could find yourself in competition with "critters" when foraging. Keep this in mind...it is not a good idea to wait until all of the walnuts fall before collecting.

There are several species of insect larvae that also feed on the fleshy husk of the walnut but are incapable of penetrating the thick shell. These little worms are harmless and do not affect the quality of the walnuts. However, if the unprocessed walnuts are brought inside and stored there, the larvae could mature into beetles and leave the husks to crawl around the house.

Remember, if you are trying to figure out which walnuts might be good vs bad, simply conduct a "float test" and make a decision from the results.

Grading

Grading for this lab is based on you or your team's ability to forage enough of the resource to be valuable in a survival situation. this means that simply gathering four or five samples is not enough...in truth it would not even be valuable as a "snack" let alone as a source of food.

Scoring rubric (5 point scale)

Advanced (5.0-4.5)	**Proficient (4.25-3.5)**	**Basic (3.25-3.0)**	**Below Basic (<3.0)**
Advanced ability to find, gather and process the resource in question demonstrated. Chance of survival using this resource very high. >1000 calories	Adequate ability to find, gather and process the resource in question demonstrated. Chance of survival using this resource is good/average. 1000-600 calories	Below average ability to find, gather and process the resource in question demonstrated. Chance of survival using this resource below average or in doubt. 600-400 calories	Poor ability to find, gather and process the resource in question demonstrated. Chance of survival using this resource unlikely/poor. <300 calories