

## United Nations Sustainable Development Goals Open Pedagogy Fellowship

### Assignment 3: Ethnobotany - Eat Weeds and You Will be Nourished



**Target 2.1: By 2030, end hunger and ensure access by all people, in particular the poor and people in vulnerable situations, including infants, to safe, nutritious and sufficient food all year round.**

#### **Introduction**

The foods that we eat often carry with them particular ties to cultural traditions, stories, memories and histories. In this way, foods and the diverse plant species from which they are produced, often connect communities of people across diasporas and across generations. Plants, as with humans, have a long evolutionary history across changing ecological zones and these relationships between humans and plants are an important part of the entangled history of human evolution across the globe. For example, some plants that have become weeds were introduced to North America by early colonizers and settlers bringing familiar European plants with them. Escaping cultivation, these non-native plants found their place in settlement landscapes and eventually spread beyond the point of introduction. Yet others arrived accidentally in contaminated shipments of grain destined to be sown as field crops or stuck in the shoes and clothing of a new human immigrant or refugee. Some of those field crop seeds successfully escaped cultivation, established without assistance, and became weeds.

Our goal in Assignment #3 is to focus on specific plant species identified in the Assignment #2 iNaturalist Project on our respective campuses and understand these complicated histories of movement, cultivation, and cultural stories.

**Assignment #3a: Deep Dive** Based on the class master plant list created from our work in Assignment #2, each student will **select one plant species** to dig deeply into its botany, geographical and anthropological origins, ecology, and ethno-cultural uses including a tasty recipe that explains how to use, cook, and eat or drink the plant. Describe whether the plant is healthy to eat, and if it is in a safe (unpolluted) place to harvest the plant. The recipe may be

traditional and prepared in the lands the plant originally came from, or it can be a modern or postmodern, paleo, keto, etc. invention or adaptation of an existing recipe you like..

A template will be provided to ensure there is consistency in each contribution.

**Assignment #3b: Collectively Create** Once your individual papers are completed, we will use them to prepare **an open access compendium/zine** of all the free weedy food plants on our campus and make it available to those fighting for food justice in the community. By working together, we will organize Assignment #3a contributions into something that resembles a plant-based cookbook with categories such as Mains, Sides, Salads, Soups... Cover graphics, illustrations and photos will be required. From the lectures about SDG's, global hunger, inequality, malnourishment, undernourishment, etc. as a class, collectively write a preface that explains how this course project is working towards achieving zero hunger by 2030.

## **NOTES**



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