



Hawk's Hearth

The Wilds Food Experience

Co-ed, ages 13-17



Hawk's Hearth Details

For a lot of people a night spent around a campfire in the woods can be miserable, with smoke, damp, dwindling firewood, a rocky uncomfortable place to sit and try to make plans, cook food or carve your tools.

If you have good wilderness skills, it can be the exact opposite.

Hawk's Hearth is a program that will teach you how!

We start with campfire structure, location and firewood resources, and build awesome camps that can meet our needs. We make backrests out of sticks, cord and bundles of dry grass, so our level of comfort goes way, way up. Soft, warm and out of the smoke, now we can start cooking amazing meals and have awesome stories and conversations that take us deep into the night.

We will learn how to identify wild edible and medicinal plants, and make teas, healing salves, oils and ointments that we can bring home to share. We will gather wild foods and make some signature meals that are outstanding. We will also learn how to create an environment that builds and supports friendship, connection and growth, which empowers us to share our opinions, voices and expression, so we don't have to stay hidden among our friends.



This kind of connection is the antidote to feeling lonely and stressed. It replaces those with one of warmth, laughter and adventure.

We will pit cook vegetables and chicken, and do some clay baking for trout or salmon. We will make stir fries, and oven roasting and make several different kinds of ash cakes too. In addition, we will make teas and other refreshing drinks that will quench our thirst as we enjoy time around our campfires.

In addition to these fire circle skills, we will head out to explore, gather and track each day, and also have time to throw tomahawks, make stone or bone knives and other woodcrafts that we can continue around the fire circles that we've made.

Activities Include:

Stone Fire Circle Construction

Sapling Benches

Sapling Backrests, Grass Matts

Hand Made Cutting Boards

Knots and Lashing, Campfire Management

Cooking Fires, Pit Cooking, Clay Baking

Wild Teas, Campfire Cooking Skills

Quick Campfire Tongs and Spatulas

Wild Food Plants Identification

Medicinal Plants Identification

Healing Herbal Salves, Storytelling

Gathering Hikes, Bark Containers

Ash Cakes, Coal Burning

Woodcarving Skills.

