

“Reading about nature is fine, but if a person walks in the woods and listens carefully, [they] can learn more than what is in books . . .”

— George Washington Carver



*What did you notice today?*

*Draw or write about it here, and share it with a friend!*

<i>I saw..</i>	<i>I heard...</i>	<i>I felt...</i>	<i>I tasted or imagined...</i>	<i>I smelled...</i>

This booklet was commissioned by Great River Greening and Frogtown Green, who are partnering with Frogtown Park & Farm and the City of St. Paul to restore areas of the park with native plants. Frogtown Park & Farm is located on ancestral and present-day Dakota homeland.

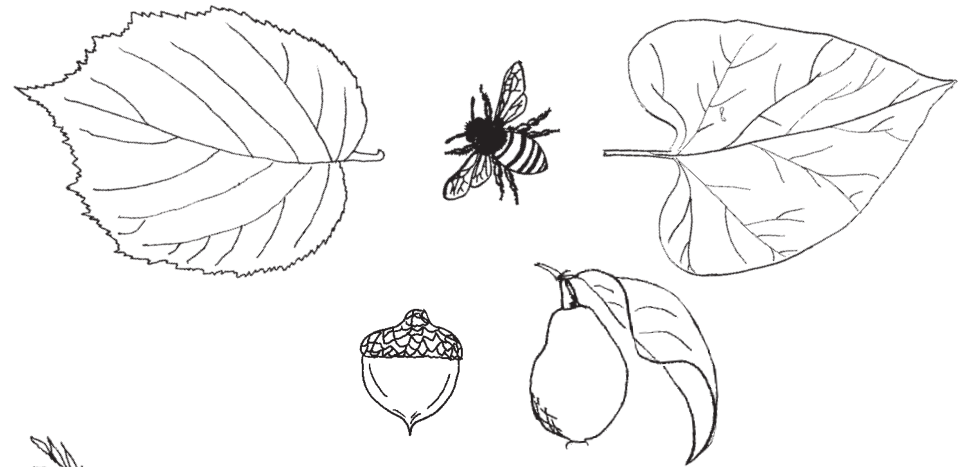
Restoration work: [greatrivergreening.org](http://greatrivergreening.org)  
Download PDF of booklet: [frogtowngreen.com](http://frogtowngreen.com)  
Dakota place history: [bdotememorymap.org](http://bdotememorymap.org)

**Notice Nature Everywhere** booklets are created by artist and botanist Sarah J. Nassif for communities to connect with the land, nature and each other. Reproduction allowed for personal use only.

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# Five Ways to Make Friends in Frogtown Park & Farm



Use your five senses to connect with nature at Frogtown Park & Farm, and make new friends with both plants and people



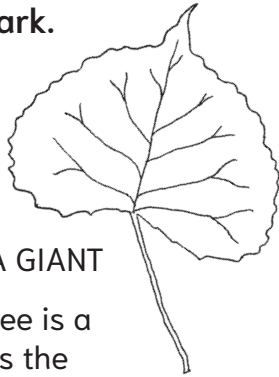
**FROGTOWN PARK & FARM** is full of friends you haven't met yet—like plants, animals and trees! You can get to know them using your five senses and letting your curiosity lead you. Visit the stops on this map in any order as you walk through the park.

**1**

**BREATHE LIKE A GIANT**

This majestic tree is a cottonwood. It is the tallest tree in the park and it breathes, just like you do. Take a deep breath in through your nose and exhale slowly through your mouth three times. How do you feel? How does the air smell?

Trees take in carbon dioxide and "breathe out" oxygen, which is what we breathe in—what good friends trees are! How can you be a friend to a tree?



bur oak



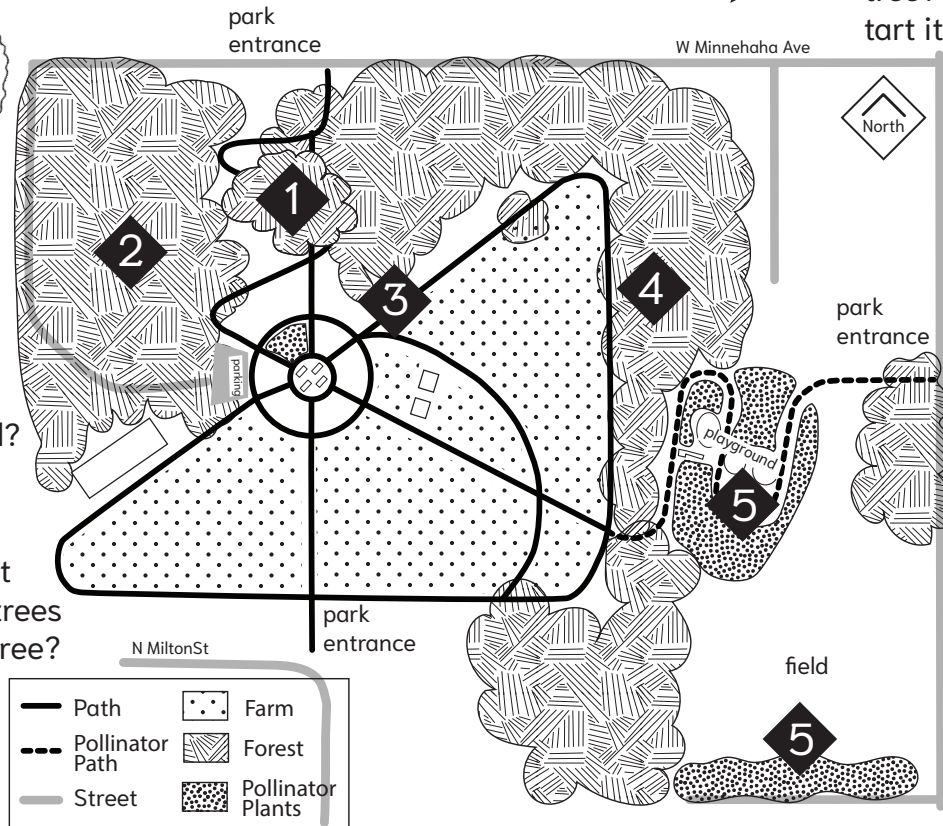
**2**

**FEEL A LOBED LEAF**

This park was once part of a larger oak savanna—a grassland with a few scattered oak trees like you see here. Look up to see spreading branches and rounded or pointy leaf shapes. Look down to find an oak leaf or an acorn. Feel their texture: are they crinkly, bumpy, or smooth? Trace your leaf or sketch an acorn using the drawing space on the back of this booklet. Add a few words that describe what you notice.



pin oak



**3**

**IMAGINE A TREE'S TASTY TREAT**

This park includes a community farm called Frogtown Farm. The farm fields include fruit trees, like cherries, pears and apples, as well as veggies and greens. Can you find fruit growing on a tree? Can you imagine how sweet or tart it would taste?



**4**

**LISTEN FOR CRITTER SOUNDS**

Along this woodland forest edge, you'll see tall trees, short trees and bushes, and grasses and non-woody plants near the ground. Different birds, mammals and insects live in each layer of a forest community. If you listen quietly, what bird calls can you hear? Do you see certain creatures visiting each layer?



**5**

**COLOR A POLLINATOR PATH**

Look for the colorful flowers blooming along this path or in the big pollinator patch across the field. These are all plants that provide food to bees, butterflies and other insects. Find a place to sit and close your eyes for a minute. Can you hear anything buzzing? Now open them and look around. Where are the pollinators? What colors of the rainbow do you see?

