

# In Search of Sustenance

*"I ran; but did not know what way to go, and took into the pines. Now, after I had done this, I began to study what I should do for something to eat. I continued there for four days without any food except sassafras leaves, and I found water."*

--Edward Hicks, who escaped from Virginia

Several accounts from freedom seekers mention sassafras as a food source.

The sassafras tree is unusual for having five distinct leaf shapes. Here are some of the easiest to identify:



Take a walk and look at the shape of leaves. Choose a leaf to take with you. When you get home, carefully write what freedom means to you on your leaf. A fine-tipped Sharpie works well for this. **Set your leaf free.**

