



# SEDONA RECYCLES

KEEPING THE RED ROCKS GREEN SINCE 1989

## Herbal Who Am I?

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### Overview

This is a guessing game to enhance your school garden experience. Plants are a fabulous way to interconnect curriculum. This game touches on health and nutrition, geography, and plant and insect relationships. Topics can be expanded to include food as part of culture, plant biology, insect identification, and explorers' routes and history of trade goods. Language can be incorporated by learning Latin names and etiology of common names.

Grade Level: any

Suggested Time: 30 minutes or 1 hour (if planting seeds).

### Multimedia Resources

- <http://www.seedsavers.org/story>
- <http://ngm.nationalgeographic.com/2011/07/food-ark/food-variety-graphic>

## The Lesson

### Who am I?

- I lower blood cholesterol and can help with injuries
- I am an anti-septic for teeth and gums
- I am a good source of minerals like **potassium**, calcium, manganese, iron, and magnesium.
- I am also rich in vitamins, including **vitamin-A**, beta-carotene, **vitamin-C**, vitamin-E, I'm an excellent source of vitamin-K and B vitamins
- I am originally from the Mediterranean, Southern Italy, and Algeria

Some swallowtail butterflies use me as a host plant for their larvae; their caterpillars are black and green striped with yellow dots. Bees and other nectar-feeding insects also visit my flowers. Birds such as the goldfinch feed on my seeds.

HINT: I am often used in restaurants as a garnish on your plate. **Parsley**

### Who Am I?

- I can help prevent disease
- I have anti-inflammatory and anti-bacterial properties.
- I contain exceptionally high levels of beta-carotene, **vitamin A, and iron**, also Vitamin K, manganese, copper, magnesium, and potassium
- I can help blood clot and strengthen bones.
- I am originally from India, Asia, and Africa

Bumble bees, carpenter bees, and honey bees all like my flowers. Aphids like my leaves so I like ladybugs!

HINT: I am also a person's name that is more common in England than America.

**Basil**

### Who am I?

- I have a lot of fiber, which helps reduce **LDL** or "bad cholesterol" levels in the blood.
- I am a good source of minerals like potassium, calcium, manganese, iron, and magnesium.
- I am rich in many vital vitamins, including folic-acid, riboflavin, niacin, vitamin-A, beta carotene, and vitamin C
- I help protect the body from lung and oral cancers
- I am originally from Southern Europe, North Africa, and Southwest Asia

Bunnies love me but I usually don't have many insects that enjoy my taste. Some people with a special olfactory gene think I taste like soap.

HINT: I am a necessary ingredient in salsa. **Cilantro**

### Who am I?

- I help the body stay resistant to infections and help digestion.
- I am an excellent source **vitamin-C**.
- I am a good source of minerals like copper, potassium, calcium, **manganese, iron**, zinc, and magnesium.
- I only have 43 calories per 100 grams but I have the same amount of nutrients as nuts, meats, and cereals!
- I am originally from Central and Eastern Europe, and Scandinavia

Aphids and swallowtail caterpillars eat me but I attract lacewings, hoverflies, and ladybugs that all help eat aphids.

HINT: I help make great pickles (if you like pickles that is...) **Dill**

### Who am I?

- I am good for digestion, nausea, headaches, and coughs, sore throats, and asthma.
- I am a good source of vitamin A, C, B6
- I am a good source of calcium, iron, magnesium, and potassium.
- I contain fiber and some protein
- I am originally from Asia and the Mediterranean

Spider mites, flea beetles, weevils and fungus like me. I grow a fruit called nutley that has 1 to 4 seeds. I can also grow out of control and end up in other parts of your garden. My Hawaiian relatives don't have my famous flavor.

HINT: I taste so good I'm in a lot of things meant for your mouth! ***Mint***

**Math Extension:** Measure your seedlings' growth on weekly basis. Calculate the average rate of growth per week. Using that average, try to determine how long it will take for your plant to reach the average size as listed on the seed packet. Does it match with the height and days to maturity information on the packet? Why or why not?

**Science Extension:** What variables may be affecting how your plant grows? Using an egg carton, plant one seed in each compartment and change one variable per seed.

**Sustainability Extension:** Choose a new food for the class to try. Try doing it every other week or once a month. Jicama is a good starter choice as it's easy to chop and is good raw. Children who are exposed to more variety of food tend to be open to trying new things and more accepting of every day food. The goal is to make vegetables interesting, which can result in a reduction of food waste. Trying new varieties of common foods, like purple or white carrots, is also fun. Species diversity in food has diminished drastically, diversity that may be essential as our climate changes. Use the guidelines above to find topics of discussion. Example: the word jicama comes from the Nahuatl word xicama. It was introduced to the Far East by the Spanish via the Acapulco-Manila route.