

Plant Challenge

- 1) Choose any 5 plants (this can include 1 tree)

- 2) Research the following about each
 - a) how it can be used, as dye, as food, as fiber, etc.

 - b) research if the plant(s) were used in the time and area you represent

 - c) Choose one edible plant and come up with a culinary delight that could have been used in your time and area

- 3) Document your sources of information

- 4) Be prepared to share your information.

- 5) Make as many copies of the OUTLINE on the reverse side as you wish.

Plant Challenge Outline

Plant

Common name [at least two] and Latin names

Part used: [i.e. Leaves, dried or fresh]

Where used [Europe, Britain, South America, North America]

Used by whom? [lower class, upper class, women, physicians, etc.]

Medical effects

Nutritive values

Recipes [food, tisane, etc.]

Sources of information [as many as possible, but at least three]