

Herbs for Kids - Class One



Lesson Plan

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The lesson plan for this week-long “summer camp” is in three parts. However, although I have recommended age group ranges, you can really do any of the projects with any age. Children of any age are ready to learn about herbs and they have the ability to do most of these projects.

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Note that the verses are for ALL ages and that not all stories are mentioned in the lesson plans. The stories that are mentioned can be told when recommended. The other stories can be told any time during the week. I have included only one story in this handout because it is copyrighted by me. The other stories you can find online easily by going to “www.google.com” and typing in the name of the story. If you have any problems finding them just write me and I will send you the story. If you would like more herbal stories visit my “Kids Herbal Story Site” at: www.herbstories.com.

Sample Schedule

Open with verses

Review the “Parts of the Plant and the Body” do a Yoga-stretching type exercise using these concepts
Tell an herbal story or two. It could go with the lesson plan (some lessons I have matched with stories) or not.

Do your project or projects of the day.

Note: You certainly have enough material here to do many projects a day if you wanted to!

Confused?

REMEMBER - If, at any time, you get confused or need help finding your way in these lesson plans just e-mail me at: herbhome@yahoo.com.

Introduction

What is an herb?

An herb is a plant that can be used for nutrition or healing. Herbs can be flowers, roots, branches, barks or leaves. The only thing all herbs have in common is that they can be used to heal or help people in some way. Traditionally herbs are thought of as green leafy plants, certain flowers or roots that are used to cure illnesses. But technically even an apple is an herb.

Where can you find herbs?

You can find herbs anywhere! The real question could be – where can you NOT find herbs? You will not find a place on earth where there are no herbs. Even the ocean has herbs – seaweed is a very powerful herb! Even the desert has herbs – aloe vera is a very powerful herb. Many people have herbs in their backyards and they don't even know what they are. One friend of mine wanted to clean her body with herbal tea. She had tons of clover flowers and leaves growing in her lawn and did not even know she could use these for this purpose. Another person I visited in Cyprus recently has many nettle plants growing in her mandarin orchard. She did not know that they are very healthy for all illnesses – even blood circulation problems!

What are herbs used for?

Herbs are used for any problem human beings have. Herbs are used for colds, flu, earaches, headaches, and even big problems like asthma or arthritis. Even a broken leg can heal faster by using herbs. Herbs can also help people relax or sleep or be happier. Herbs can be used in rooms to keep germs away and can be used to clean houses or keep places smelling clean. Herbs can keep water fresh and clothing free from bugs. Herbs can keep worms away from grain and herbs can keep pests away from gardens. Herbs can do many things.

What can you make from herbs?

You will learn many things you can do with herbs this week!

Herbs for Kids: Part One: Flowers

Snacks for these lessons should be herbal teas and herbal treats. Make some cheddar chive bread, cinnamon rolls, or even just pizza. If you have any questions about the lessons below please e-mail me.

MORE GENERAL STORIES TO GO WITH THIS LESSON:

(Specific stories are mentioned next to the project they go with)

The Myth of the Hyacinth

Red Clover (Original Story by Kristie Burns, also TEACHES about the herb)

Fairies and Their Favorite Flowers

Herbs and Their Colors (This file contains a picture that goes with the Herbs and Colors lesson below)

How did people know how to use herbs?

People used herbs according to how they looked (see chart at the end of this packet). Some people used herbs according to how they reacted to them. They would taste the herbs and see what happened.. This was dangerous. Following are some clues ancient peoples used to identify properties of herbs:

Colors and Herbal Properties

Red: The blood. Also a stimulant

Yellow: The liver, gallbladder and kidney

Blue: Calming, Soothing

Purple: Calming

Green: The lungs, Digestive, Nutritive

Orange: Nerve stimulant

White: For Phlegm

The Body and Herbs

Flower: The Head

Stem and Leaves: The Torso

Leaves: The Limbs, Nutrition, The Entire Body

Roots: The Torso and Below

Seeds: Internal Organs

Fruits: Liquids of the Body, Growths, protrusions

Bark: The Skin, Detoxifying

Shapes of Herbs and their Properties

Human Shape: Tonic herb for the entire body

Heart Shaped: For the heart

Kidney Shaped: For the kidney

Earth Herbs- Cooling and Calming and Sweet

Licorice root, Slippery elm Bark, Red Clover, Mints

Water Herbs- Cooling and Salty

Kelp, Bladderwrack, and all sea vegetables and algae, sea or rock salts

Fire Herbs – Are Heating and Stimulant

Cayenne, Ginger, Garlic, Chili Peppers, Asafetida, Radishes

Air Herbs- Cooling, Digestive (bitter) and Astringent (drying)

Yellow dock Rt., Dandelion Rt., Goldenseal Rt., Gentian Rt., Turmeric

Project One

Tell the story: Hans and the Wonderful Flower & Make Flower Perfume Water

1 cup distilled water

2 cup fresh chopped flowers (lavender, lilac, orange blossoms, or honeysuckle)

Please walk around your neighborhood and find these. Do not buy them at the store unless you have to. Teach the children to use what is around them.

Instructions

Line a bowl with cheesecloth and fill with blossoms and water. Leave overnight. Simmer the water until only one teaspoon left. Cool and put in a small bottle.

This perfume will be good for one month. Store it inside a cabinet to keep from light deterioration.

Project Two

Read the STORY: The Anxious Leaf & Make a Cold Herbal Infusion

Cold Infusion

30g of dried herb (1 ounce or 2 TBS.)

500ml of water (2 cups)

1. Pour water over herbs in a pitcher with lid.
2. Leave to sit all night and strain and store in the morning

Project Three
Flower Potpourri

Ingredients:

petals from fragrant flowers or herbs such as roses, lavender, sweet pea, thyme, mint, or rosemary

Method:

Dry petals on a piece of paper, if they are large, hang them from the ceiling or a coat hanger with string. When they are dry, grind them up in a blender, or with a mortar and pestle (or even two rocks). Pour the dried pieces into a small jar and include these instructions. You can also dry petals in the microwave and oven on low heat - slowly.

To use: Pour this into a bowl and let sit on its own or add some boiling water. You can also pour the dried pieces in the middle of a small piece of fabric, gather the edges, tie it up with a ribbon, and you'll have a sachet that will freshen up a closet or a drawer.

MORE PROJECTS IF YOU HAVE MORE TIME

CANDIED FLOWERS

1 cup flowers*
2 egg whites, lightly beaten
2 cups superfine sugar

Use only clean flowers which have not been sprayed with chemicals. Flowers should be freshly-picked and dry. Small flowers such as violets should be candied whole; candy the individual petals of larger flowers. Using a soft brush, coat each flower petal with egg white. Dip the flowers in superfine sugar and place them on a rack to dry. If dipping does not coat the flower surfaces thoroughly, sift a little additional sugar over them.

***Flowers**

Clover, chrysanthemums, crab apple blossoms, day lilies, daisies, dandelions, elderberry blossoms, freesias, geraniums, gladioluses, lilacs, marigolds, nasturtiums, orange blossoms, pansies, primroses, roses and violets.

Part Two – Trees, Weeds, and Other Plants

Herbal Stories – There are some stories for children (although not many) that actually feature the herbs in the story. One such story is the picture-story “The Kind Wolf”. If you can find this book at the local library you can use it. Otherwise you can find other stories that speak about herbs playing a central part in the story.

Game: Talk about ways you can use herbs. You can use them in the following ways. See how many the children can come up with on their own and then tell them the rest of the list. They may even make up some new ones:

Ways to Use Herbs

Potpourri, flower arrangement, tea, medicine, tincture, syrup, pills, puddings, dressings, soups, display in the garden, to keep bugs away, for a craft, for a cake, and for lip balm.

To show how useful an herb can be read the story called “The Flax” by Hans Christian Anderson.

Project One

Lip Balm with peppermint and/or Healing Balm with Tea Tree

Tell the story “A Drop of Honey”

5 TBS. Almond Oil

1 TBS. Grated Beeswax

1 tsp. Honey

Warm in a saucepan until the wax is melted

Remove it from the heat

Divide it into two wide mouth jars, let it cool, stirring occasionally and so it won't separate

Add 5 drops of essential oil when it is almost cooled.

Project Two

Herbal Syrups with Honey for healing

(A perfect story for this is “The Bear’s Necklace” because the story involves healing with herbs and a bear who likes honey)

To make a syrup first make a quadruple strength decoction (simmer down to ¼ the water) and then add honey to it equal to the amount of liquid left.

Decoction

30g of dried herb (1 ounce or 2 TBS.)

750ml of water boiled down to 500ml (3 cups boiled down to 2 cups)

1. Place the herbs in a stainless steel saucepan or glass pan
2. Add cold water
3. Bring herbs to a boil, then simmer for about 1 hour until volume is reduced by 1/3 and the water now measures about 500ml (you can approximate this and add more water later to bring it up to 500ml if you have to).
4. Strain herbs out through a muslin cloth to be able to squeeze all the juice out of them.

Portions: Same guidelines as above **

Further Stories for Part Two

If you would like to read more stories to go with part 2...

Folklore of Herbs (not all stories here are suitable for all ages)

Part Three – Spices

Game – put 10-15 herbs in different jars or small plastic bags. Have the child smell each bag and identify the herb. Play a “memory game” by smelling the bottles and seeing how many you can name or pair up.

Explore some more of these recipes:

Herbal Pills

1. Place powdered herbs in a bowl and moisten with enough honey to make a sticky paste.
 2. Add a tiny drop of an essential oil such as peppermint.
 3. Thicken the paste with slippery elm or comfrey root powder or even oat flour.
 4. Keep mixing until you have something like bread dough consistency.
 5. Roll parts of your dough into small balls like “pills”. Then roll them in carob or slippery elm again for a nice finished look.
 6. Place on a cookie sheet to dry in a very low oven (pilot light will work) for several hours or in the sun to dry. You do not have to refrigerate these once they are dried. If you do not want to dry them you must keep them in the fridge.
- Be sure to keep track of how much herbal powder you used TOTAL in the recipe. Divide this by ½ tsp. and this will tell you how many “pills” you have to make to equal one “00” capsule per pill. This makes “dosages” easier to figure.

Hot Infusion

30g of dried herb (1 ounce or 2 TBS.)

500ml of water (2 cups)

1. Boil the water and pour the water over the herb
3. Let sit 20 minutes and strain the herbs
5. Drink one cup three times a day for adults

Strained herbal tea can be stored in a STAINLESS STEEL thermos all day OR in a glass jar or pitcher (with lid) in the refrigerator up to three days

Cold Infusion

30g of dried herb (1 ounce or 2 TBS.)

500ml of water (2 cups)

1. Pour water over herbs in a pitcher with lid.
2. Leave to sit all night and strain and store in the morning

Decoction

30g of dried herb (1 ounce or 2 TBS.)

750ml of water boiled down to 500ml (3 cups boiled down to 2 cups)

1. Place the herbs in a stainless steel saucepan or glass pan
2. Add cold water
3. Bring herbs to a boil, then simmer for about 1 hour until volume is reduced by 1/3 and the water now measures about 500ml (you can approximate this and add more water later to bring it up to 500ml if you have to).
4. Strain herbs out through a muslin cloth to be able to squeeze all the juice out of them.

Portions: Same guidelines as above**

Herbal Punch

Add 1/4 cup of fresh dried herbs to bottled, canned or mixed-up frozen or homemade punch. Let sit overnight and in the morning strain out the herbs. Serve! Some of my favorite combinations include:

Alertness Drink- Rosemary & lemonade

Energy Drink- Mint, nettles, alfalfa & lemonade

Slumber Punch - Hibiscus or berry punch with chamomile & rose petals

Nourishing Punch - Nettles, oat straw, alfalfa, red raspberry leaf and cranberry juice

Pregnancy Punch - Orange juice, red raspberry leaf, nettles, oat straw, and spearmint

Nursing Punch - Fennel, anise and apple cider

Tahini Herb Balls

1 cup tahini

½ cup honey (raw)

1 T. local bee pollen and royal jelly (you can buy honey with this mixed in already)

1 T. black seed (mashed with mortar and pestle)

1 TBS. Sunflower seeds (optional)

1 TBS. black sesame seeds (optional)

cinnamon, powdered - 3 tsp.

ginger, powdered - 3 tsp.

Green Magma - 3 tsp.

oats and muesli - enough to make a firm dough.

Roll into 36 balls and take as snacks. No more than 6 a day.

This herb balls provide protein, iron, calcium, zinc, vitamin E, vitamin B multiple B's , multiple vitamins and minerals, potassium and phosphorus. This is VERY high in calcium. These balls provide energy, aid in digestion and relieve nausea. They aid circulation and stimulate the body, thus relieving fatigue. They relieves cramps and spasms during the menses, and warms the stomach and increases desire for food in those who have bad appetite. It raises the vitality of the body, helps against rheumatism, stimulates all the vital functions of the body, aids against all sinus and/or congestive problems. It contains many herbs and foods that are considered "ultimate tonics" or "cure-alls"

Salve

If you wish to make a salve from fresh herbs, just heat two cups of olive oil to almost boiling and add a large handful of the herb or herbs that you wish to use. Simmer the salve from 20 minutes to three hours depending on the herb. Some herbs will take longer to fully release their medicinal properties. Turn off the heat, cover the pan and allow it to sit until it is completely cool. Strain and then reheat the oil and add the beeswax and preservatives of honey or vitamin E capsules. Be sure you add a preservative to inhibit bacteria from forming in your salve. Let cool and test for thickness. Pour the salve into a sterile container and be sure to label it with its contents and directions for use.

Verses for Herbs for Kids Week

Lavender's Blue

Traditional

Written By: Unknown

Copyright Unknown

Lavender's blue, dilly dilly,
Lavender's green
When you are King, dilly dilly,
I shall be Queen

Who told you so, dilly dilly,
Who told you so?
'Twas my own heart, dilly dilly,
That told me so.

Call up your friends, dilly, dilly
Set them to work
Some to the plough, dilly dilly,
Some to the fork

Some to the hay, dilly dilly,
Some to thresh corn
Whilst you and I, dilly dilly,
Keep ourselves warm.

Lavender's blue, dilly dilly,
Lavender's green
When you are King, dilly dilly,
I shall be Queen

Who told you so, dilly dilly,
Who told you so?
'Twas my own heart, dilly dilly,
That told me so.

Wild Mountain Thyme

Traditional

Written By: Unknown

Copyright Unknown

Oh, the summertime is coming
And the trees are sweetly blooming
And the wild mountain thyme
Blooms around the purple heather
Will you go, laddie, go

And we'll all go together
To pull wild mountain thyme
All around the purple heather
Will you go, laddie, go

If my good friend will not go
I will surely find another
To pull wild mountain thyme
All around the purple heather
Will you go, laddie, go

And we'll all go together
To pull wild mountain thyme
All around the purple heather
Will you go, laddie, go

I will build my friend a bower
By yon clear and crystal fountain
And in it I will pile
All the flowers from the mountain
Will you go, laddie, go
And we'll all go together
To pull wild mountain thyme
All around the purple heather
Will you go, laddie, go

And we'll all go together
To pull wild mountain thyme
All around the purple heather
Will you go, laddie, go

My Grandmother's Old Fashioned Garden

Written By: Unknown
Copyright Unknown

My grandmother dear
Has a garden,
Old fashioned and quaint
As can be
The flowers so rare,
That none can compare,
'Neath the plum and apricot
And cherry tree.
Would you like me to show you the garden?
Then follow me now
And we'll go
'Round the old grape-vine arbor,
Back of the walk,
Where the birds and the butterflies
And flowers grow.

The daisies and lilies
Are telling
Of grandmother's kind,
Tender care
Sweet william and peas,
Heliotrope and heartsease,
And violets, modest
'Tho fragrant and fair.

I still long for
My grandmother's garden;
With hollyhocks,
Stately and tall
And sometimes in my dreams
I see her, it seems,
My dear grandmother
Standing there close to the wall.

In my grandmother's
Old fashioned garden,

There are flow'rs
Of every hue
Daffodils, pansies,
And hyacinths
And old fashioned pinks
Are there too

I belong to
My grandmother's garden,
I was picked
From the family tree;
So out in my grandmother's
Old fashioned garden,
If you come there
You will find me.

The Violet

Old English

Written By: Jane Taylor (1783-1824)

Music Ascribed To: Dr. H. Harrington (1727-1816)

Copyright Unknown

Down in a green and shady bed,
A modest violet grew;
Its stalk was bent, it hung its head
As if to hide from view.
And yet it was a lovely flow'r,
Its colors bright and fair,
It might have graced a rosy bow'r
Instead of hiding there.

Yet there it was content to bloom,
In modest tints arrayed;
And there it spread its sweet perfume
Within the silent shade,
Then let me to the valley go,
This pretty flow'r to see,
That I may also learn to grow
In sweet humility.

Kookaburra

This song was written in 1936, and introduced at a Scout Jamboree in Melbourne, Australia. In case you're wondering, a kookaburra is an Australian bird, and a "gum tree" is what Americans know as a eucalyptus. The "gum drops" that the kookaburra eats in the song are beads of the resinous sap. Eucalypts leaves are used to heal colds and flu.

Kookaburra sits in the old gum tree
Merry, merry king of the bush is he
Laugh, Kookaburra! Laugh, Kookaburra!
Gay your life must be

Kookaburra sits in the old gum tree
Eating all the gum drops he can see
Stop, Kookaburra! Stop, Kookaburra!
Leave some there for me

Kookaburra sits in the old gum tree
Counting all the monkeys he can see
Stop, Kookaburra! Stop, Kookaburra!
That's not a monkey that's me
Kookaburra sits on a rusty nail
Gets a boo-boo in his tail
Cry, Kookaburra! Cry, kookaburra!
Oh how life can be

Pawpaw Patch

Kentucky

Written By: Unknown

Copyright Unknown

Where, oh where,
Is dear little Nellie?
Where, oh where,
Is dear little Nellie?
Where, oh where,
Is dear little Nellie?
Way down yonder
In the pawpaw patch.

Come on, boys,
Let's go find her.

Come on, boys,
Let's go find her,
Come on, boys,
Let's go find her,
Way down yonder
In the pawpaw patch.

Picking up pawpaws,
Puttin' 'em in your pocket,
Picking up pawpaws,
Puttin' 'em in your pocket,
Picking up pawpaws,
Puttin' 'em in your pocket,
Way down yonder
In the pawpaw patch.

Polly Put the Kettle On

Polly, put the kettle on,
Polly, put the kettle on,
Polly, put the kettle on,
We'll all have tea.
Sukey, take it off again,
Sukey, take it off again, Sukey, take it off again,
They've all gone away.

Blow the fire and make the toast,
Put the muffins on to roast,
Blow the fire and make the toast,
We'll all have tea.

Red Clover

Copyright 2006 by Kristie Burns

From her book, "A Children's Herbal"

Online at: www.herbstories.com

Once upon a time there was a village of fairies that live in a valley at the bottom of a high mountain covered with snow. The valley was not covered with snow, however. It was covered with the most luscious garden in all of fairyland. There were sweet orange carrots and broccoli that burst like green fireworks from the ground. There were purple mountains of eggplants and peas that sparkled like emeralds from their silken shells. There were fruit trees of plump red cherries and palm trees laden with dates the size of pineapples.

Each mealtime the fairies would not have to work at all, they simply had to stroll out to the lovely garden and pick out whatever fruit or vegetable they would like to nibble on. Now, in this valley was a very young fairy named Safia and she loved to nibble fat juicy green grapes for breakfast, to pluck soft crimson peaches for lunch and gather crispy green beans for dinner. Like all the fairies in the valley she never worked or went hungry and lived a very joyful and playful life. But one day something terrible happened. Safia went to nibble some juicy green grapes for breakfast and found that they had all been nibbled on before. Then she went to the peach tree but the peaches hung dripping and half-eaten from the branches. She discovered the same thing when she went to gather some green beans.

Alarmed she ran back to the village, "someone has been stealing our food!" she yelled. The other fairies rushed to see what she was yelling about and discovered that every single cabbage, carrot, pea and tomato had been nibbled. The fairy queen immediately called an emergency meeting. At the meeting it was decided that two of the smaller and more easily hid fairies would conceal themselves in the garden that evening and watch for the thieves. So Safia, the youngest fairy, and her sister, Mohsina were stationed in the pumpkin patch just before sunset, crouched behind the largest pumpkin in the patch, to wait for the thieves.

Eventually the sun snuck away to bed, and the sky grew darker and darker. Safia and Mohsina were frightened in the darkness but they stayed behind the pumpkins and waited. Soon the moon rose and garden was lit with its soft, dreamy glow. Safia and Mohsina forgot their fear as the stars twinkled brightly in the sky and the garden sparkled and danced as it reflected their shimmering light. And then they saw them - hundreds - perhaps thousands of little rabbits hopping among the blueberry bushes and zucchini vines and nibbling from each plant as they hopped. A moment later, hundreds of sparrows descended on the apple and pear trees, snatching even more than the rabbits. Safia and Mohsina watched in a stunned silence until at last the sun threw off its blanket of night, stretched itself with a crimson yawn into the sky and sent the birds and rabbits hopping back to their homes.

They immediately went to tell the other fairies of the village. "We must kill them all!" said the fairy with the quickest temper. "Yes, we must, but what will we do with all the bodies? We will have to wrap them up into sacks and throw them into the sea! Yes! Into the sea!"

But the eldest and wisest fairy, Clover, had a better plan. "We could cast a spell on them," she mused, "and this way we would not have to be unkind and kill them and we would not have to carry them to the sea either." So the fairies decided by a vote what kind of spell should be cast and Clover was sent to the garden to do her work. Safia and Mohsina and the other young fairies watched in awe as Clover sprinkled fairy dust on each and every vine, leaf, and root of the valley. And as she sprinkled the golden sprinkles she chanted "Nibble nibble, munch and munch, soon you will become my lunch."

That evening the fairies slept happily, confident that the spell would protect their garden. And it did. For that evening each rabbit that nibbled from the valley paradise was turned into a puffy pink flower, resembling his once fluffy tail and each sparrow that enjoyed a bite of fruit from the trees was turned into a leaf on the flower's stem, with two round shapes for its wings and a round shape for its head. The birds with the longer tails had an extra rounded leaf for their tail.

The next morning when the fairies awoke they found their garden intact, but also filled with the loveliest purple flowers. They named the flowers "clover", after the clever fairy who had cast the spell and they discovered that the

flowers and the leaves were filled with all the nutrients of the garden and were thus very healthy to eat. To this day, clover flowers are used to cleanse the body in the same way the fairies cleansed their garden and children smile when they find a four-leafed clover, just as the fairies smiled when they saw the clovers and realized their garden had been saved.

Recipes

For kids to make as a class or for teachers to prepare ahead of time for snack time...

Prevention's Flax-seed Muffins

Someone wrote to this magazine asking for a way to actually be able to eat enough flaxseeds every day to see some healthy effect. Everyone knows by now that flax seeds are so high in Essential Fatty Oils and sooo nutritious and filled with fiber...but it is hard to eat so many every day unless you sprinkle them on everything. So here is the way they recommended to get a good "daily dose" of flax seed. I LOVE these muffins too. They are very moist and nutty flavored. Heavenly!

1 ¼ cup flour

3 C. freshly ground flax seeds (use a coffee grinder or food processor. They go rancid so fast if you buy them ground or if you grind them ahead of time. Never buy ground flax).

1 TBS. Baking powder.

1/3 cup light molasses

¾ cup skim milk

2 TBS. Canola oil

½ cup eggs or egg substitute or egg whites

1. Preheat oven to 350.
2. Whisk flour, flax seed and baking powder together
3. Stir wet ingredients, add to dry
4. Bake 18 minutes

These contain 25g of flaxseed per muffin.

Apple Mint Jelly

1 cup fresh mint leaves, packed

1 cup boiling water

6 tart green apples

3 tablespoons fresh lemon juice

3 cups sugar

Pour the boiling water over the crushed mint leaves. Let stand 1 hour. Assemble the Champion machine for juicing. Cut the apples into wedges to fit the feeder throat; quickly juice. Add enough water to make 4 cups of juice. Combine apple juice, lemon juice and sugar in a 4-quart or larger kettle. Bring to a boil on high heat, cook until candy thermometer reads 200 degrees F. Add 1/2 cup of the mint juice. Continue to boil until the thermometer reads 8 degrees over boiling temperature and jelly sheets from a metal spoon. (For an English mint sauce, mixture can be left quite thin.) Add 3 to 5 drops green food coloring to obtain color. Pour immediately into hot jars and seal.

Makes 3 to 4 four-ounce jars.

Gingerbread Playdough

4 cups flour

3/4 cup salt

2 TBSP. cinnamon

2 TBSP. Ginger

2 TBSP. instant tea

2 cups water

1/2 cup oil

Mix dry ingredients in a large bowl. Add wet ingredients and stir. If the dough is too sticky, knead in enough flour to make it the desired consistency. Store in a zip lock bag.

Impossible Pumpkin Pie

2 eggs

½ cup sugar

2 C. cream or condensed milk

¼ tsp. Cloves

½ tsp. Ginger

¼ tsp. Nutmeg

1 tsp. Cinnamon

1 ½ cups pumpkin

½ cup biscuit mix

Blend together.

Put in a 9-inch pie pan.

Bake at 350 degrees for 50-60 minutes

Biscotti Ingredients

- ¾ cup butter
- 1 cup sugar
- 3 eggs
- 3 cups flour
- 2 teaspoons vanilla
- 2 tablespoons Anise seed
- 3 ¾ teaspoons baking powder
- 1 cup chopped Almonds (can substitute with Walnuts)

Preparation

To prepare the Italian biscotti, cream butter, sugar and 1 tablespoon anise seed. Add eggs and vanilla. Combine flour, baking powder and 1 tablespoon Anise seed. Add to cream mixture. Add nuts, mix in, and form dough into 2 or 3 long thin rolls. Place rolls on a ungreased baking pan or cookie sheet and bake cookie rolls at 350 degrees 15 to 20 minutes, or till light brown.

Remove from oven and cut diagonally into 1/2 to 3/4 inch slices. Put back in oven and bake an additional 10 to 15 minutes or till Biscotti is lightly toasted. You want the biscotti to dry slightly. It will look somewhat like a elongated piece of french bread, except smaller.

This cookie is one of the authentic Italian desserts, oftentimes served as a snack when family or friends visit and served with a cup of coffee. There are many variations and different recipes and I have yet to find one that I did not enjoy. Italian Biscotti are a great snack food to have on hand and they also make an excellent gift for the holidays and other special occasions.

For an adult snack you can add an ounce of rum and/or brandy to this recipe. In doing so, increase the amount of flour slightly.

Orange Biscotti

1/3 cup Butter
2/3 cup Sugar
1 tsp Baking powder
1/4 tsp Baking soda
2 Eggs
2 1/4 cup Flour
3/4 cup Candied orange peel
Shredded peel from 2 oranges
1 tbs Grand Marnier

- Beat together butter, sugar, baking powder, baking soda until smooth
- Add the rest of the ingredients and knead dough until smooth
- Shape into logs 2-3 inches wide, flatten slightly
- Bake on a sheet at 375F for 20 minutes
- Take out of the oven and let cool for half an hour
- Slice log into 1/2 inch thick slices
- Put slices back into the oven at 325F and bake for another 8 minutes on each side

For more recipes you can use some of the ideas in “Part Three” to make punch, muffins, pudding or other herbal treats.

On the next page is a guide for edible flowers...

Edible Flowers		
Common Name	Botanical Name	Comments
Angelica	Angelica archangelica	May be skin allergen to some individuals. Good with fish and the stems are especially popular candied. Tastes like: celery-flavored. More info here.
Anise Hyssop	Agastache foeniculum	Tastes like: sweet, anise-like, licorice
Apple	Malus species	Eat in moderation; may contain cyanide precursors. Tastes like: delicate floral flavor
Arugula	Eruca vesicaria	Tastes like: nutty, spicy, peppery flavor
Basil	Ocimum basilicum	Tastes like: different varieties have different milder flavors of the corresponding leaves. Tastes like: lemon, mint. More info here.
Bee Balm	Monarda species	Used in place of bergamot to make a tea with a flavor similar to Earl Grey Tea. More info here.
Borage	Borago officinalis	Taste like: light cucumber flavor. More info here.
Burnet	Sanguisorba minor	Tastes like: faint cucumber flavor, very mild. More info here.
Calendula*	Calendula officinalis	Tastes like: poor man's saffron, spicy, tangy, peppery, adds a golden hue to foods
Carnation	Dianthus caryophyllus (aka Dianthus)	Tastes like: spicy, peppery, clove-like
Chamomile*	Chamaemelum nobile	Tastes like: faint apple flavor, good as a tea
Chicory*	Cichorium intybus	Buds can be pickled.
Chives: Garden	Allium schoenoprasum	Tastes like: mild onion flavor. More info here.
Chives: Garlic	Allium tuberosum	Tastes like: garlicky flavor
Chrysanthemum: Garland*	Chrysanthemum coronarium	Tastes like: slight to bitter flavor, pungent
Citrus: Lemon	Citrus limon	Tastes like: waxy, pronounced flavor, use sparingly as an edible garnish, good for making citrus waters
Clover	Trifolium species	Raw flowerheads can be difficult to digest.
Coriander	Coriander sativum	More info here.
Cornflower*	Centaurea cynaus (aka Bachelor's Buttons)	Tastes like: sweet to spicy, clove-like
Dandelion*	Taraxacum officinalis	Tastes like: very young buds fried in butter taste similar to mushrooms. Makes a potent wine.
Day Lily	Hemerocallis species	Many Lilies (Lillium species) contain alkaloids and are NOT edible. Daylillies may act as a laxative. Tastes like: sweet, crunchy, like a crisp lettuce leaf, faintly like

		chestnuts or beans
Dill	Anthum graveolens	More info here.
English Daisy*	Bellis perennis	Tastes like: tangy, leafy
Fennel	Foeniculum vulgare	Tastes like: sweet, licorice flavor. More info here.
Fuchsia	Fuchsia X hybrida	Tastes like: slightly acidic
Gardenia	Gardenia jasminoides	Tastes like: light, sweet flavor
Gladiolus*	Gladiolus spp	Tastes like: similar to lettuce
Hibiscus	Hibiscus rosa-sinensis	Tastes like: slightly acidic, boiled makes a nice beverage
Hollyhock	Alcea rosea	Tastes like: very bland, nondescript flavor
Honeysuckle: Japanese	Lonicera japonica	Berries are highly poisonous. Do not eat them!
Hyssop	Hyssopus officinalis	Should be avoided by pregnant women and by those with hypertension and epilepsy.
Impatiens	Impatiens wallerana	Tastes like: very bland, nondescript flavor
Jasmine: Arabian	Jasminum sambac	Tastes like: delicate sweet flavor, used for teas.
Johnny-Jump-Up	Viola tricolor	Contains saponins and may be toxic in large amounts. Tastes like: sweet to bland flavor
Lavender	Lavendula species	Lavender oil may be poisonous. More Info. Tastes like: floral, slightly perfumey flavor
Lemon Verbena	Aloysia triphylla	Tastes like: lemony flavor, usually steeped for tea
Lilac	Syringa vulgaris	Tastes like: lemony, floral, pungent
Mallow: Common	Malva sylvestris	Tastes like: sweet, delicate flavor
Marigold: Signet	Tagetes tenuifolia (aka T. signata)	Tastes like: spicy to bitter
Marjoram	Origanum majorana	More info here.
Mint	Mentha species	More info here.
Mustard	Brassica species	Eating in large amounts may cause red skin blotches. More info here.
Nasturium	Tropaeolum majus	Buds are often pickled and used like capers. Tastes like: sweet, mildly pungent, peppery flavor
Okra	Abelmoschus esculentus (Hibiscus esculentus)	Tastes like: similar to squash blossoms
Pansy	Viola X wittrockiana	Tastes like: very mild sweet to tart flavor
Pea	Pisum species	Flowering ornamental sweet peas are poisonous.
Pineapple Guava	Feijoa sellowiana	Tastes like: similar to the ripe fruit of the plant, flavorful

Primrose	Primula vulgaris	Birdseye Primrose (P. farinosa) causes contact dermatitis. Tastes like: bland to sweet flavor
Radish	Raphanus sativus	Tastes like: milder, sweeter version of the more familiar radish heat
Redbud	Cercis canadensis	Tastes like: mildly sweet
Rose	Rosa rugosa or R. gallica officinalis	Tastes like: sweet, aromatic flavor, stronger fragrance produces a stronger flavor. Be sure to remove the bitter white portion of the petals. Rose hips are also edible (see Rose Hips Recipes).
Rosemary	Rosmarinus officinalis	Tastes like: pine-like, sweet, savory. More info here
Runner Bean	Phaseolus coccineus	Tastes like: nectar, bean-like
Safflower*	Carthamus tinctorius	Another "poor man's saffron" without the pungent aroma or strong flavor of the real thing
Sage	Salvia officinalis	Sage should not be eaten in large amounts over a long period of time. Tastes like: varies by type. More info here .
Savory: Summer	Satureja hortensis	More info here .
Scented Geranium	Pelargonium species	Citronella variety may not be edible. Tastes like: varies with differing varieties from lemon to mint. More info here .
Snapdragon	Antirrhinum majus	Tastes like: bland to bitter flavor
Society Garlic	Tulbaghia violacea	Tastes like: a very mild garlic flavor
Squash Blossom	Cucurbita pepo species (aka Zucchini Blossom)	Tastes like: sweet, nectar flavor. More info here .
Sunflower*	Helianthus annus	Tastes like: leafy, slightly bitter. Lightly steam petals to lessen bitterness. Unopened flower buds can be steamed like artichokes.
Thyme	Thymus vulgaris	Tastes like: lemon, adds a nice light scent. More info here .
Tuberous Begonia	Begonia X tuberosa	ONLY HYBRIDS are edible. The flowers and stems contain oxalic acid and should not be consumed by individuals suffering from gout, kidneystones, or rheumatism. Further, the flower should be eaten in strict moderation. Tastes like: crisp, sour, lemony
Violet	Viola species	Tastes like: sweet, nectar
Yucca	Yucca species	Only the petals are edible. Other parts contain saponin, which is poisonous. Large amounts may be harmful. Tastes like: crunchy, fresh flavor
Flowers to Avoid	Some flowers in <i>particular</i> to be avoided (but not a complete list) are: azalea, crocus, daffodil, foxglove, oleander, rhododendron, jack-in-the-pulpit, lily of the valley, poinsettia and wisteria. See a	

[more complete list.](#)

Poisonous Plants and Flowers

Common Name	Botanical Name
Aconite (wolfsbane, monkhood)	Aconitum spp.
Anemone (windflower)	Anemone spp.
Anthurium	Anthurium spp.
Atamasco lily	Zephyranthes spp.
Autumn crocus	Colchicum autumnale
Azalea	Azalea spp. (Rhododendron spp.)
Baneberry	Actaea spp.
Black locust	Robinia pseudo-acacia
Bloodroot	Sanguinaria canadensis
Boxwood	Buxus spp.
Burning bush (strawberry bush, spindle tree, wahoo)	Euonymus spp
Buttercup	Ranunculus spp.
Butterfly weed	Asclepias spp.
Caladium	Caladium spp.
Calla (calla lily)	Calla palustris (Zantedeschia aethiopica)
Carolina jasmine (yellow jessamine)	Gelsemium sempervirens
Castor bean	Ricinus communis
Cherry laurel	Prunus caroliniana
Chinaberry (bead tree)	Melia azedarach
Christmas rose	Helleborus niger
Clematis	Clematis spp.
Daffodil	Narcissus spp.
Deadly nightshade (belladonna)	Atropoa belladona
Death cammas (black snakeroot)	Zigadenus spp.
Delphinium (larkspur)	Delphinium spp.
Dogbane	Apocynum androsaemifolium
Dumbcane	Dieffenbachia spp.
Elephant ears	Colocasia antiquorum
False hellebore	Veratrum viride
Four o'clock	Mirabills jalapa
Foxglove	Digitalis purpurea
Giant elephant ear	Alocasia spp.
Gloriosa lily	Glonosia superba
Golden chain tree (laburnum)	Labunum anagryroides
Goldenseal	Hydrastis canadensis
Heavenly bamboo (nandina)	Nandinaa domestica
Henbane (black henbane)	Hyoscyamus niger
Horse chestnut (Ohio buckeye)	Aesculus spp.
Horse nettle	Solanum spp.
Hyacinth	Hyacinthus orientalis
Hyacinth bean	Dolichos lab lab
Hydrangea	Hydrangea spp.

Iris	Iris spp.
Ivy (English ivy)	Hedera helix
Jack-in-the-pulpit	Arisaemia triphyllum
Jerusalem cherry	Solanum pseudocapsicum
Jessamine (jasmine)	Cestrum spp.
Jetbead (jetberry)	Rhodotypos tetrapetala
Jimson weed	Datura spp (Brugmansia spp.)
Jonquil	Narcissus spp.
Kentucky coffee tree	Gymnocladus dioica
Lantana	Lantana camara
Leopard's bane	Arnica montana
Lily of the valley	Convallaria majalis
Lobelia (cardinal flower, Indian tobacco)	Lobelia spp.
Marsh marigold	Caltha palustris
May apple (mandrake)	Podophyllum peltatum
Mescal bean (Texas mountain laurel, frijo lillo)	Sophora secundiflora
Mistletoe	Phoradendron spp.
Morning glory	Ipomoea violacea
Mountain laurel	Kalmia latifolia
Nightshade	Solanum spp.
Oleander	Nerium oleander
Periwinkle (myrtle, vinca)	Vinca spp.
Philodendron	Philodendron spp. (Monstera spp.)
Pittosporum	Pittosporum spp.
Poison hemlock	Conium maculatum
Potato	Solanum tuberosum
Privet	Ligustrum spp.
Rhododendron	Rhododendron spp.
Rock poppy (celandyne)	Chelidonium majus
Schefflera	Schefflera spp.
Spring adonis	Adonis vernalis
Spurge	Euphorbia spp.
Star of Bethlehem	Ornithogalum umbellatum
Sweet pea	Lathyrus spp.
Tobacco	Nicotiana tabacum
Trumpet flower (chalice vine)	Solandra spp.
Water hemlock	Cicuta maculata
Wild cherry (black cherry)	Prunus serotina
Wisteria	Wisteria spp.
Yellow allamanda	Allamanda cathartica
Yellow oleander (tiger apple, be still tree, lucky nut)	Thevetia peruviana
Yesterday-today-and-tomorrow	Brunfelsia spp.