

Volunteer Gardener Discussion Worksheet

How many different species of plants does the garden have?

What is the compound in the hierba santa plant that is also found in sassafras, the original root beer flavoring? Why is sassafras no longer used?

Why is the Mexican milkweed important for Monarch butterflies?

Which part of the milkweed can be used as a laxative?

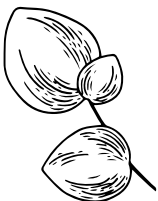
What countries are the range of growth for the Mexican beautyberry?

How did the Yucatec Maya use the root of the beautyberry? What conditions did this activity and plant treat/help with?

Boiling the hibiscus flower into a tea is very effective at aiding with what symptoms/illnesses?

How is the willow-leaved jessamine consumed?

What spiritual uses does the willow-leaved jessamine have? How was this activity or ritual done?



How could jessamine potentially be used in reproductive health?

Lemon verbena is used as a tea to treat gastrointestinal disorders. How else is it used?

In what countries is lemon verbena found in?

Pineapple sage is used to treat which disorders?

Mexican tarragon can be used to reduce what?

Mexican evening primrose oil is a very effective treatment for which skin conditions?

What percentage of people worldwide rely on medicinal herbs and plants as their first line of healthcare defense?

What are the two examples given of important plant-derived pharmaceuticals given in the video?

Further Research:

What is another name for Mexican tarragon?

Which type of bird is especially attracted to the pineapple sage plant?

There is currently research being done on using the Mexican beautyberry to create what toiletry?

What percentage of pharmaceuticals are derived from plants?

