

Volunteer Gardener Video - Answer Key

How many different species of plants does the garden have?

Over 50 species of plants native to Latin America

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?

Saffrol. It is no longer used because it is a carcinogen.

Why is the mexican milkweed important for monarch butterflies?

It provides support for the life cycle of monarch to lay eggs and provides food for the caterpillar when it first hatches

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

The roots.

What is the range of growth for the Mexican beautyberry?

From Mexico all the way down to Bolivia

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

Boil the stems and roots and distill them into a concentrate and put them into a sweat bath. Prenatal treatments, decreases rheumatism and fevers

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

Sore throats, coughs, and tonsillitis.

How is the willow-leaved jessamine consumed?

Chop them and dry them, then smoked as a tobacco

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

Contra, wards against black magic. The Mapuche would dry them and form them into crosses and put them around outside their houses.

How could jessamine potentially be used in reproductive health?

As a spermicide, research is being done to how it could be used as an organic contraceptive

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

Used for culinary purposes

In what countries is lemon verbena found in?

Argentina, Peru, and Brazil

Pineapple sage is used to treat which disorders?

anxiety, insomnia, shown to be effective against hypertension

Mexican tarragon can be used to reduce what?

Stomach cramps

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

Used to treat eczema and psoriasis

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

80% of people.

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

Aspirin - derived from willow bark

Quinine- derived from the cinchona tree

Further Research:

What is another name for Mexican tarragon?

Mint marigold, Mexican marigold

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

Hummingbirds

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

Mosquito (insect) repellent

What percentage of pharmaceuticals are derived from plants?

40% of the West's pharmaceuticals are derived from plants