

Hierba Santa "Rootbeer Plant" Discussion Worksheet

Where is this herb found?

What compound makes hierba santa spicy? What other herb has this compound?

How is hierba santa traditionally used for cooking in Central America?

How is it used in Panama?

How is hierba santa used medicinally? How is it administered?

Further Research:

What other ailments (other than the ones mentioned earlier) does hierba santa relieve? How are they administered?

What traditional Oaxacan sauce is made using the hierba santa plant?

How tall does the hierba santa plant get?

