

Name _____

Nature's Pharmacy: Exploring Edible and Medicinal Perennial Plants

Open-Ended Response Questions

1. Discuss the traditional uses of Echinacea in Indigenous medicine and its modern applications in boosting the immune system. Provide examples of illnesses or conditions for which Echinacea is commonly used and explain the potential mechanisms behind its immune-boosting effects.
2. Explain why only the stalks of Rhubarb are edible and why it's important to avoid consuming the leaves. Discuss the potential health risks associated with consuming Rhubarb leaves and how they can be mitigated.
3. Explore the various ways Lavender is used in aromatherapy to promote relaxation and reduce stress. Describe the different methods of using Lavender essential oil in aromatherapy, such as diffusion, inhalation, and topical application, and discuss its potential benefits for mental and emotional well-being.
4. Describe the nutritional composition of Asparagus and its potential health benefits. Discuss the vitamins, minerals, and antioxidants found in Asparagus and how they contribute to overall health and vitality.
5. Investigate the culinary and medicinal uses of Ginger and its rhizome. Provide examples of dishes or beverages that incorporate Ginger and discuss its potential health benefits for digestion, nausea relief, and inflammation reduction.

