

Name \_\_\_\_\_

## Nature's Pharmacy: Exploring Edible and Medicinal Perennial Plants

### Short Answer Key

1. Echinacea is used to boost the immune system and fight off colds and flu.
2. Only the stalks of Rhubarb are edible because the leaves contain oxalic acid, which can be toxic if consumed.
3. Lavender is used in aromatherapy to promote relaxation and reduce stress through its calming aroma.
4. Asparagus contains vitamins A, C, E, and K, as well as folate, iron, and fiber.
5. The rhizome of the Ginger plant is prized for its flavor and health benefits.

