

Name _____

The Healing Garden: Exploring Edible and Medicinal Annual Plants

Short Answer Key

1. Nasturtium can be used in culinary applications by adding its peppery leaves and vibrant flowers to salads and sandwiches.
2. Chamomile is associated with medicinal properties that include calming properties, and it can be brewed into a fragrant tea.
3. Calendula can be used in culinary applications by infusing its sunny blooms into oils, creating healing salves, or garnishing dishes with a touch of color and mild spice.
4. Echinacea is traditionally used in herbal remedies for boosting immunity.
5. Recommended gardening practices for cultivating a healing garden include selecting varieties suited to climate and growing conditions, ensuring adequate sunlight, water, and soil nutrients, incorporating companion planting techniques, and practicing organic gardening methods.

