



CREATE AN ILLUSTRATED HERBAL

An herbal is a book that describes plants and their uses. Illustrated herbals have been made and consulted for over 1,000 years. For this small group activity, each group member will fill out this worksheet based on a different medicinal herb that you encountered at the Mobile Medical Museum's Robert Thrower Medicinal Garden. When your worksheets are complete, combine them to form a booklet—congratulations, you have created an herbal!

1. Common name _____
2. Scientific name _____
3. Native habitat(s) _____
4. Physical description
 - a. Shape and color of leaves _____
 - b. Size of leaves (use precise measurements) _____
 - c. Flowers, fruit, seeds _____
 - d. Other characteristics (e.g. odor, texture) _____
5. Illustration

6. Care requirements _____

7. Medicinal properties _____

8. Sources consulted _____

GARDEN ECOLOGY KEYWORDS

Annuals—entire life cycle from seed to flower to seed occurs within single growing season. All parts of the plant die every year, leaving only the dormant seed to grow a new plant.

Perennials—come back for many growing seasons. Usually top portion of plant dies in winter & regrows in spring. Many perennials keep their leaves year-round. Many perennials have deep root systems that prevent soil erosion, capture nitrogen before it contaminates ground & surface water & crowd out weeds.

Biennials—need two years to complete life cycle. In first season, small leaves grow near soil surface. In second season, plant elongates, flowers, forms seeds & die.

Ecosystem—a community of living organisms that interact with nonliving things (air, water, soil, sunlight) to form a closely connected system.

Indigenous (native) species—occurs in a region or ecosystem naturally, with no human intervention.

Introduced (non-native) species—was brought into a region or ecosystem by humans (intentionally or accidentally).

Invasive species—a type of introduced species that spreads far beyond its point of introduction and is often damaging to the environment and/or human societies.

Mulch—a layer of material applied to soil surface to improve its health. There are different types of mulch used in gardens, but ours uses bark chips and manure. This helps to conserve moisture, reduce weeds, and improve health of soil. Worms and other organisms will work to spread benefits of mulch around garden area.