



# Herbs for Kids

2017-18 Professional Development Workshop Series

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WEST COUNTY DIGS  
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# Resources for Learning and Teaching about Herbs

## **Books:**

*Medicinal Herbs: A Beginner's Guide* by Rosemary Gladstar

*A Kid's Herb Book* by Lesley Tierra

*Making Plant Medicine* by Richo Cech

*The Herbal Medicine Maker's Handbook* by James Green

*Homegrown Herbs* by Tammi Hartung

Also, any titles by the following authors are probably worth perusing:

Rosemary Gladstar

Susun Weed

Michael Moore

David Winston

## **Magazines/Journals:**

*HerbalGram*- A journal of the American Botanical Council

*Journal of Herbal Medicine*- <https://www.sciencedirect.com/journal/journal-of-herbal-medicine>

*The Essential Herbal*- A quarterly magazine for everyday herbalists

## **Local Schools:**

Ohlone Herbal Center in Berkeley

Ancestral Apothecary in Oakland

California School of Herbal Studies in Forestville

***For the most part, websites have intentionally been excluded from this list. If you are curious as to why, please chat with me.***



Created by Molly Wahl, Clinical Herbalist



PD Workshop #5 2018



# FENNEL

**Latin Name:** Foeniculum vulgare

**Common Name:** Fennel

**Family:** Lamiaceae



**Habitat:** Fennel is native to the Mediterranean, and is cultivated throughout Europe, Asia, India, Australia, and North America. The herb is a biennial or perennial grown in temperate climates, and an annual when grown in colder climates

**Botany:** Small, woody, evergreen shrub that can reach about 3 to 6 feet in height. The small, thin leaves are about 1 inch long, dark green, lanceolate, thick and leathery. The small two-lipped flowers are whiteish, blue, or purple.

**Parts Used:** seeds

**Constituents:** Constituents: Volatile oils, fixed oil, flavonoids, saponins, coumarin, protein; sugar; as well as vitamins and minerals

**Actions:** Aromatic, carminative, stomachic, antispasmodic, antitussive, expectorant, diuretic, galactagogue, and harmonizer.

**Medicinal Uses:** Fennel seed is one of the most effective digestive aids, having carminative, smooth muscle antispasmodic, and stomachic properties. It is highly beneficial to reduce digestive cramping, gas, and bloating.

While anise seed is preferred for treating respiratory conditions, fennel can be incorporated into compounds for treating dry, hacking coughs, bronchitis, pneumonia, and asthma. Fennel seed has mild diuretic properties that reduce edema. This is likely one of the reasons it is included in weight loss formulas, though it was also used historically as an appetite suppressant.

Fennel seed has galactagogue actions, increasing the supply of breast milk. Additionally, the carminative properties pass through the breast milk and may be used to reduce infant colic.

**Contraindications:** Avoid use of the essential oil during pregnancy.

**Energetic Correspondences:** Warm, sweet, bitter, and acrid

# ROSEMARY



**Latin Name:** Rosmarinus officinalis

**Common Name:** Rosemary

**Family:** Lamiaceae

**Habitat:** Native to the Mediterranean but cultivated world-wide. Grows best in full sun. Prefers well-drained soil and low to moderate amounts of water although it can tolerate drought.

**Botany:** Small, woody, evergreen shrub that can reach about 3 to 6 feet in height. The small, thin leaves are about 1 inch long, dark green, lanceolate, thick and leathery. The small two-lipped flowers are whiteish, blue, or purple.

Parts Used: leaf and twig

**Constituents:** Volatile oil, flavonoids, rosmarinic acid and other phenolic acids, diterpenes, rosmarinine, triterpenes

**Actions:** Carminative, antispasmodic, antidepressant, rubefacient, antimicrobial, emmenagogue

**Medicinal Use:** Rosemary is nervous system and circulatory system stimulant. It has a toning and calming effect on the stomach- especially when the upset is prompted by nerves. It is particularly indicated for flatulent dyspepsia with headache or depression and debility. Externally it can help ease muscular pain, sciatica, and neuralgia. It is a stimulant to hair follicle and the scalp and may help with premature balding.

**Contraindications:** Can be a little too stimulating for those who are already a little high strung.

**Energetic Correspondences:** warm, dry, yang

# LAVENDER

**Latin Name:** Lavandula angustifolia

**Common Name:** Lavender

**Family:** Lamiaceae



**Habitat:** Lavender plants are native to the Mediterranean region and require dry sandy soil with good drainage. They will not tolerate constant moisture. Clay soil areas need to be treated with sand and gypsum in order to allow sufficient drainage. English lavender does not need fertilizer; in fact, feeding promotes leaf growth and slows flower production. It is drought tolerant and will survive winter cold to come back in the spring with new green shoots that bloom early in the summer and again in the fall.

**Botany:** Lavender plants are aromatic evergreen sub-shrubs that grow to about 3 feet high. The plant has small blue or purple flowers. The narrow leaves are fuzzy and gray when young and turn green as they mature.

**Parts Used:** Fresh flowering tops

**Constituents:** Lavender is comprised of over 100 constituents, including linalool, perillyl alcohol, linalyl acetate, camphor, limonene, tannins, triterpenes, coumarins<sup>3,4,5</sup>, cineole, and flavonoids.

**Properties:** Analgesic (anodyne), antifungal, aromatic, relaxant, anxiolytic

**Medicinal Uses:** Lavender can help to reduce pain, mind-fog and anxiety. It can improve sleep quality and is highly anti-bacterial and anti-fungal. Lavender contains anti-oxidants and can help to improve parasympathetic tone. Lavender can also work to reduce cholesterol and lower blood pressure.

**Contraindications:** None

**Energetic Correspondences:** Relaxing, warming

# Experiential Learning with Herbs

Name of my Herb: \_\_\_\_\_

<p><b>When I ate my herb,</b></p> 	<p><b>I felt/thought/wondered....</b></p>
<p><b>When I drank my herb as tea,</b></p> 	<p><b>I felt/thought/wondered....</b></p>
<p><b>When I tasted a tincture of my herb,</b></p> 	<p><b>I felt/thought/wondered....</b></p>
<p><b>When I smelled the essential oil of my herb,</b></p> 	<p><b>I felt/thought/wondered....</b></p>

Other Observations:



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# Our Herbal Allies- West County DIGS Workshop Series

Tuesday, March 13 from 4pm to 6pm

**Workshop Intention:** To open your senses, heart and mind to the healing properties of the plant world through the deepening of your relationship with one herb.

**Workshop Agenda:**

Activity	Herb Forms Experienced	Time Frame
Snacking and Settling	Herbal acetum, dry herbs, infusions, and oxymels	4:00-4:10
Welcome, introductions, intention setting		4:10-4:30
Earth Meditation: walk, sit, connect, and record	Fresh/Dried Herbs	4:30-4:40
Plant as Food- tasting the gifts of the earth		4:40-4:45
Water Meditation: taste, savor, feel, and record	Herbal Infusions	4:45-4:55
Plant as Medicine- accessing the waters of emotion		4:55-5:00
Fire Meditation: taste, sense, record and discuss	Herbal Tinctures	5:00-5:10
Plant as Verb- doing the work and feeling the fire		5:10-5:15
Air Meditation: make, smell, enjoy, and record	Herbal Essential Oils	5:15-5:35
Plant as Thought- researching, reflecting and knowing plants		5:35- 5:40
Closing- oil anointing, final ideas & questions	Herbal Oil	5:40-6:00



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# Herb Based Activities for Kids

<p><b>In the Garden</b></p> <p>Observations of plants, insects, and weather</p> <p>Starting new plants from seed or cuttings</p> <p>Pruning for healthy growth</p> <p>Watering, fertilizing, general caretaking</p> <p>Practicing sustainable pest management</p> <p>Learning how herbs can help other plants</p> <p>Harvesting</p>	<p><b>In the Kitchen</b></p> <p>Preserving herbs through drying, packaging, etc.</p> <p>Making teas, acetums, glycerites, oxymels, electuaries</p> <p>Using fresh herbs in food preparation such as salads, soups, and sauces/garnishes</p> <p>Making seasoned salts</p>
<p><b>In the Craft Room</b></p> <p>Making potpourri, body oils, bath salts, salves</p> <p>Pressing plants for identification and art purposes</p> <p>Engaging in art projects that use herbs as raw materials</p>	<p><b>In the Lab</b></p> <p>Creating plant monographs</p> <p>Conducting ethnobotanical research</p> <p>Designing experiments involving soil, water, sun, seed stratification</p> <p>Conducting plant constituent research</p>

Herbs represent a straightforward way to access gardening for many kids. These plants tend to be hardy, they are relevant in most cultures, and they are organoleptically pleasing- which is always a plus.



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