



## Nature Study

Each Friday morning, you will go through two of our nature cards. They are labeled in the upper right corner with the corresponding week. These are short, factual cards with images to help your child become familiar with objects in the natural world.

As you progress through our sessions, you may find it handy to keep your past nature cards in a binder for easy reference when your children come across a familiar object. These seeds you are planting will grow into a wonderful garden of knowledge for your children in years to come.

As you explore nature outside your home, watch and listen for newly discovered delights. Most of all, remember...

*"Point to some lovely flower or gracious tree, not only as a beautiful work, but as a beautiful thought of God."*

~ Charlotte Mason

Nature Study

# Cinnamon

*Cinnamomum*

1

- Cinnamon is a spice that was used in many Medieval-era recipes.
- Cinnamon comes from the interior bark of various tree species of the same name, and they can produce different varieties of the spice.

- Cinnamon was believed to have healing properties in the Medieval period and has been traditionally used to treat colds, sore throats, coughs, digestive problems, and the flu.
- The two main types of cinnamon are known as ceylon and cassia. Ceylon is known as “true cinnamon” and is considered higher quality with a delicate flavor, whereas cassia is the most common form of cinnamon and has a stronger, spicier flavor.

# Clove

*Syzygium aromaticum*

1

- Cloves are a spice made from the dried flower buds of the clove tree, which comes from the Myrtle family.
- “Clove” originates from the Latin word “clavus,” meaning “nail,” because the dried spice is nail-shaped.



- Clove was used both as a spice and as a medicine in the Middle Ages and is traditionally used to relieve toothaches and digestive pains.
- In an ancient Chinese book dating back to around 200 B.C., a rule was listed that required people to use cloves to freshen their breath before speaking with the emperor.

# Eucalyptus

*Eucalyptus*

2

- Eucalyptus is a type of plant that includes over 660 different varieties of trees and shrubs native to Australia.
- The tallest Eucalyptus trees can grow to over 200 feet!

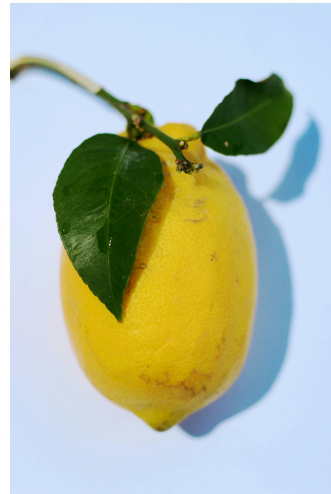
- Eucalyptus trees are also known as gum trees.
- Eucalyptus leaves were often used as a remedy for fevers and infections by Aboriginal Australians.
- In modern times, the essential oils of the leaves are often used in skincare or in medicinal products to help clear colds and stuffy noses.

# Lemon

*Citrus × limon*

2

- Lemons grow on small evergreen trees that are thought to have originated in what is now modern-day India.
- Lemons are a hybrid fruit that came from bitter oranges and citron fruits being bred together.



- Lemon contains high levels of Vitamin C, making it a valuable tool to aid the body in fighting off colds and the flu.
- There are many varieties of lemon, with the most common one being the ‘Eureka’ lemon, which grows year-round, making it easy to supply at most grocery stores.



## Rosemary 3

*Salvia rosmarinus*

- Rosemary is an herb that comes from the leaves of an evergreen shrub that can grow to about 6 ½ feet.
- Rosemary was thought to improve memory in ancient times, and for this reason, the herb is still burned in many homes in Greece today before students take exams.

- Rosemary had many uses in the Medieval era- it was used medicinally for ailments of all kinds, for skin and haircare, and was often worn as a bridal wreath.
- Rosemary was thought in Medieval Europe to ward off negativity and was burned in households to keep the Black Plague from entering.



## Sage 3

*Salvia officinalis*

- Sage is an herb that comes from the leaves of an evergreen undershrub that is native to the Mediterranean.
- Sage's botanical name, "salvia," comes from the Latin word "salvare," meaning "to cure."

- Sage was highly valued in the Medieval era, used for both cooking and medicinal purposes.
- Medicinally, sage was often used to cure sore throats, aid digestion, reduce fevers, cure snakebites, and much more.



## Wormwood 4

*Artemisia absinthium*

- Wormwood is an herb that comes from North Africa and Eurasia. It has also been brought to Canada and the U.S., where it grows throughout many areas.
- Wormwood has a strongly bitter flavor, which was said to help it treat a variety of

stomach ailments in ancient times, including intestinal parasites.

- Wormwood is said to have many healing properties, including antifungal, antimalarial, antiseptic, and antidepressant effects.
- Shakespeare himself mentioned wormwood in his works, including in Romeo and Juliet and in Hamlet. In Hamlet, Hamlet himself says "That's wormwood," in Act 3, Scene 2, meaning "that's bitter" or "that's distasteful."
- Wormwood is the name of a star in Revelation that is said to fall and turn waters bitter.



## Meadowsweet 4

*Filipendula ulmaria*

- Meadowsweet is a flower that comes from the rose family and is native to Europe and Western Asia. It is commonly found in meadows, which is what gives it its name.
- Although "meadowsweet" is this plant's true name, it also goes by several other names, such as mead wort, bridewort, queen of

the meadow, and lady of the meadow.

- Meadowsweet was often scattered at weddings to disguise bad smells or made into bridal garlands, hence one of its nicknames, bridewort.
- Meadowsweet was commonly used as a flavoring for drinks in the Middle Ages, as well as a pain reliever and fever reducer.
- Salicylic acid, a key ingredient in aspirin, was first extracted from meadowsweet and used to develop the common over-the-counter medicine we know today.



## Oregano 5

*Origanum vulgare*

- Oregano, also known as wild marjoram, is a flowering plant that comes from the mint family. Oregano is related to a different herb, marjoram, which gives it its secondary name, "wild marjoram".

- Oregano was commonly used for medicinal purposes in the Middle Ages, and was used to treat many conditions, such as toothaches, stomach problems, coughs, and rheumatism.
- In modern times, oregano is most often used as an herb to flavor dishes and is a major component in Italian seasoning blends.
- Oregano became popular in U.S. cuisine post-World War II when American soldiers brought it back after being stationed in Italy.



## Angelica 5

*Angelica archangelica*

- Angelica is a plant that comes from the carrot family and is used as an herb. It grows wild in many Nordic countries such as Norway and Denmark, and also in Russia and the Faroe Islands.

- Angelica has many different names, including garden angelica, Norwegian angelica, and wild celery.
- Angelica's main name comes from the fact that it was considered to have "angelic" properties as it was used as a medicinal remedy for many ailments, such as to ward off disease, purify blood, and even as a cure for the Black Plague.
- Angelica can be made into a hard candy by stripping its stems of leaves, crystalizing them in sugar, and using green food dye. This candy was popular in Europe as a traditional candy, and is still made today.



## Horehound 6

*Marrubium vulgare*

- Horehound, also known as white horehound, comes from the mint family and is a flowering plant native to parts of Asia, Africa, and Europe.
- The name "horehound" comes from the Old English words "hoar," meaning "furry" and "hune,"

meaning "a class of herbs and plants." This is because the stems of the horehound plant are covered in small hairs.

- Horehound was used in medieval times as a remedy for respiratory infections, and its first recorded medicinal use goes back even farther, to 1st century B.C., where it is listed as an herbal remedy in an ancient Roman encyclopedia.
- Horehound is commonly made into a hard candy similar in shape to a cough drop which is said to have a flavor similar to root beer. Horehound candies are often used as an herbal remedy for coughs today.



## Camphor 6

*Camphora officinarum*

- The camphor tree, also known as Camphora officinarum, is a tropical tree native to East Asia with glossy green leaves and small white flowers.
- The bark and wood of the camphor tree were used to make camphor, an

extremely valuable substance in the Medieval period.

- Camphor was used as a perfume ingredient in the Middle Ages as well as an ingredient in many sweets.
- Camphor has been used for medicinal purposes for centuries for many conditions, including as a nasal decongestant, a topical remedy for sprains and swelling, and bug bites and skin irritation. It is still used today to help combat itching skin or joint pain.
- Camphor oil was used to embalm mummies in Ancient Egypt.