

# The Roots of Your New Seeds

What can your new seeds do for you and for the environment?

Grade Levels: ALL

Standard: 1.1.N, 1.4.N, 1.7.N, 7.4.N

**Sunflower, Soraya/ Lemon Queen:** Sunflowers are known for their ability to remove toxins from the soil. Its petals and seeds are edible, and song birds love them too.

**Zinnia, Thumbelina:** Zinnia flowers are easy to grow and attract beneficial pollinators to gardens, such as monarch butterflies. Butterflies love the flower from this plant as a food source and egg-laying habitat.

**Queen Anne's Lace (Wild Carrot):** An edible plant (*not advised for pregnant woman*) that is known to soothe an upset stomach. It also attracts butterflies!

**Watermelon, Sugar Baby:** A sweet fruit that provides a good amount of vitamins C and A, potassium, plus antioxidants to help fight off diseases.

**Basil, Genovese:** Rub basil leaves on insect bites to reduce swelling and itching.

**Dill, Mammoth:** Great for bones health and the immune system. Helps with muscle cramps and is also known to calm hiccups.

**Radish, Cherry Belle:** Can be used to reduce a fever, sore throat and inflammation. There is an annual celebration called the Night of the Radishes for Mexican citizens of Oaxaca where radishes are carved into religion and traditional figures and displayed throughout town.

**Spinach, Bloomsdale:** High in many vitamins such as: A, C, K, magnesium, iron and manganese. Good for your eyes and promotes heart health.

**Tomato, Black Cherry/ Shaha's Altai:** Great for your heart, skin, and hair. By combining tomatoes with lemons you can make an at-home facial cream for clear, shiny skin.

**Zucchini, Black Beauty:** Grows very quickly with very little maintenance needed. Zucchini can be used to make lasagna, bread, fritters, Parmesan zucchini strips, and much more.

**Bean, Tendergreen Snap:** Beans are high in fiber, which is great for gut health. They can be eaten raw right off the bean stalk or cooked, as in a stir fry.

**Chamomile, German:** A member of the daisy-flower family. As a tea it can help you fall asleep and reduce stress levels.

**Kale, Red Russian/ Lacinato:** Kale is an extremely nutrient-rich leafy green that contains fiber, vitamin C and K, iron, and antioxidants. It can be eaten raw or cooked into soups, or a saute.

**Spearmint:** As a tea spearmint is great for relieving indigestion, nausea, and gas.

**Lettuce, Red Oak Leaf:** Very high in nutrients despite being 95% water. The darker the leaves, the more nutritious the leaf.

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Standard: 1.3.P Identify positive health practices that reduce illness and disease.

**Onion, Texas Early Grano:** Sulfuric acid is realized when we cut onions. The acid combines with the moisture in our eyes and causes us to cry. Despite this, they have been a part of the human diet for over 7,000 years! They help ease inflammation and fight off diseases by supplying us with antioxidants.

**Parsley, Italian Flat Leaf:** Store parsley in a covered glass of water in the fridge to extend its lifespan. This strong flavored leaf is great in pasta dishes and contains nutrients that promote bone health.

**Beet, Touchstone Gold:** Beets are great for heart health despite containing almost as much sugar as sugar cane. They can also be used to neutralize garlic breath.

**Cabbage, Red Express:** There are so so many ways to eat cabbage. You can eat it raw, steam it, saute it, pickle it, or ferment it. It is great for your hair, skin, nail, and can even help prevent acne.

**Chard, Rainbow:** Chard has 3x the daily amount of vitamin K, which helps keep our blood clean and healthy.

**Hollyhock, Jessica:** Hollyhock is a plant that produces a beautiful pink flower than can be made into a tea for people with breathing disorders, or it can be applied directly to the skin to help with inflammation.

**Lavender, Vera English:** Lavender plants can be purple, blue, yellow or even pink. It was used in baths in ancient Rome as a disinfectant. As a tea or in a pouch by your pillow, it promotes relaxation.

**Mugwort, Common:** Mugwort is a plant that tends to grow near poison oak. It is referred to as the antidote to the poisonous plant. When applied to the skin before or after coming in contact with any poison oak it can help prevent a breakout by binding to the poisonous oils making them easier to wash off.

**Mullein, Common:** As a tea, muellin has been used for centuries as a remedy for a wide variety of respiratory ailments. It is especially helpful for people suffering from asthma. Muellin has the ability to relax the chest muscles while also reducing inflammation in the area.

**Pepper, California Wonder Bell:** Did you know that a pepper is a fruit? Bell peppers provide almost all the vitamin C you need for a day. That makes them great for boosting the immune system. It helps that they are great on pizza too!