**Medicinal Plant Poster Assignment 10pts due:**

**Minimum Requirements:**

1. Name of plant – common name and scientific name
2. Image of plant - Drawing/photo
3. Habitat: What type of habitat this plant normally exists in. What region in BC can it be found?
4. Healing properties: What ailment is it used to treat? What symptoms does it alleviate?
5. How is it prepared? Consume (eat raw, make a tea, chew leaves, rub on skin, make a poultice)

**Extra:**

1. Any cautions to be aware of when taking this plant?
2. Has any extract been made into commercial use?
3. History – from what group of people did the knowledge of the plants healing properties come from?

Your mark will be based on inclusion of the above elements as well as being:

* Concise
* Neat
* In Colour
* Good use of space

Links:

<https://www.odishafdc.com/products_medicinal_plants.php>

<https://themysteriousworld.com/top-15-most-powerful-medicinal-plants/>

<http://www.thecanadianencyclopedia.ca/en/article/plants-native-use>

Circle your Plant from the list below:

1. Trembling Aspen
2. Cattails
3. Lichen
4. Rosehips
5. Flea bane
6. Female sage
7. Hawthorn
8. Stinging nettles
9. Plantain
10. Yarrow
11. Creeping juniper
12. Pineapple weed (chamomile)
13. Manitoba maple
14. Willow bark
15. Saint John’s Wort
16. Hellebore
17. Valarian Root
18. Pacific Yew
19. Mushrooms
20. Berries
21. Lavender
22. Chamomile
23. Old Man’s Beard Lichen
24. Devil’s Club
25. Red Cedar
26. Biscuit Root