

Wellness :) Scavenger Hunt

Answers on other side.
(Don't peak before you give it a try!)

Need to clear your head? I smell like V _ c _ s

2

HINT: I live indoors in a big hot house.



I'm so sweet and fuzzy. Just like a lamb's ear and I won't run away.

3

HINT: You can spot her along the walkway in front of the ARC



Not only can I make your food taste great,
I can make you smell just as yummy.

1

HINT: Head toward the garden of herbs.



Pixie sized fans to cool you down.



My much bigger cousin is standing
behind me to the left.



Stand by me, take a deep breath, relax...

4

HINT: I like it hot! But why am I in the cold frames?.

5

HINT: My leaves are as beautiful as a maiden's hair.

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Answers, Facts, Interesting Trivia and Hints

(Don't peak before you give it a try!)

1. Rosemary *Salvia rosmarinus*

Facts

- A shrub with fragrant, evergreen, needle-like gray-green leaves and white, pink, purple, or blue flowers.
- Northern Africa, western Asia, southern Europe can reach a height of 6 feet!
- Requires full sun and excellent drainage in winter to perform best. Best brought indoors around here.

Interesting information

- The intensely fragrant foliage of this shrub is commonly harvested for a variety of purposes including culinary flavorings, toiletries and sachets.
- Native to dry scrub and rocky places in the Mediterranean areas of southern Europe to western Asia.
- *Salvia* comes from the Latin word *salveo* meaning "to save or heal"

Hint

- What garden are most herbs found? Pull off a few needles to sniff throughout the day!

2. Maidenhair Tree *Ginkgo biloba*

Facts

- Native to southern China, this tree will grow 50-80 feet and requires little maintenance.
- Adapts well to most urban environments.
- Fan shaped leaves turn an exquisite bright yellow in fall

Interesting information

- A living fossil. It is the only surviving member of a group of ancient plants believed to have inhabited the earth up to 150 million years ago.
- Ginkgos are dioecious (separate male and female trees).

Hint

- There's a beauty all unfurled next to parking lot one!

3. Vicks Plant *Plectranthus tomentosa*

Facts

- It's known for the minty, camphor fragrance of its leaves.
- Make sure it has well-draining pots and soil, lots of bright sun, and deep water (when the soil is dry).
- A member of the mint family with succulent leaves

Interesting information

- There are different health benefits that this plant has, like helping with aches in your muscles and clearing your sinus
- "Tomentose" refers to the fuzzy, velvety coating that covers the whole plant.
- A native to southeastern Africa where it can reach a height of 1.5 feet

Hint

- There's one hiding in the back of the greenhouse. Don't be shy; rub a leaf and sniff. Your sinus's will feel soothed.

4. Mullein *Verbascum thapsus*

Facts

- Is a wooly biennial herb that prefers dry, stony soils.
- An individual plant can produce as many as 180,000 seeds in its second year.
- Plants have fibrous roots with a deep taproot that helps it tolerate droughts

Interesting information

- The leaves contain rotenone (insecticide) and coumarin (prevents blood clotting)

- Brought to the U. S. in early colonial times because of its extensive history as an herbal remedy for medicinal impairments.

Hint

- Check out the ARC close to the building where you'll find a few of our fuzzy friends there waiting to be pet.

5. English Lavendar *Lavandula angustifolia*

Facts

- Has showy purple flowers stalks which are highly scented as well as its perfume-scented leaves.
- Prune back to 8 inches in spring every 3 years to control plant size and to promote robust, new growth.

Interesting information

- Despite its common name, it is not in fact native to England, but comes primarily from the Mediterranean region.
- This "true lavender" is commercially planted for harvesting its oils for use in perfumes.

Hint

- These aromatic lovelies can be found in the cold frames in bed 5, on the hill next to the Women's National Association Farm & Garden Visitor's Center

