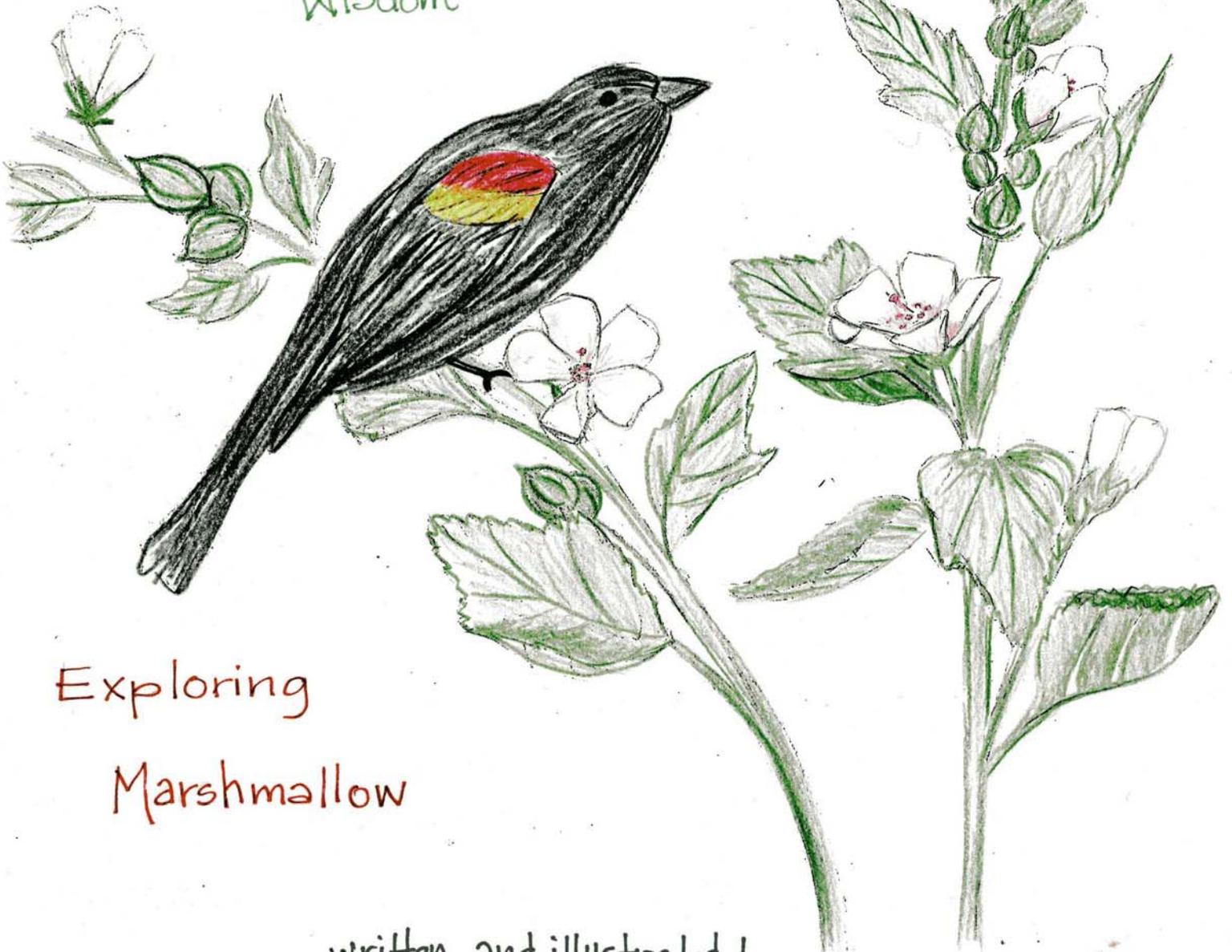


Herbal Roots

February 2009

Planting a seed of
Knowledge to grow a
Lifetime of Herbal
Wisdom

zine



Exploring
Marshmallow

written and illustrated by
Kristine Brown

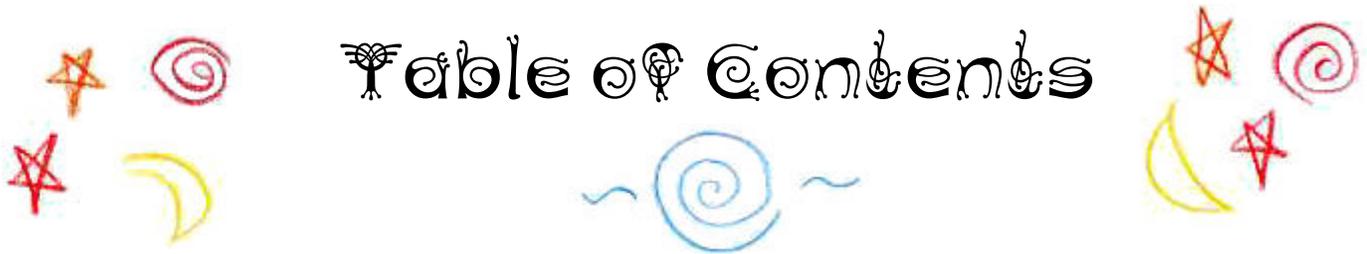


Table of Contents

Note to Parents	3
Calendar	5
All About...Marshmallow	6
Word Search	8
Herbal Lore	9
Songs and Poems	11
Herbal Recipes	12
Coloring Page	14
Herbal Crafts and More	15
Maze	18
Herbal Journal	19
Resource Guide	21

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<http://herbalrootszine.com/>



Note to Parents



Dear Parents,

Congratulations for starting your child on this wonderful journey of herbs! Welcome to the first issue of Herbal Roots! I hope your Kids have as much fun learning about marshmallow as I had writing about him! (yes, I refer to the herbs as him or her because they are living beings).

Check out the calendar first thing...it is filled with daily reminders and activities. I've tried to include activities for Kids of all ages. Please use your best judgment when allowing Kids to do the activities. Some they may be able to do on their own, some they may need lots of help. Most Kids won't be able to do all activities by themselves. This is a good thing, since I am targeting Kids of all ages and I want parents and older siblings to work together.



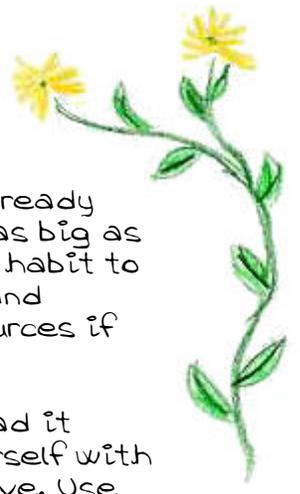
In this issue, your Kids will have the chance of writing a poem to win a free issue next month, read stories, write an acrostic poem using the word Marshmallow, make real marshmallows, create an herbarium and much more! They can even make sore throat lozenges and Marshmallow syrup (definitely something you will need to help with). They will also get an opportunity to win a live marshmallow root straight from my herb garden to theirs/yours!

At the end of this packet, I've included a resource guide. It's full of helpful internet links, books to read and much more. When possible, I'll try to list books that have the herb I am writing about so that you have another resource to further their learning experience.

In addition to this booklet (which I recommend you print out a copy for each child who will be using it), this month you will need:

- 1 piece of cardstock or construction paper
- 3 x 5 index cards, lined or unlined
- hole punch
- yarn
- crayons, colored pencils or markers
- old seed catalogs and/or herb magazines
- clear packing tape
- scissors
- ruler
- paper cutter (optional but makes cutting easier)
- Olive oil
- Beeswax
- Marshmallow root and leaf (fresh or dried)
- Honey
- Half pint jar for storing lozenges in
- Bottle for storing syrup
- Small jar for storing homemade paste in
- Cheesecloth or another thin fabric for straining





Note to Parents

I try to create projects that are easy to make and mostly already available in the home. Of course, it all depends if you are as big as a pack rat as I am! Saving small bottles and jars is a great habit to get in to...they will come in handy for many herbal recipes and projects in future editions! Check my resource page for sources if you are having problems finding them locally.

If you will be reading any of the stories to the children, read it several times through to your self to try to familiarize yourself with it. Then, when you read it to your child(ren) it will come alive. Use animation and sound affects wherever possible. Make it your own story!

Invest in a binder of some sort to put these monthly sheets in. One per child if possible so they can each have their own little herbal book. They'll be pasting actual samples of the herbs in here along with Keeping a journal of all their thoughts and explorations of each particular herb. That will create a wonderful memory to last through the schooling lifetime! They are building an herbal foundation of Knowledge to be used for the rest of their lives. These are real herbs that can be found almost anywhere or grown very easily. Having this Knowledge is very powerful and will stay with them for a lifetime!



This month, in addition to pasting a picture (a live plant of marshmallow will be rare for most us of this time of year so a nicely printed picture from the internet will work just fine...it can always be updated with the real deal later on this summer) in the packet, there is an activity to make an herbarium. While it can seem redundant to do both activities, the pocket herbarium is actually a great tool for Kids to take with them when you go on nature hikes to reinforce their learning experience so doing both will be beneficial.

Most of all, have fun. Learn, explore, discover, taste and dream. The herbs are playful and we should be too.

Until next month,

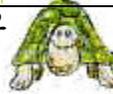
Peace and Joy!

Kristine



February 2009



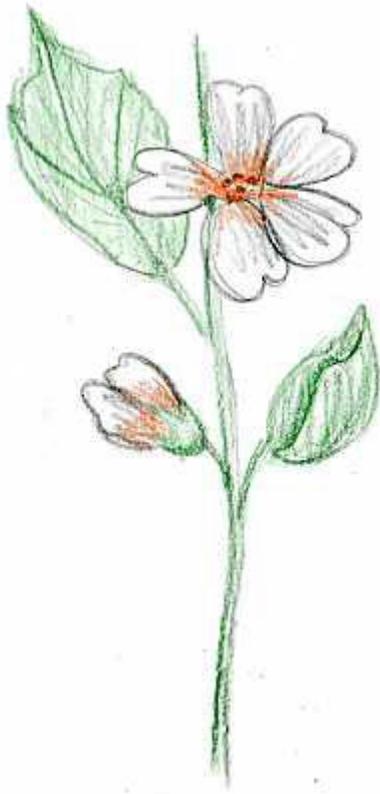
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Marsh-mallow's botanical name is Althaea Officinalis Althaea is	2 Halfway Day to Spring! Plant some seeds to grow on your windowsill.	3 Sing the marshmallow songs!	4 Find and write down all the italicized words and their meanings on the all about page	5 How many pictures of marshmallow are in this activity pack?	6 Have you made the sore throat lozenges? Make them today!	7 All parts of the marshmallow plant are useful: roots, leaves and flowers.
8 Greek meaning "to heal." officinalis means it is used for medicine.	9 Write a poem about marshmallow & post it on my blog* for a chance to win next month's issue free!	10 Close your eyes, imagine you are marshmallow dance & sway in the breeze like he would!	11 How many words can you make out of marshmallow ?	12  Get started on making your herbarium!	13 Make real Marshmallows (see recipes) in heart shapes. Wrap them in tissue paper and give to your friends.	14 Happy  Day!
15 did you know[] marshmallow is native to Europe but considered naturalized in America?	16 Have you posted your poem yet? Today is the last day to do so!	17 Write the letters of marsh-mallow in alphabetical order and tally up each letter.	18 Today's the day to make some syrup if you haven't already tried	19 Draw a picture of a marshmallow flower in your journal.	20 Write an acrostic poem using marsh-mallow.	21 Marshmallow Contains iron, calcium, iodine, sodium and the vitamins A & B-complex!
22 Want strong bones? Marshmallow is high in calcium. Try eating the leaves in salad.	23 See my blog today for a chance to win a live root to plant in your garden.	24 Draw a picture of the whole plant in your journal and color it.	25 $5-7-5$ Write a haiku about marshmallow	26 Make the marshmallow paste & use it to glue your picture of marshmallow in the craft section.	27 Have you finished your Herbarium? If not, finish it today!	28 The Egyptians first used marshmallow over 3,000 years ago! WOW!

all of the written activities listed here can be recorded in your journal/pages!

*See my entry today about marshmallow. Post your own originally written poem in the comments (mom or dad can help) or a chance to win a free copy of next month's Herbal Roots! Poems must be posted by February 16, 2009. Go to <http://herbalrootszine.com>



All About...Marshmallow!



Did you know that the marshmallows you buy in the store were originally made with the root of a marshmallow plant? That is because they were given to children to help soothe coughs and sore throats and the sweet candy was an easy way to get children to take their medicine. In fact, a lot of candies were made because of that very reason... horehound, lemon drops, etc. The ancient Egyptians first made marshmallow candy over 3,000 years ago!

The Egyptians, Syrians and Arabians also used the leaves to treat various ailments and made poultices from them.

Today, marshmallow is used in many forms to treat coughs, bronchitis and whooping cough as well as digestive problems and bladder ailments. Not only is the root used, but the leaves and flowers are as well.

For coughs, a tea or syrup can be made and used (see the recipe section for instructions on making them). A syrup can also be used to treat *insomnia* (the inability to sleep).

Teas made from the leaves and flowers can be brewed to be drunk before eating a meal to help relieve constipation. This drink is also soothing for ulcers, other digestive ailments and urinary cysts. Because of his *diuretic* properties, he is cleansing

All About...Marshmallow!

to the bladder. A diuretic is an herb that increases the amount of urine a person produces.

It is reported that chewing on a piece of marshmallow root can help relieve a toothache.

Externally, leaves can be made into a poultice to relieve skin inflammations. If something is inflamed, it means it is having a response to injury or irritation, which can usually be detected by symptoms of pain, swelling, redness and heat.



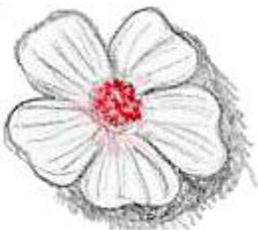
Marshmallow is also used as a vegetable in some parts of the world. Surprisingly, he contains lots of vitamins and minerals: Calcium, Iodine, Iron, Pantothenic acid, Sodium, Vitamins A and B-complex!

There are many members in the marshmallow family: okra, hollyhocks, common mallow are a few. All are interchangeable and can be used like marshmallow!

Herbal Word Search

Words are hidden in all directions...up, down, diagonally, backwards!

n l i f i r h v e d t w t a w d v
 a e e l e n l l t n e i l l o m e
 s s o d c m o n e a d n m t s s l
 o a e t i i c c h m e b s h r t t
 o e a a e a n l c e z i r a n n h
 t d m e c v l v l a i n n e r e p
 d e c o c t i o n c l s t a h c c
 i n l i m a r s h m a l l o w l m
 u d a a u d e e s g r l m f n u o
 r d r i x n n r n u u s c f c m r
 e u i l t a e n o g t h e i v e d
 t s i s t n t i e a a i l c u d o
 i l u n l e e i e i n a t i r m t
 c u e a g c e l v o g a e n c t c
 n e t m l r w e a e o e a a a c d
 e l r o o t s i t c n l l l h i d
 n a l l i i n c t u r i a i a m t
 i n p e a i g n i h t o o s i s a



Althea officinalis
 antitussive
 calcium
 decoction

demulcent
 diuretic
 emollient
 herb

laxative
 marshmallow
 mucilage
 naturalized

perennial
 roots
 soothing
 sweetener

Herbal Lore

Stories about the healing power of herbs have been passed down from generation to generation. This is known as herbal lore.

The Gift of Marshmallow

A long time ago, in Egypt, there lived a village of Egyptians. They spent their days by the Nile River, hunting and gathering and growing crops to feed themselves.

Life was good, food was abundant and their health was good. Every day, they gave gifts to their Gods to show their gratefulness to their abundance. But, as time went by, they grew over confident in their ability to thrive without help from the great spirits above and so they gradually stopped giving thanks for their abundance.

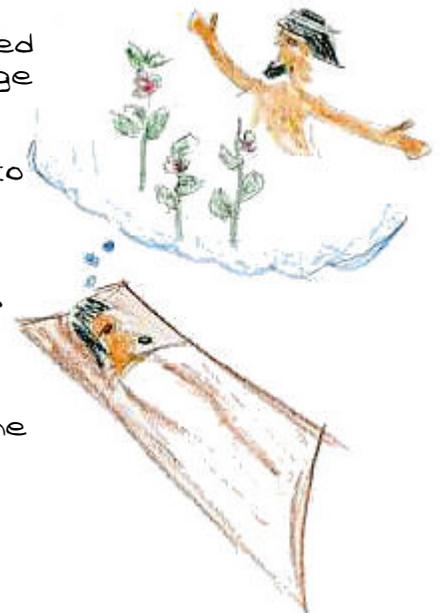
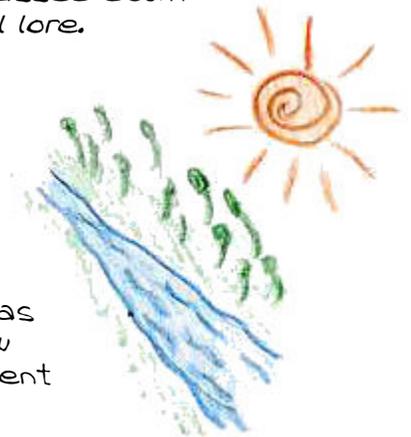
Soon, however, they noticed that the children were ailing. They complained of stomachaches and had bad coughs. Their village healer tried everything in his power to heal them but had no luck. Eventually, the adults were stricken with the same problems.

Finally, one of the villagers went to the bank of the Nile and began to pray to Imhotep, the great "father of Medicine". Imhotep at one time was a doctor who was well liked for his teachings and knowledge in the medical field. Imhotep was also a poet and philosopher. He urged contentment and preached cheerfulness. His proverbs contained a "philosophy of life." Imhotep coined the saying "Eat, drink and be merry for tomorrow we shall die." When he died, the people of Egypt had so much love for him that they made him a deity.

The villager, Aka, offered a blessing of wheat and asked that Imhotep help the children and adults of the village with their ailments.

For many days, Aka went to the riverbank and prayed to his god, each time offering a gift of thankfulness for their mercy and kindness.

Several nights later, in his sleep, Imhotep visited Aka. He told Aka that the Gods had been angry that the villagers had seemingly forgotten about them and had been trying to get the villagers' attention. They were touched by Aka's persistence and wanted to restore the villagers' health. Imhotep instructed Aka to go to the riverbank and search for a plant that grew up to his shoulders and bore flowers as white as the clouds in the sky. He told Aka that this plant, mallow-of-the-



Herbal Bore

marsh would provide the medicine to heal the children and adults of the village.

The next morning, AKo rushed to the riverbank in search of this great plant. After several days of searching, he found such what Imhotep had described. He gazed upon the beautiful snowy white flowers and caressed the soft, downy leaves. He gave thanks to the plants and left an offering of linen. Not knowing what part of the plant would heal the children and adults of the village, he pulled up several plants, roots and all and rushed back to the village to give to the healer, Khenti.



AKo told Khenti of his prayers to Imhotep, his dream and his search for the plant. He told of the name mallow-of-the-marsh and how he found it in a low area near the Nile River. Khenti thanked him for his selfless deed and took the herbs into his house to begin to make medicine of them.

He cleansed the roots of the dirt and chopped them up. He noticed they were slimy when he heated them in water and created a gruel from the mallow and some cracked wheat.

He picked off the leaves and flowers and brewed some tea from them. Both of these remedies he put into bottles and containers.

Then, he set out to visit the villagers and offered sips of tea from the infusion of leaves and flowers and nourishment from the gruel of roots and wheat. The children adored the gruel and ate it up. The adults drank thirstily from the cup of tea Khenti offered them.



After several days of this, he noted the villagers grew strong and healthy again. Their coughs ceased and their bellies stopped aching. He praised the virtues of this plant, marshmallow, he called it to shorten the name.

Khenti sampled the gruel and noticed the sweet taste. He experimented with the root and created a fluffy concoction that children loved to eat. Any time they got a sore throat, cough or stomachache, he immediately gave them a bit of marshmallow treat that soothed their ailments.

The villagers were relieved that their ailments were gone. They once again remembered to give thanks daily for the gifts their Gods had bestowed upon them.



Herbal Songs and Poems



Marshmallow

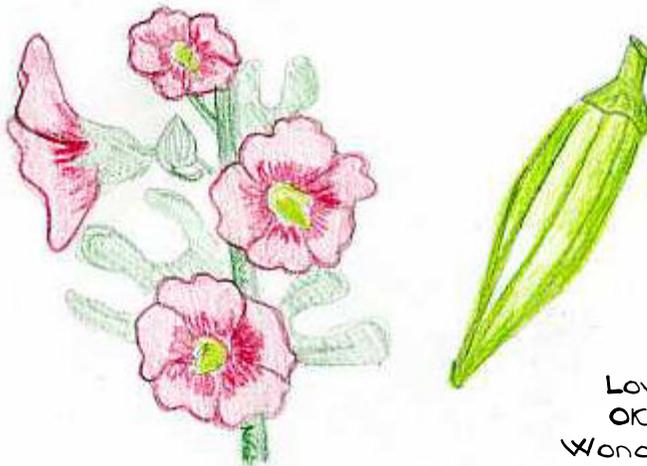
Sung to the tune of: Are You Sleeping

Maaar- sh mal-low, maaar- sh mal-low
Lots of roots, useful roots
Soothes the inflammation,
Since the ancient Egyptians
Expectorant, demulcent,
Heals wounds, diuretic.

I Know an Herb

Sung to the tune of: Old McDonald

I know an herb that soothes and heals
It is marsh-mal-low
Can be used in powdered form
It is marsh-mal-low
With a demulcent here
And a diuretic there
Here a root, there a leaf,
Both are used for relief
I know an herb that soothes and heals
It is marsh-mal-low



M-A-R-S-H-M-A-L-L-O-W

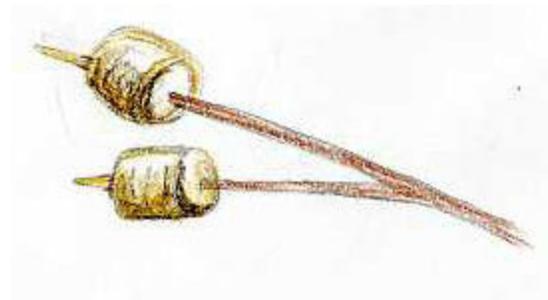
An acrostic poem

Mucilage
Althaea officinalis
Roots
Soothing
Heals wounds
Makes coughs productive
Ancient Egyptians used me
Leaves are used too
Loved as a treat because I'm sweet
Okra and hollyhocks are my cousins
Wonderful treatment for inflammation

Not As It Seems (marshmallow)

A haiku

Soothing demulcent
Inflammatory healer
Sweet diuretic



Herbal Recipes

Mmmmm! Herbs are not only good for healing, a lot of times, they are good to eat too! Here are a few of our favorite recipes for eating them and for making herbal medicine.

Old Fashioned Marshmallows

(how they were made before corn syrup took over!)

recipe from A Kid's Herb Book by Lesley Tierra

These taste like those circus peanuts you buy at the store...a personal childhood favorite of mine!



Preheat oven to 275 degrees F.

Separate 2 eggs, keeping the whites. Beat whites until very foamy and not quite stiff

Beat in 1/2 teaspoon vanilla

Slowly beat in 1/2 cup sugar, 1 teaspoon at a time

Beat in 2 tablespoons marshmallow root powder

Drop mixture using a teaspoonful at a time on the cookie sheet

Bake 1 hour

Remove from sheet and let cool.

Eat and enjoy

To store, tightly cover and place in the refrigerator for several days

For Valentine's Day, split the spoonful in half and drop side by side using your fingers to taper the end into a heart shape. After cooling, wrap in tissue paper and place in a bag for freshness.



Sore Throat Lozenges

Wonderful to suck on when a sore throat or cough strikes, these lozenges are soothing and easy to make.

Marshmallow root powder
Honey



Pour 1/2 cup marshmallow root into a bowl. In another bowl, pour out a few tablespoons of marshmallow root and set aside. Add a few drops of honey to the first bowl and start mixing with a spoon. Once it starts combining, use your fingers to thoroughly mix into a dough. Pinch off small grape-sized portions and roll into a ball. Roll the balls through the 2nd bowl of powdered root to coat. Let them sit out for several days until they are dry and hardened. Place in a jar.

Herbal Recipes

Marshmallow Leaf Tea

Not just for beverages, teas are a great way to take herbal medicine!

Dried or fresh marshmallow leaves
Water
Optional: licorice or honey



Fresh: Simply chop up a handful of leaves and pour hot water over them, letting them steep for **15-20** minutes before drinking. A pinch of dried licorice root or a teaspoon of honey can be added for sweetening purposes.

Dried: Add **1** teaspoon of herb per **1** cup of boiling water. Let steep for **15 - 20** minutes before drinking. A pinch of dried licorice root or a teaspoon of honey can be added for sweetening purposes.

Marshmallow Root Syrup

Marshmallow root
Water
Honey or raw sugar



Steep **1 oz** of marshmallow root in **1 qt** of water for **24** hours. Strain out the root and add **1** cup of sugar per **1** cup of water (**4** cups total). Bring to a boil on the stove (have a grown up help!) and cook down until it is thickened. Store in the refrigerator until you need it. It will last about **2** months in there.

To use, take **1** tablespoon as needed to soothe coughs or take **1/4** cup before bedtime to help with sleep.

Marshmallow Leaf Poultice

Poultices are used to treat inflammations and wounds.

Fresh or dried marshmallow leaf
Water
Gauze or another thin fabric such as Gerber baby diapers or cheesecloth



Place a handful of leaves in a pot and break up. pour enough water to cover and heat up (do not boil). Have mom or dad help you with the stove if you need help.

Let the mixture cool and then soak the gauze in the mixture, wrap around the inflamed area and leave on for **20** minutes. Repeat several times a day until the inflamed area is better.

Marshmallow

Althaea officinalis



Red Winged Blackbird

Agelaius phoeniceus

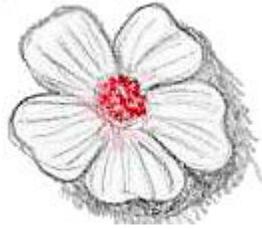
Herbal Crafts and More!

Marshmallow Glue

Years ago, marshmallow root used to be made into a paste. While it will stick two pieces of paper together, it's not extremely durable and will peel off easily. Great to use as a temporary glue in craft projects!

1 Tablespoon water
2 teaspoons marshmallow powder

Mix in a glass jar. Seal with a lid. Let sit 8 hours. Brush on paper with a brush as needed.



Write what you have learned about Marshmallow here:

Place a pressing of marshmallow here. Protect it by covering with clear packing tape. Or, if a plant is not available, draw a picture of it or print a photo off the internet (see the resource page for links).

Herbal Crafts and More!

How To Make A Simple Pocket Herbarium

This is a great project for keeping track of the herbs you learn. It's easy to carry around and won't take up much space in your backpack or pocket. It's great to take along on hikes to identify and collect new herbs too!

What you will need:

- 1 sheet of cardstock or construction paper, any color (this will be the cover pages)
- 1 package of 3 x 5 index cards (lined or unlined)
- Clear packaging tape
- Hole punch
- Scissors
- Paper cutter or straight edge
- Twine or yarn
- Pens, markers, colored pencils, herb magazines, seed catalogs or any other medium to decorate cover

For the cover:

Crop cardstock down to $7\frac{1}{2}$ " x 11" using the paper cutter or ruler and scissors.

Cut the large piece into two small pieces $7\frac{1}{2}$ " x $5\frac{1}{2}$ ". For each Herbarium you make, you will need one of these sheets.

Fold the sheet in half and decorate the cover. Be creative! Write your name on it if you wish, draw herbs or decoupage pictures cut from seed catalogs or magazines. Make it yours!



When you are finished decorating the cover, cut pieces of packaging tape twice the length of the cover and laminate the cover with the tape. I used 4 pieces total to do this step.

For the inside pages:

Using the hole punch, punch 2 holes at the top of the index cards. To keep everything lined up, I use the sides as a guide and rest the hole punch as far in as I can. I then line it up between the red line and edge. Do this to as many index cards as you'd like to start your book off with.

Assembling the Herbarium:



Take one index card and center it horizontally on top of the cover. I like to keep about $\frac{1}{4}$ - $\frac{1}{2}$ inch space between the top of the index card and the top of the cover to allow for plenty of room inside for the cards.

Slide the hole punch over the cards (I found it helpful to turn the hole puncher upside down to see the holes in the card more easily) and punch the holes in the cover.

Place all the cards you have punched inside the book, cut off two equal pieces of twine or yarn (about 3" should do) and tie with bows.

This will allow you to take apart the book as you need it to add or remove pages.

Herbal Crafts and More!

Now, you are ready to fill it up!

On your next herb walk, bring along the Herbarium, a small roll of packing tape (extra wide scotch tape may work as long as it is very sticky), small scissors or a pocket knife for cutting the tape and herbs and a pen.

When you find a specimen you want to keep, carefully cut a small sample of every part (i.e. leaf, flower, seed heads, possibly even roots if small enough) of plant and arrange it on an index card. How you arrange it is your choice. You may choose to use the blank side of the card and fill it up completely or use 1/2 the front side of the lined card so you can write your information next to it.

Cover the specimen completely with tape carefully flattening the plant as you go. You may put two leaves on the page to show both front and back or fold one halfway over.

Once you have arranged and taped your specimen in place, write the name of the herb down on the first blue line if you know it. If you do not know it, you can do this when you get home and identify it in your herb book.

Below the common name, write the Latin name. Again, this can also be written down at home.

Whatever other information you add is your choice. Some ideas are:

- the location where you found it (if it is not commonly found where you are)
- which parts of the herb are used
- what it's commonly used for
- what forms it's used in (i.e. teas, extracts, salves, poultices, etc)
- best time for harvesting
- any cautions for using the herb



Now place your completed card back into the Herbarium. I have found it stays more balanced if I rotate the placement of the herbs on the sides of the card I tape them to. If you choose to place your specimens on one side and your information on the other, this will not be a problem.

To make it easier to refer back to your specimens, alphabetize them as you add them into the file, keeping all the blank cards in the back.

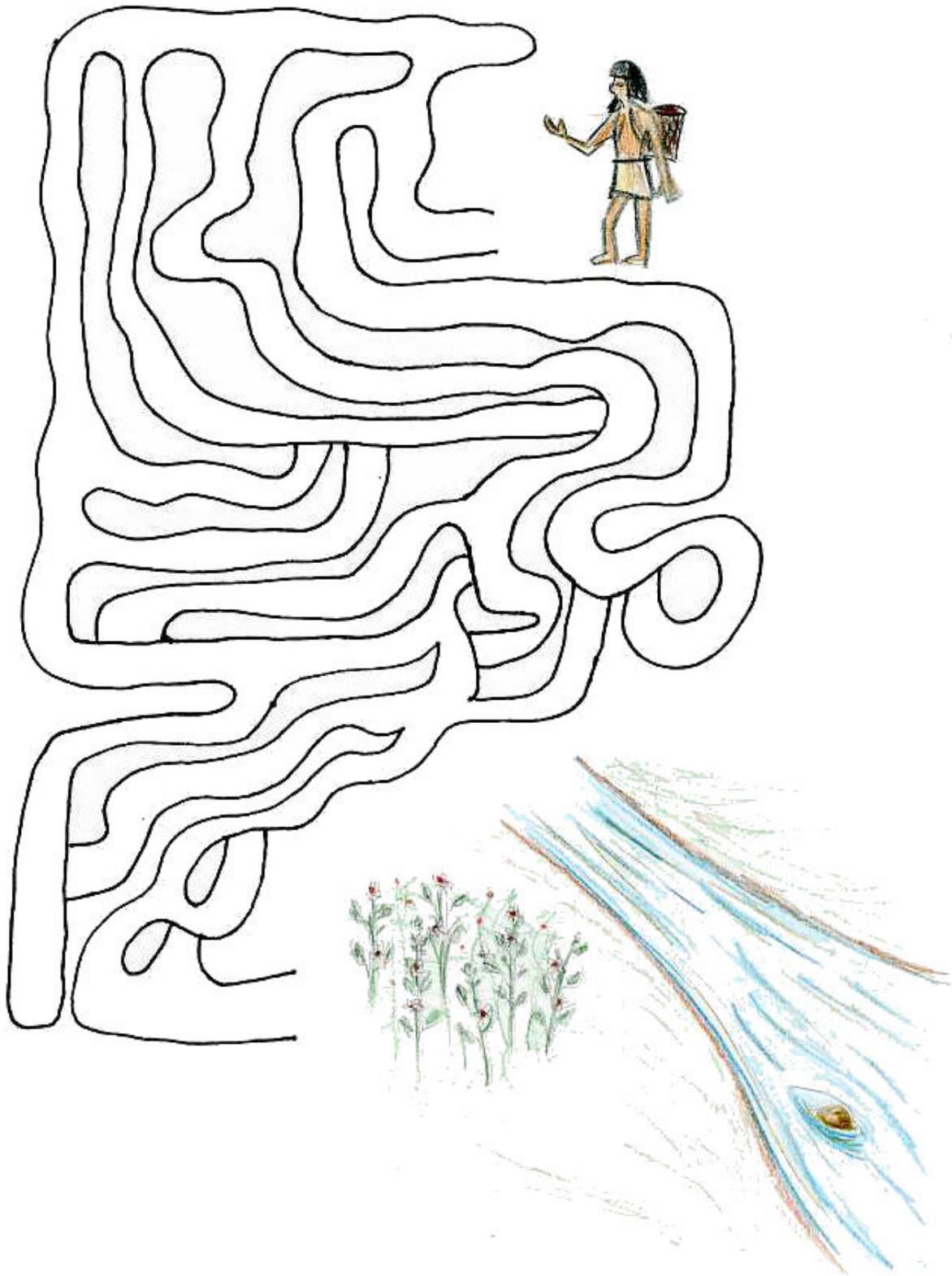


This simple pocket Herbarium will make it easy for you to quickly identify and remember herbs and their uses when you need them! I hope you make one and add to it each month when you learn about a new herb.

If you are unable to harvest a real herb (such as this month, you can find a picture on the internet, print it off and glue or tape it into the spot where the actual plant would go. Then, later if you find an actual plant specimen, you can replace it with the real thing!

Maze

Help Aiko find the marshmallow patch by the river.



Reference & Resource Page

Books

For more reading about herbs, try these kid friendly books!

Healing Wise by Susun Weed

Identifying and Harvesting Edible and Medicinal Plants in Wild (and Not So Wild Places) by "Wildman" Steve Brill

Walking in a World of Wonder by Ellen Evert Hopman

A Kid's Herb Book by Lesley Tierra

Games

Wildcraft! Available online at Learning Herbs:

<http://www.learningherbs.com/wildcraft.html>

Wild Cards by Linda Runyon, Available at:

http://www.ofthefield.com/html/learning_resources_4.html

Internet Resources

More information on Marshmallow:

<http://www.healthy.net/scr/article.asp?ID=1413>

<http://botanical.com/botanical/mgmh/m/mallow07.html>

<http://altnature.com/gallery/mallows.htm>

<http://www.henriettesherbal.com/eclectic/kings/althaea.html>

Where to find supplies:

http://www.emporiumnaturals.com/index.php?main_page=product_info&products_id=104 great online resource for beeswax

Dried Herbs:

<http://mountainroseherbs.com/>

<http://www.richters.com/>

Herb Seeds and Plants:

<http://www.horizonherbs.com/>

<http://www.thymegarden.com/>

<http://www.richters.com/>