

Gardening

Unit 4 of 7

*"Yes, in the poor man's garden grow
Far more than herbs and flowers
Kind thoughts, contentment, peace of mind
And joy for weary hours" - Anon.*

- 1. How can getting tired working in the garden bring such pleasure?
- 2. How do you think you would feel after working all day in the garden?



In this Unit we are going to look at herbs. Most people think of herbs as flavorings in food, but herbs have a very long history of being used for medicinal purposes. In medieval times, the use of herbs was associated with witchcraft, with assorted herbs steaming in a boiling cauldron. Using herbs for medicines can be dangerous. Herbs were grown by the ancient civilizations of Greece and Rome, often just for their beauty.

3. Name three herbs and what you would use them for.

4. What do you think of when you hear the words:

sesame sage lavender parsley catmint

5. Write a short story using all of the above words in it.



During the 16th and 17th Centuries, herbal gardens were very formal in their design with symmetrical patterns of complicated knots. The border of the garden was usually with boxwood.

6. Design an herb garden using a symmetrical pattern.

7. Why do you think this type of garden was so popular?

Now it's brainteaser time!

Rosemary is an evergreen herb from the Mediterranean region and is very popular in cooking. It is often paired with roast lamb.

8. How many words can you make from the word *rosemary*? Hint -- there are at least twenty.

Fresh herbs bear very little resemblance to the chopped, dried kind found in jars at the food store. Fresh herbs bring ordinary food to life -- chopped up and put in dips, soups, and salads -- they go with almost anything!

9. What are your favorite foods? Do you think they could be improved with chopped fresh herbs on them?



Herbal teas are very popular as most of them aid digestion and often help promote sleep. Chamomile, in particular, is famous for these characteristics.

10. What other herbs do you think would make good tea? And why?

Toothpaste!

Yes, we have a lot to be thankful for with regard to herbs and toothpaste! For thousands of years, mixes of fine sand and pumice were used. Any type of abrasive, including salt or even corrosive mixtures, was used to remove stains. The first toothpaste was invented in 1850 by Dr. Washington Wentworth Sheffield, a dental surgeon and chemist from New London, Connecticut.



11. Why do you think he was unhappy with what was available up until then?

12. Which flavors would you include in a toothpaste to make it taste good?

His newly invented toothpaste was called "*Crème Dentifrice*" which proved very popular with his patients. There was a dispute between Dr. Sheffield's company and Colgate-Palmolive as to who was the first to market toothpaste in tubes.

13. If you were a manufacturer of toothpaste what name would you give it?

14. Write a four line "toothpaste jingle."



In order to make toothpaste taste better, *spearmint* and *peppermint* were added.

15. Why do you think *mint* was chosen?

A sales gimmick that is commonly used is to put stripes of a different color in the toothpaste.

16. How do they do this? What are the benefits?

AND NOW WITH A "CLEANER, WHITER SMILE" WE MOVE ON...



SIMON AND GARFUNKEL

Paul Simon and Art Garfunkel met in grade school in 1953. They first formed a group called *Tom and Jerry* in 1957 and rose to fame in 1965 as a duo with their hit single, "*The Sound of Silence*."

17. Even though they have weathered several breakups, why do you think their music is still so popular?

Scarborough Fair was the title track of their 1966 album "*Parsley, Sage, Rosemary, and Thyme*." It was released as a single in 1968, after being featured on the soundtrack of "*The Graduate*." It is an old English ballad about a traditional English fair,

originating from a charter granted by King Henry III in 1253. The ballad is an exchange of impossible tasks between a boy and a girl questioning their true love for each other.

18. What do you think is the purpose of asking someone to carry out an impossible task?

*"Are you going to Scarborough Fair?
Parsley, sage, rosemary and thyme,
Remember me to one who lives there,
For she once was a true love of mine"*

Parsley, sage, rosemary and thyme was used in the refrain of every verse.

19. Why do you think they did this?

20. What do you think is the symbolism of each of the four herbs?

Riddles

Riddles were very popular in the era of *Scarborough Fair*. They were statements or questions that had hidden meanings. Here are a few to try:

21. What is longer than the way?

22. What is deeper than the sea?

23. What is louder than the horn?

24. What is sharper than a thorn?

25. What is whiter than milk?

26. What is softer than silk?



Remember: First names only & please let us know if your address changes