

College Guild  
PO Box 6448 Brunswick, Maine 04011

# Gardening

## Unit 4 of 7

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*"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. The author of this poem combines joy with weary in the same line. 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?

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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 if you are uninformed as to the usages and side effects of them. Herbs were grown by the ancient civilizations of Greece and Rome, often just for their beauty, and earlier civilizations relied on herbs for medical care, often with a surprising amount of success.

### 3. Why might someone be surprised by the success earlier civilizations had using herbs medicinally?

Following are some common herbs and what they're known for medicinally:

<p><b>Chamomile</b> Aids indigestion and tension</p>	<p><b>Echinacea</b> Strengthens the immune system</p>	<p><b>Lavender</b> Calms and Relaxes</p>



**Peppermint**  
Aids digestion and relieves gas



**Rosemary**  
Improves mood and memory



**Sage**  
Relieves inflammation

4. Write a short story or a poem using all of these words in it: sesame, sage, lavender, parsley, catmint



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.

5. What does this type of highly formal garden imply about the culture in which it was so popular?

6. Why should people be very careful when using herbs medicinally?

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.

7. 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 packages 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!

8. What foods can you think of that are very popular, but probably wouldn't be without the herbs that season them? Try to name at least three.

9. If you grew a herb garden, which three herbs would you select 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.



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

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

His newly invented toothpaste was called "*Crème Dentrifrice*" 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.

12. If you were a manufacturer of toothpaste what flavor would you create, and what name would you give it?

13. Write a four line "toothpaste jingle."



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

14. 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.

15. Why do they do this? What are the benefits?

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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 Sounds of Silence*."

**16. Decades later, Simon and Garfunkel's music is still popular, and even considered "classic". What attributes of music do you believe allow it to remain 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.

**17. 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.

**18. Why do you think they opted to use herbs in this song?**

Herbs are also used in literature. Shakespeare wrote this stanza in "*Winter's Tale*":

*"The marigold, that goes to bed wi' th' sun,  
And with him rises weeping; these are flow'rs  
Of middle summer, and I think they are given  
To men of middle age."*

**19. Why do you think Shakespeare relegated the marigold herb to "men of middle age"?**

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