

McFadden Park

Plant identification

A wonderful playground park with grills,
picnic tables, ½ basketball court, lots of shade and parking.

On this Quest you will learn about useful plants that can be found around the park and your very own yard.

Using the clues and pictures, you must find the plant, identify it and solve the riddle using letters from your answers.

Plant 1:

- My flower opens to greet the morning and closes in the evening to go to sleep.
- I am totally useful: root, leaves, and flower. It can be used for food, medicine and dye for coloring.
- The United States Department of Agriculture (USDA) ranks me among the top 4 green vegetables. One cup of my leaves contains 112% of your daily required intake of vitamin A and 535% of vitamin K.
- Up until the 1800s people would pull grass out of their lawns to make room for me and other useful weeds.
- My name is taken from a French word meaning lion's tooth, referring to my coarsely-toothed leaves.
- I have one of the longest flowering seasons of any plant.
- My seeds are often carried as many as 5 miles from their origin!
- I am the only flower that represents the 3 celestial bodies of the sun, moon and stars. The yellow flower resembles the sun, the puff ball resembles the moon and the dispersing seeds resemble the stars.

What am I?
1

Plant 2:

- I start out as a five petaled white blossom
- When I am red, I am not ripe, when I am black, I am sweet and juicy
- I have prickles, spines or bristles on my "cane"
- I can be made into delicious jam
- I am rich in vitamins, minerals and fiber, and highly nutritious and rich in antioxidants.

What am I?
2 **7**

Plant 3:

- My fragrant flowers that are often used in products like perfume, and body wash.
- I have parts that are edible, medicinal, and toxic.
- My berries are toxic causing upset stomach to humans.
- I am used in cat toys, similar to catnip.

- My flowers, flower buds and stems are used in herbal medicines.
- In Chinese traditions, I have been known as an important herb for removing poisons and clearing the body from heat such as fevers.
- I will deliver a small tasty drop of nectar, if you hold my bloom softly in one hand, with the other; pinch the very bottom cutting through to the stamen. Slowly pull the stamen down through the bloom.

What am I?
 5 4 6

Plant 4:

- I share my name with a banana-like fruit.
- I have healthy hardy leaves, as you can see a lot of me growing around the park.
- I have broad oval egg shaped leaves.
- I am considered a common and noxious weed by some and a miracle plant by others.
- Crushed fresh leaves can be applied to skin to treat minor burns, insect bites or open wounds.
- My dried leaves make a healthy herbal tea.
- I was mentioned in Shakespeare’s play, Romeo and Juliet.

What am I?
 3

Plant 5:

- I am often confused with a look alike of a very sweet and tasty fruit. But I am fake or a mock.
- When I bloom in spring, I have yellow flowers, the “real” one of me, has white or pink flowers.
- My fruit is said to be tasteless and scentless and that is another way to tell that I am a fake.
- My fruit and leaves are edible and medicinal.
- My fresh leaves can be crushed and applied externally on skin to treat burns and insect bites.
- I am being studied in China for my medicinal ability to stop a virus and some forms of cancer from spreading through the body.

What am I?
 10 11 7 8

Plant 6:

- I am not only pretty I am useful and edible.
- I have been used for medicinal properties longer than the United States has been a country.
- The Cherokee Indians used me for medicinal purposes.
- My leaves were crushed to a paste to relieve headaches.
- My roots were crushed to a paste to aide in skin ailments.
- My flowers, leaves and roots are all edible and great in salad.

What am I?
 9

Solve the Riddle by filling in the letters from the numbered boxes

Something your great-great-grandmother may have said at the dinner table:

— — — — — — — **W** — — — — !
1 2 3 4 5 6 7 8 9 10 11

Picture Clues



Please note: This information is provided for awareness of useful and edible plants around you. Many plants that are edible have poisonous look-alikes and one part of the plant could be edible while another is not. It takes a lot of reading and practice to know the plants in your area. It is best not to eat anything that you are not 100% sure is safe and free of pesticides or sprayed by pets/animals.