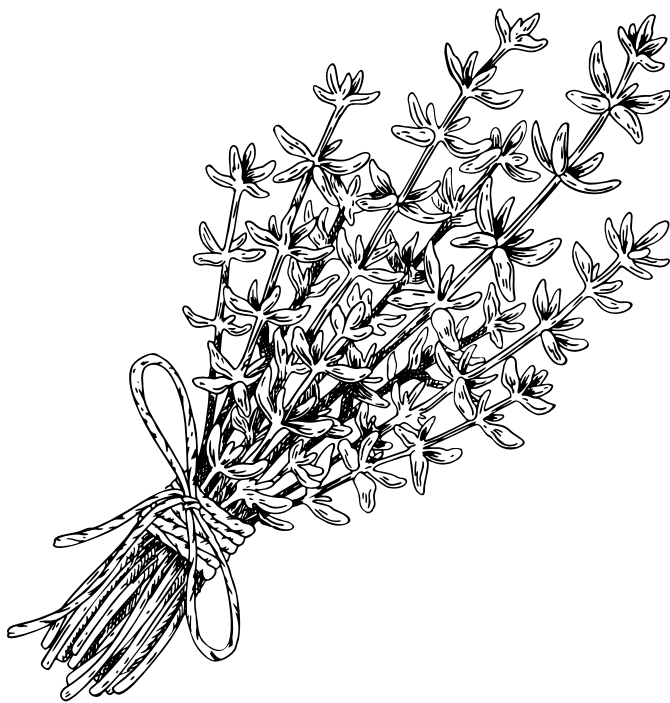


FREEDOM FORAGERS



Harriet Tubman is most widely known for leading hundreds of enslaved people to freedom. In addition to her heroic leadership she was also a healer. She used her knowledge of plants to know which plants could be eaten or used for medicine. This is called **foraging**! She was able to use this knowledge to benefit the hundreds of enslaved people she freed.

Having knowledge about your environment is important! It's useful to know which plants are tasty treats and which plants you need to stay away from. This scavenger hunt can help you begin your journey as a forager!

forage :

the act of searching for, identifying, and collecting wild food and resources



GARFIELD PARK
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FREEDOM FORAGERS

Explore the Conservatory while learning about plants that have healing or edible uses! Some plants are resources that can be used for food or medicine. This scavenger hunt is for informational purposes; please do not ingest or pick from the plants in the Conservatory.

Ginger



In addition to being a tasty way to season your food, ginger may help relieve nausea and vomiting and aid digestion.

Hibiscus



Historically, hibiscus tea has been used in African countries to decrease body temperature, treat heart disease, and soothe a sore throat.

Yucca



The root of the Yucca is used for osteoarthritis, high blood pressure, migraine headaches, stomach disorders, poor circulation, and many more things!

Vanilla



Vanilla is a natural antidepressant! It has active compounds that stimulate the production of serotonin, also known as the happy hormone. It can help improve mood, reduce anxiety and promote a feeling of well-being.

Date Palm



Palm oil may help protect the delicate polyunsaturated fats in the brain, slow dementia progression, reduce the risk of stroke, and prevent the growth of brain lesions.

Coffee



Coffee was discovered in Ethiopia by Kaldi, an Ethiopian goat herder, around 800 AD. It's known for its energizing affect, but the beans also are rich in anti-oxidants and can protect the body from inflammation.

Explore Sugar from The Sun, Palm House, Desert House and Horticulture Hall to find these plants!



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