

# Wetlands Mix & Match



## Objectives

The student will understand the importance of wetland plants in early medicine and for other uses.

## Materials

**For each student group:**

- copy of Wetland Mix and Match game cards on pages 2-5
- tape

## Background

Early Americans used a variety of plants for medical problems of all kinds. Even modern medicine depends heavily on plants, like rosy periwinkle, for many modern medicines. (The rosy periwinkle, found only in Madagascar, provides some of the most important anti-cancer drugs.) Wetland plants play other important roles in construction, food, and erosion control.

## Action

In this activity students match the wetland plant card with its early use.

1. Photocopy game cards and separate them. Number the back of each card, 1 through 24. Make an answer key of which numbers match.
2. Use tape to place cards number-side up on the blackboard.
3. Divide the class into two teams. Each team takes turns asking for two cards to be turned over. Each correct match scores one point for that team.
4. Turn cards back to the numbered side unless a team makes a correct match.
5. After all matches have been made, the team with the highest score wins.

NOTE: Remind students that the early medicinal uses of these plants are not recommended for use today.

# Wetlands Mix & Match



## Wetlands Mix and Match Game Cards

This unique flower was used by native Americans as a fishing lure.



jewelweed

In the 1800s, sailors took the berries on long voyages and ate them to prevent scurvy because they are high in vitamin C.



cranberries

The gum of this tree was chewed to bring relief from indigestion.



larch tree

# Wetlands Mix & Match

## Wetlands Mix and Match Game Cards



The whole flowering plant, fresh or dried, is used in European folk medicine. It's used primarily as an astringent to stop bleeding.



purple lythrum

A bath of bark tea was used on children with worms.



serviceberry tree

Native Americans used tea made from this plant for kidney and bladder ailments.



horsetail



# Wetlands Mix & Match

## Wetlands Mix and Match Game Cards



The warm juice of the leaves and bulbs was used to relieve earaches.



wild leek

The brown fluffy seeds of this plant were used in diapers by some Native Americans.



cattails

Doors and arches crafted from this wood in Europe have endured for about 1,000 years because it's highly impervious to water and decay.



bald cypress tree

# Wetlands Mix & Match



## Wetlands Mix and Match Game Cards

This plant is named after a native American who cured typhus fever with an extract from the roots.



Joe Pye weed

The Anishinabe (or Ojibwas) Indians mixed tea made from this plant with maple sugar to make a cough syrup that was popular with colonists.



marsh  
marigold

Native Americans chewed the inner bark to relieve toothaches.



button bush