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Foodways A 4-H Folkpatterns Project – Herbs and Spices Folklore

Michigan State University Cooperative Extension Service

4-H Club Bulletin

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Herbs and Spices Folklore



Food in Folklore

PURPOSE: To become aware of the folklore and home remedies surrounding the use of herbs and spices

YOU'LL NEED: Pen or pencil

TIME: 10-15 minutes

HOW TO DO IT: Try your luck at matching the statements below with the proper herb or spice from the list. **Remember that these are folklore remedies and not recommended for you to try!**

Herb or Spice	Remedy
a. Bay leaf	1. Scatter ground _____ over your furs and flannels when you put them away for the summer and the moths will never trouble them.
b. Black pepper	
c. Clove	2. Oil of _____ is said to soothe a toothache.
d. Coriander	
e. Dill	3. A fisherman's tale says that when _____ is chewed and the juice is applied to the bait, the fish are really attracted to the hook.
f. Ginger	
g. Marjoram	4. At one time, _____ was sprinkled over meat to keep it from spoiling.
h. Nutmeg	
i. Rosemary	5. _____ is said to be useful as cure for insomnia.
j. Parsley	
k. Sage	6. _____ is the traditional symbol of remembrance.
l. Peppermint	
	7. Two handfuls of _____ simmered in one cup of water and then rubbed lukewarm on newly washed and rinsed hair will strengthen and condition the hair.
	8. Chew a sprig of _____ after eating food seasoned with garlic so you will be acceptable to your friends!
	9. A _____ in flour will discourage weevils but not affect the flavor of the flour.
	10. _____ rubbed into the hair will darken any gray hairs.

Remedy (continued)

11. Students should wear a crown of _____ while studying since it stimulates the brain.
12. _____ planted near tomato plants will help prevent tomato worms from infesting the plants.

NOW WHAT?

Collect more examples of different uses of herbs and spices and enter them on the FOLKPATTERNS computer program. (Check with your county Cooperative Extension Service office on how to get more information on this program.) Use this as a display at school, a fair, or a local community event.