This course for science educators emphasizes an appreciation for the cultural importance of plants around the world. Particular emphasis is placed on their role in traditional herbal medicine, their bioactivity and secondary chemical compounds. The relationships between people, flora, and the environment is discussed. During two labs, educators will make an herb salve and herb tincture. A final group project will be presented on the last day of the course.

**Monday**
- 9:00-9:30 Short overview of course and discussion. Burning Questions.
- 9:45-10:30 PowerPoint: PlantsPeopleHealth
- 10:45-12:00 Exercise: A Plant in the Family
- 12:00-1:00 Lunch
- 1:00-2:45 Discuss: Herb monograph: Echinacea angustifolia root HQ_optim.pdf (AHP monograph)
- 3:00-4:00 Group Project Discussion and Preparation

**Tuesday**
- 9:00-9:15 Meet at Parking Lot to drive up to Langhor Campground (Hyalite)
- 9:30-11:00 Field Trip to Trail for HERB WALK
- 11:00-11:30 Lunch in the woods
- 11:30-12:00 Drive back to MSU
- 1:00-4:00 Group projects

**Wednesday**
- 9:00 – 9:45 Herbal plant products and dietary supplements (sweetgrass, sage); forms: elixir, tea, syrups, powders
- 10:00–11:30 Garbling on the lawn: St John’s wort (fresh) and pineappleweed (dried) : store for later class use
  Exercise: Tasting herb tinctures (cover 5-6 tastes: bitter, astringent, sour, spicy, sweet, salty)
- 11:30-12:30 Lunch
- 12:30-2:30 Demonstration of making a folk method tincture; where to find instructions
- 2:30-4:00 Group Projects

**Thursday**
- 9:00-10:00 Milligrams to Milliliter, Biosynthesis Chart & Alkaloid Biosynthesis
- 10:30-12:00 Plant Constituents (overview)
- 1:00-2:00 Tincture Lecture
- 2:15-4:00 Laboratory exercise: making herb tincture

**Friday**
- 9:00-12:00 Laboratory exercise: making herb salve
  Herbal products: tea, extracts, powders, tablets, syrups, suppositories
- 1:00-4:00 Group Project Presentations: 20 min each with ten minutes Q&A Course Evaluations

**Course Criteria:** Students are expected to actively participate in the class, read the readings, and present a group or individual project.

**Course Goal:** The main goal is to gain an appreciation for the cultural use of plants and plant products and to pass that appreciation on to students K-12 and adults.
**Attendance/Participation:** Attendance and active participation is required.

**Presentations:** work with a small group to make a class presentation and lead discussion on an ethnobotanical topic

**Grading:** Grade is determined by participation, lab, lab reports and final group presentation.

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<tr>
<th>Category</th>
<th>Percentage</th>
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<tr>
<td>Attendance &amp; participation</td>
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<tr>
<td>Herb salve &amp; tincture</td>
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<td>Final group project</td>
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