

# Edible Parts of an Herb Plant



We can eat a lot of different parts of a plant. For herbs, we often eat the leaves (like cilantro). However, we might also eat the flower (lavender), the seed (coriander), or even the root (turmeric). In some cases, we will eat multiple parts of the same plant - like fennel seeds, fennel fronds, and the fennel bulb. See below for a list of common herbs and where they come from. In addition, identify the different parts of the plant using the word bank at the bottom. The answer key is on the following page.

## Seeds we eat

- Coriander
- Mustard
- Sesame

## Leaves we eat

- Mint
- Cilantro
- Basil

## Roots we eat

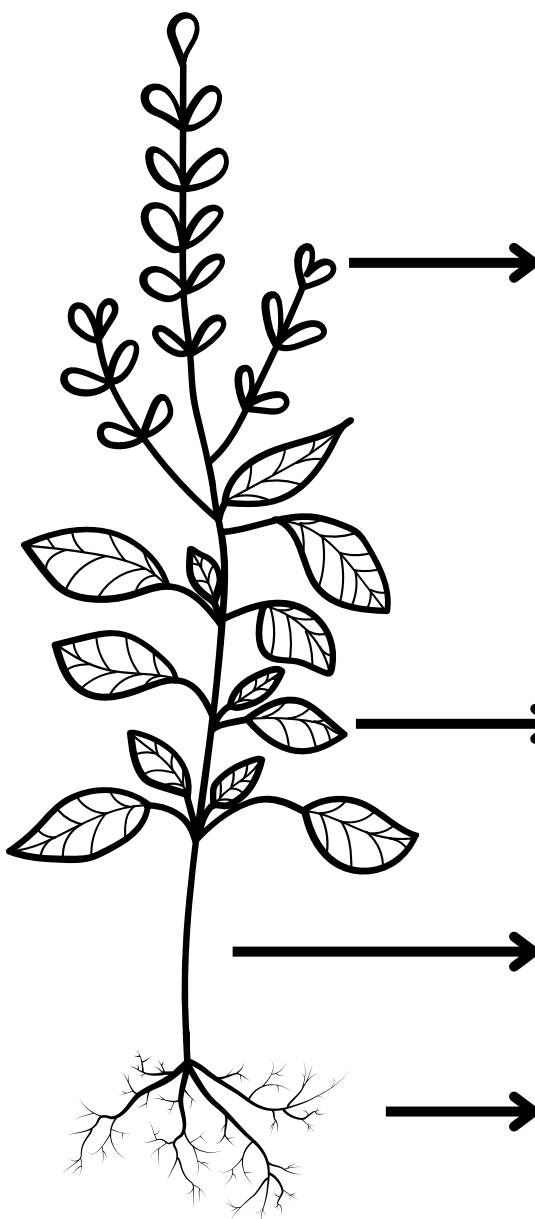
- Ginger
- Turmeric
- Licorice

## Flowers we eat

- Chives
- Lavender
- Dill

## Word Bank:

- Stem
- Flowers
- Roots
- Leaves



a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_



# Grandma's Ginger Snaps



## Ingredients

- 3/4 cup butter (softened)
- 1 cup sugar, plus additional for rolling
- 1/4 cup molasses
- 1 egg
- 2 1/4 cup flour
- 1/2 tsp salt
- 2 tsp baking soda
- 1/2 tsp ground cloves
- 1 tsp ground ginger
- 1 tsp ground cinnamon

## Instructions

1. Preheat the oven to 375 degrees F.
2. Mix all ingredients in a large bowl. If using an electric mixer or food processor, only mix in 1 1/4 cup of flour. Once blended, add in the last cup of flour and mix in by hand.
3. Before starting to form the cookies, pour additional sugar on a plate and pull out a sheet pan. (You do not need to grease the sheet pan).
4. Form the cookie dough into balls about the size of a walnut and roll in the sugar. Place on the sheet pan with enough space between each ball because the cookies will spread.
5. Bake for about 7 to 9 minutes.
6. Enjoy warm or store in a closed container.
7. These are a great treat after a big meal because the ginger and cinnamon could help your tummy digest the food you have just eaten.

Activity Sheet

Key:

- a. Flowers
- b. Leaves
- c. Stem
- d. Roots