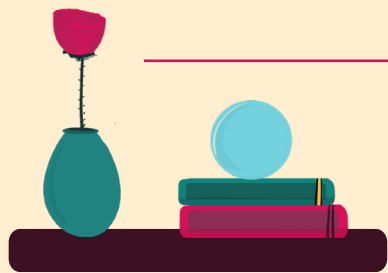


Horti-culture

How plants have helped shape human culture

illustration by | TAREK AL HUSSEINI



Roses symbolize love, romance and beauty. They are the most popular flower to gift during Valentine's Day.

2/3 of American households have at least one house-plant.

15 minutes of interacting with plants is shown to reduce **stress levels**.



"My mother and grandmother both have connections to plants that I inherited. I take cuttings and seeds from their ventures to fuel my own... I love taking friends and anyone else interested (or crazy enough) on hikes to share and hopefully impart some of my knowledge and love of trees and plants."

Joey Rapp, senior



7/10 millennials consider themselves "plant parents".

Social Connection

Naming Plants



"My plant is named after a type of dolphin, the name is **Pygmy!**"

Emma Bangert, sophomore



"I named my plant **Louise.**"

Emerson Blanchette, freshman

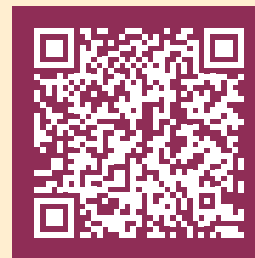


"I named one of Ms. Eisenbergs plants '**Sandy**' because we wrote a TV show review for The O.C in her intro to journalism class, and that's the name of one of the characters. It's like an inside joke between our class period."

Ella Braig, sophomore



What plant best suits you?



Cacti symbolize strength, protection and warmth because they can endure harsh environmental conditions.

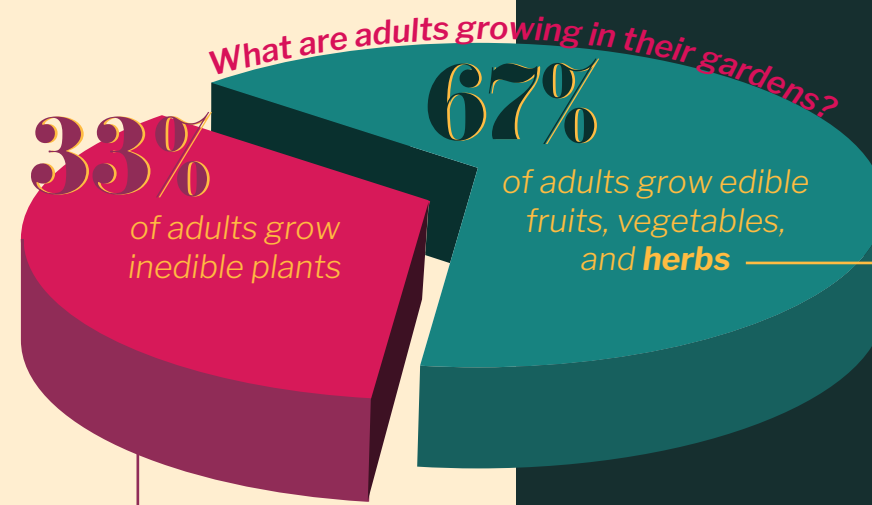


Orchids are very high-maintenance flowers associated with beauty, refinement and admiration.

Plants in Food

herbs

- Herbs are a popular way to add a nice **scent** and **flavor** to food.
- Herbs help the body break down toxins and provide nourishment, which is why they are used for **medicinal purposes** in some cultures.
- Some popular herbs include: basil, lavender, mint, parsley, cilantro and sage.



Older gardeners generally prefer growing plants for the **beauty** aspect and physical **exercise**.



Pass the time gardening while listening to Panorama's gardening **playlist**.

In Hawaiian culture, the **Bird of Paradise**, or "Little Globe," represents magnificance.



Sources: Gardenpals, Better Health Channel, ProFlowers, CultureReady, Sencha tea bar, Cactus en ligne, Mayo Clinic

coffee & tea

- Coffee and some teas contain **caffeine** that are used as a supplementary energy boost, making them go-to morning drinks around the world.
- Tea is often used in cultural and religious **ceremonies**, and is offered to **special** guests in Middle Eastern and Asian cultures.
- Tea is often used for **medicinal** purposes because it contains natural anti-inflammatory properties.



Learn more about **different types** of tea

