

# Save the People

**Average Program Length:** 45 minutes

**Meeting Location:** Outside the Lighthouse

**Total material list:**

--Handout of medical uses of plants with photos

(Park Provided)

--Scenario cards (Park Provided)

--Park map (Park Provided)

--Dried sage

--Dried mugwort

--Extra virgin olive oil

--Small glass jars with lids

--Poster-sized paper

## Activities by Scout Level

### Girl Scout

**Daisies and Brownies-** pick at least 1 of the steps below

**Juniors and Cadettes-** pick at least 2 of the steps below

**Seniors and Ambassadors-**pick at least 3 of the steps below

### Boy Scout

**Lions, Tigers, Wolves, and Bears-** pick at least 1 of the steps below

**Webelos, Scout Rank, and Tenderfoot-** pick at least 2 of the steps below

**Second Class, First Class, Star Scouts, Life Scouts, and Eagle Scouts-**pick at least 3 of the steps below

# Background

Many medications-both past and present-have a base in plants. Because plants are a biological product, they're made with similar building blocks as people, and often demonstrate effectiveness over synthetics. The Kumeyaay native peoples used many of the plants we have here at Cabrillo for medicine. Some of these plants are still used by many people today in many different communities. These plants include:

**Yerba Santa** (*Eriodictyon trichocalyx*)--anti-inflammatory; used for coughs or asthma; decoction for blood purifier; chewed to quench thirst; used to bandage cuts

**Chamise** (*Adenostoma fasciculatum*)--used for inflammation; used for snake bites.

**California Sagebrush** (*Artemisia californica*)-- helped in childbirth; aid for ant bites

**Black sage** (*Salvia mellifera*) tea was soaked in water to provide relief for colds; bathe in water for arthritis or flu aches

**Brittle Bush** (*Encelia farinosa*)--Blossoms, leaf, and stem held in mouth for toothache

**Greasewood** (*Sarcobatus*)--Boiled and used in bathing for sores

**Lemonade Berry** (*Rhus integrifolia*)--berry drink for constipation; fruit syrup for stomach ache; seed tea for fevers.

**\*Disclaimer:** Though we are providing Scouts with an explanation on how these plants are used medicinally, scouts should **not** try to actually use the plants for any medicinal or first aid purposes on their own without extensive training.

# Matching Badges



Junior-Flowers



BSA-Plant Science

Correlates to Next Generation  
Science Standards for  
K.INTERDEPENDENT  
RELATIONSHIPS IN  
ECOSYSTEMS: ANIMALS,  
PLANTS, AND THEIR  
ENVIRONMENT

## Program Activities

1. Each scout will be given a scenario card, and have to go out into the park and find the plant that could help. When they find the plant, they should mark the spot on a map where it's located, and return to the visitors center. (For example, the card may say "You are out backpacking when your friend becomes sick, and has trouble keeping up with his coughing. Find the plant that could help" and scouts have to look for a Yerba Santa plant.)
2. When you get back to the Visitor's Center with your plant mapped on it's location, discover the location of the plants found from your fellow troop members. Then, make a collective poster with all the locations that you've found, what plants were found at that location, and the medicinal use of that plant.
3. Learn how to make a mugwort and black sage salve on <http://mountainroseblog.com/diy-herbal-salves/>. Black sage, or *Salvia Mellifera*, comes from the Latin word meaning "to save" because it has many health benefits. Along with many things, it was used to improve immune system health. It also acts an antioxidant, to stop oxidation reactions that can damage cells. Mugwort aids in restfulness, stress

deduction, and sleep. This salve can be rubbed on your temples, forehead, and back of your neck to aid in the benefits listed for both plants above.

4. Some places in the world do not have access to modern medicine. Choose an area of the world and research the medicinal uses of native plants there. Make salves for minor medical problems an area might have (i.e.: natural salve bug repellent for areas with high malaria cases) out of their native plants, and donate them to the local area's organizations.

5. Research the other bioactive compounds in plant material. Where do they come from? How are they derived? How are they used in medicine?