

Virtual Program – Outdoors
Week 4



Flowers

Junior (4th -5th)

Flowers cheer us up weather we're seeing them outside, smelling their scent in a candle, sending someone a bouquet, or painting and drawing them. But! There's more to flower than pretty colors and enticing scents, follow these steps to learn some simple steps for exploring flowers any time you want.

When you've earned this badge you'll know all the wonderful things about flowers and how to learn more!

Steps

1. Uncover the science of one flower (aka become a botanist!)
2. Look under the petals (learn the parts of flowers!)
3. Find out how flowers help people
4. Have fun with flowers
5. Send a message in flower code

Step 1: Uncover the science of one flower

Make a "botanist's notebook" to track your findings through your adventure.

After you have your notebook prepared, number each page and copy the following onto every other page using a pen:

Date: _____ Location: _____

Written description of the flower: _____

And then leave at least half the page for a drawing or pressing of the flower/plant. Leaving every other page blank allows you space to write notes.

Botanist: an expert in **or student of** the scientific study of plants.

Botanist's Notebook

Materials

- A pencil (for taking your notes)
- A small pre-bound notebook
- OR
- Blank white copy paper, 4 – 6 pages
- Stapler or a hole punch and yarn

Directions (if you're making a book and not using a pre-bound one)

1. Fold your papers in half so that the two short ends touch (taco, not burrito style)
2. Either staple along the fold (the spine) in 2 – 3 places OR hole punch close to the spine and thread yarn through to hold your pages together

Whether you're using a pre-bound book or one you made make sure you put your name in **first thing**.

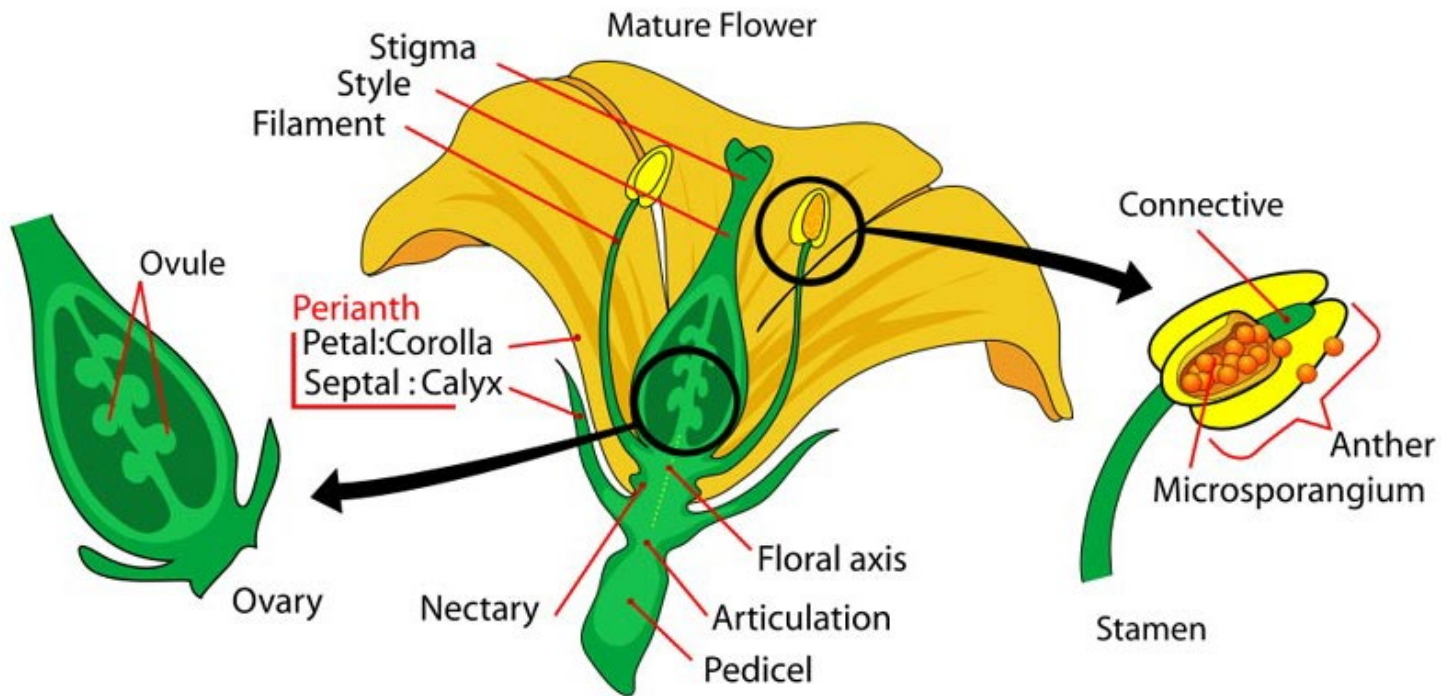
Watch a video about the parts of flowers: https://www.youtube.com/watch?v=djPVgip_bdU

What is a cross-section?

The parts and/or area that is exposed by cutting something in half (to reveal the inside).

Take it offline!

When you're done with the recorded presentation you'll be going outside and observing. Make sure that you take your botanist's notebook with you.



Step 2: Look under the petals

Just like our bodies are always working even though we can't see inside them, flowers are constantly busy underneath their pretty exterior.

When doing your research consider: asking family or teachers, using an online library source, or other internet website. Check your local biopark for resources as well.

Choose one:

1. Do an experiment: dye a flower using water and food coloring and use the internet or a family member to explore the WHY of how the petals change color
2. Use your senses: take a walk outside and find some flowers to smell, take notes on them in your botanist's notebook THEN explore what it is that makes the smells you smell from the inside of the flower
3. It runs in the family: learn about "flower families", pick one that you like and create a collage by drawing or taking photos

(insert example of dyeing flowers from Charli's home)

Step 3: Find out how flowers help people

Explore edible flowers (or flowers that *become* edible)

- All fruit and berry trees or bushes produce flowers that, once pollinated, become the fruits and berries we see in the grocery store (or our front yards!)
 - Examples of flowers that become fruit: apples, oranges, strawberries, plums, peaches, apricots, tomatoes, and lemons.
- Also! Some flowers are edible all by themselves and are used medicinally or to make a plate of food prettier. Many you can even buy at the grocery store in the produce section.

- Examples of edible flowers: dandelions, pansy, nasturtium, marigold, lavender, zucchini blossom. Or you can make tea out of: chamomile, hibiscus, jasmine, and (again) dandelion.

Explore how flowers help heal

- Ethnobotanists are people who study how plants heal people. They do clinical research to find out how different flowers, plants, and herbs can be made into medicines.
- Clinical research is done in labs and through peer-reviewed studies with many guidelines in place to make sure that they are factual and efficient.
- Aromatherapy is the thought or practice that believes the scents of flowers can help people feel better. Either in candles, bath bombs, essential oil diffusers, or fresh flowers.

Note; please DO NOT go into nature or other people's yard to pick "edible flowers", there is no way to determine what pesticides or animals have visited these places and may spread sickness.

Edible "Flowers" Project

Choose an edible flower you can find in the store or that you already grow for that purpose at home, a flower that turns into a fruit, or a flower than can be used as a tea and make something special for your family! Whichever option you choose, snap a photo and share with all of us on social media!

Examples

Flowering Fruit Salad

- Make a fruit salad out of seasonal fruits by cutting up the fruit into bite sized pieces and tossing with a splash of lemon juice and a sprinkling of sugar.
- Enjoy with some sun tea (tea brewed by the sun) and/or homemade whipped cream

Flowering Cheese Plate

- Choose two kinds of cheese (a hard cheese like cheddar and a soft cheese like brie) and cut them into bite sized pieces.
- If you eat meat, pair them with peppered turkey, salami, summer sausage, or whatever you have on hand!
- Garnish the plate with something crunchy: crackers, nuts, sesame sticks, etc.
- Finish the plate off with a dip or jam
- Finally! Place edible flowers of your choice around and throughout your arrangement, make sure to let people know they can eat them.

Flowering Tea for Two

- Brew a pot of chamomile (or chamomile and lavender) tea
- Serve with honey (locally sourced if you can) and scones with peach (or apple, or orange, or apricot, see the theme?) preserves



EDIBLE.

flower chart



Squash Blossom



Peony



Nasturtium



Dahlia



Viola



Lilac



Carnation



Rose



Pansy



Chive Blossom



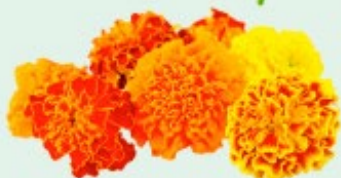
Fuchsia



Hibiscus



Snap Dragon



Marigold



Camellia



Bachelor's Button



Lavender



Chrysanthemum



Dianthus



Apple Blossom

Step 4: Have fun with flowers

Now that we've explored some science behind flowers let's create something (non-edible) with them.

Dried Flowers

- Press some flowers until they're flat and then (with an adults help) iron them between two pieces of wax paper OR use clear packing tape to create a keepsake.
- You can also tie a small bouquet of flowers together, hang them upside down in the sun until they're dry, and then use them to decorate your house!

Don't have access to "real" flowers?

No Problem!

- Create an "imposter" bouquet by making flowers out of paper (cardstock, tissue paper, paper plates, etc).

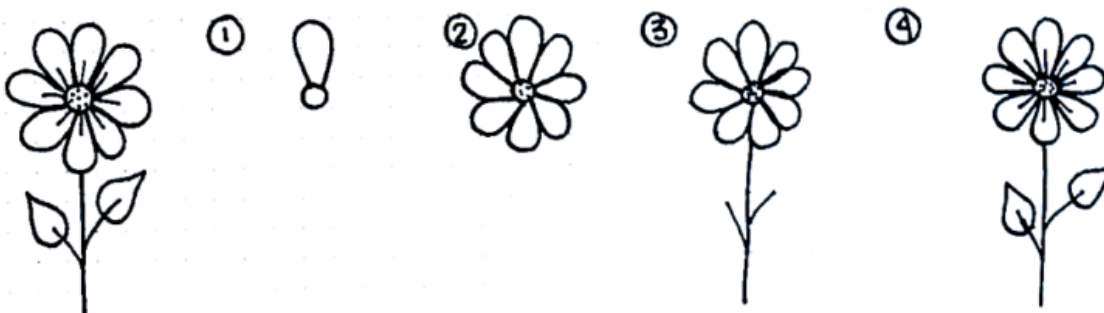
OR

- Draw, paint, or doodle a flower bouquet or outdoor scene and gift it to a friend to brighten their day.

1). SIMPLE FLOWER



1). SIMPLE FLOWER



3). DAISY



Step 5: Send a message in flower code

Flowers are often used as symbols to send a specific messages, this can differ by country but most are pretty universal. Think about what a bouquet of red roses usually means!

You can send your message via a bouquet (real or imposter flowers), a corsage, or a card.

- Bouquet: a bunch of flowers, with leaves and stems still attached, held together with ribbon or wire.



- Corsage: a brooch or bracelet made of flowers that is (usually) worn for special occasions such as a dance, church event, or graduation. Stems are cut to 2 – 4 inches long.



What is this flower trying to say?

Your flower message can be interpreted both by what TYPE of flower and what COLOR of flower you choose. For example a yellow rose (friendship) has a different meaning than a red rose (true love).

Some flowers have more than one meaning, so (if you're worried you're sending the wrong message) just do some research first!

Colors

- Red Flowers: courage, respect, constancy, admiration and, love (familial, platonic, or romantic).
- Pink Flowers: gentleness, happiness and love; also a symbol of grace and innocence.
- Blue Flowers: peace, serenity and openness.
- White Flowers: can mean reverence and humility, purity and innocence or sympathy for a bereavement. (also used, without meanings, as filler flowers)
- Yellow Flowers: happiness, joy, bonds of friendship, the taste of success and pride.

- Lavender Flowers: youth, elegance, grace, refinement, and delicate.
- Orange Flowers: bold, passionate and full of life; they speak of enthusiasm, excitement and exuberance.
- Green Flowers: optimism of renewal, of spring and of youthfulness; also a wish for good fortune and good health.
- Purple Flowers: royalty, dignity, tradition and success, symbols of admiration and adoration.

Types

- Aster symbolizes patience.
- Carnation symbolizes pride and beauty. This is one with different meanings per color.
- Daffodil symbolizes regard and chivalry or unrequited love. A single daffodil foretells a misfortune while a bunch of daffodils indicate joy and happiness.
- Daisy symbolizes innocence and purity. It conveys loyal love and “I will never tell”.
- Iris symbolizes eloquence. Purple iris is symbolic of wisdom and compliments. Blue iris symbolizes faith and hope.
- Peony symbolizes bashfulness and compassion. It can also be used to express indignation or shame.
- Queen Anne's Lace symbolizes a haven or sanctuary.
- Rose symbolizes love in its various forms. Its symbolism varies based on color.
- Sunflower signifies pure thoughts, adoration, and dedication.

Don't forget to share your creations with the rest of us here at GSNMT by uploading and tagging us on social media.

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