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Did you know?

- Herbs have been used in cooking and for their medicinal properties throughout history. Herbal seeds have been discovered in prehistoric cave dwellings and ancient Egyptian, Cleopatra, was thought to use aromatherapy as part of her beauty regime!
- The Venus flytrap is a carnivorous plant which gets its nutrients by eating small insects and spiders. Yuck!
- In the Netherlands, during the 17th century, tulip bulbs were more valuable than gold! The flower was thought to symbolise immortality, love and life.
- The scientific name for Foxgloves is *Digitalis*, chosen because of the shape of its finger-like flowers.
- Herbs come from the leaf of a plant. Spices come from other plant parts such as the root, stem, bulb, bark or seeds.
- Fresh herbs contain more antioxidants than some fruit and vegetables. Antioxidants help us stay healthy and keep our skin from looking wrinkly!
- Buttercups look innocent, but beware! The flowers can cause skin rashes in humans and are poisonous to horses, cats, dogs or cows if they eat them.
- In 17th century England, many people wore lavender around their wrists as it was thought to offer protection from the plague.
- Daisies grow on every continent in the world, except Antarctica. The name comes from the old English 'daes eage', meaning 'day's eye' because it opens its petals at dawn.
- The wild thistle is Scotland's national flower. According to legend, its prickly leaves once hurt the bare feet of a party of Viking invaders causing shrieks of pain and alerting the sleeping Scots to the invasion!
- Sunflowers are one of the fastest-growing plants, growing up to 3.5 m tall each year!

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