

Herb Fairies

Activity Book

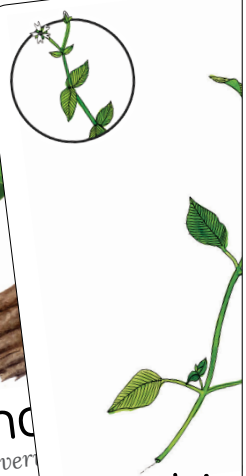
DISCOVERING CINNAMON



Calendula



Cinnamon



Comf





Cinnamon

Botanical name: *Cinnamomum verum*,
C. cassia

Family: Lauraceae

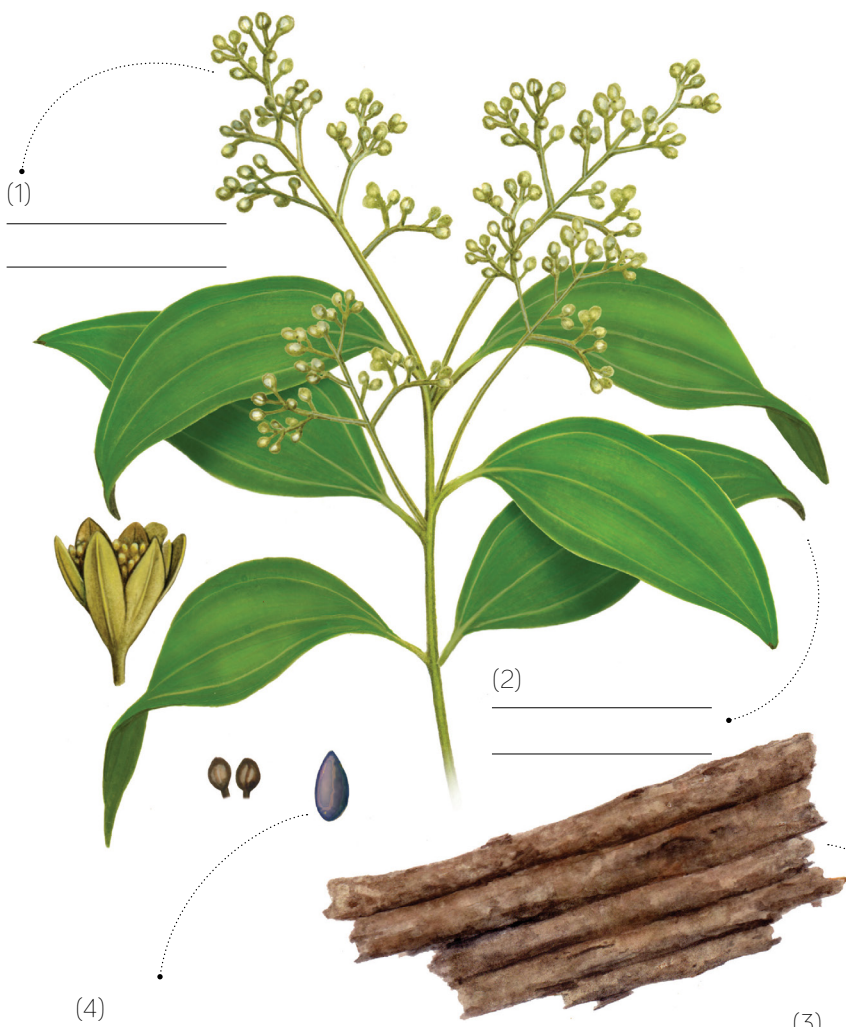
Gifts: warming, helps reduce fevers, increases circulation, pain relieving, aids digestion, stimulant, helps infections, helps balance blood sugar, relaxes muscles

Parts Used:
inner bark

How the plant is used:

- **Eat (Powder):** spice, balance blood sugar
- **Oil:** sore muscles, toothaches
- **Salve:** sore muscles
- **Decoction or Tincture:** diarrhea, stomachaches, fever, sniffles, cramps
- **Infused Honey or Syrup:** sore throat

Fill in the identifying characteristics of cinnamon.



Places you would expect to find cinnamon growing:

In what season?

Let's have some fun!
How many words can you
find in this puzzle?

| | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| C | E | F | S | N | I | H | R | B | U | M | V | R | D | K | B | S | V | R | A |
| Z | I | V | N | S | X | N | E | C | I | N | N | A | M | O | N | X | S | V | D |
| Y | V | R | E | X | Q | F | D | H | X | Z | V | F | E | S | P | C | T | N | B |
| O | Q | X | C | R | Z | N | T | O | Y | J | I | U | H | W | A | O | I | B | W |
| K | O | O | W | U | G | W | R | H | N | W | D | L | M | J | I | J | M | S | I |
| W | N | D | A | A | L | R | E | E | Q | E | L | A | U | U | N | V | U | C | C |
| W | Y | E | R | I | U | A | E | W | T | C | S | H | U | A | X | B | L | D | I |
| S | V | Z | M | Y | M | O | T | E | M | U | B | I | G | U | M | Q | A | F | M |
| P | C | I | I | X | L | K | S | I | N | D | B | F | A | D | A | S | N | H | X |
| I | W | Y | N | C | K | C | N | N | O | L | R | L | E | A | K | I | T | T | J |
| C | N | Y | G | A | N | H | X | C | V | N | O | E | V | V | U | E | E | I | L |
| E | H | R | L | A | U | R | A | C | E | A | E | N | O | C | E | C | C | G | T |
| H | R | S | R | P | P | L | N | Z | Y | F | V | Y | F | F | C | R | O | I | R |
| T | R | H | Z | P | C | H | G | I | C | W | M | B | O | Z | C | W | S | C | O |
| B | Y | B | M | Z | Z | R | A | F | K | Q | M | E | W | M | V | R | Y | L | P |
| D | I | A | R | R | H | E | A | S | U | K | B | A | R | K | H | N | S | K | I |
| M | B | L | J | R | Q | U | T | B | U | K | J | Q | P | B | D | I | T | F | C |
| K | X | W | O | K | Y | G | X | T | O | O | T | H | A | C | H | E | E | L | A |
| D | E | C | O | C | T | I | O | N | M | K | D | R | Y | I | N | G | M | U | L |
| L | T | Q | Z | I | N | F | E | C | T | I | O | N | S | U | O | K | E | H | B |

Find: spice, evergreen, toothache, warming, cinnamon, Lauraceae, fever, Indonesia, tree, bark, drying, infections, ecosystem, diarrhea, tropical, circulation, pain, decoction, stimulant, flu



A Delicious Cinnamon Spice Blend

This cinnamon spice blend can be added to many different foods. You can add it to sweet foods, like baked apples or apple pie, or you could add it to savory foods too. This spice blend also makes a delicious addition to teas, ice cream, yogurt, and granola! (By Li Wong.)



What you'll need...

Ingredients:

- 4 tablespoons plus 2 teaspoons cinnamon powder
- 60 cloves (or 2.5 teaspoons powdered)
- 2 tablespoons hulled cardamom seeds (or 3 tablespoons and 1 teaspoon powder)

Supplies:

- Scale or measuring spoons
- Small bowl
- Grinder
- Spoon to mix the herbs
- Spice Jar
- Decorations for the spice jar: blank labels, stickers, markers, colored pens, colored pencils, paper, ribbon, sequins, twine, paint, glitter glue, rhinestones, or gem stickers. You will also need glue or tape.



Directions...

- 1 Decorate your spice jar. Be creative and decorate it with the art supplies that you have! If you do not have any blank labels, you can use paper or stickers as labels. If you use glue, you can use school glue but the decorations may fall off over time. You may want to use a craft glue that specifically states it can be used on glass.
- 2 Add the cloves and hulled cardamom into a grinder. Grind to a fine powder.
- 3 Add all of the herbs to a small bowl and mix well with a spoon.
- 4 Put the spices in the decorated spice jar.
- 5 Sprinkle your cinnamon spice blend on your favorite foods or drinks.

Cinnamon Potpourri

This sweet and spicy smelling potpourri will make your house smell great! (By Li Wong.)



What you'll need...

Ingredients:

- 1 cinnamon stick or 4 grams (1 tablespoon) of cinnamon chips
- ¼ ounce (6 tablespoons) of rose petals
- ¼ ounce (4 tablespoons) of lemon balm leaves
- 12 to 13 cloves
- 1 to 2 drops of sweet orange (*Citrus sinensis*) essential oil or mandarin (*Citrus reticulata*) essential oil

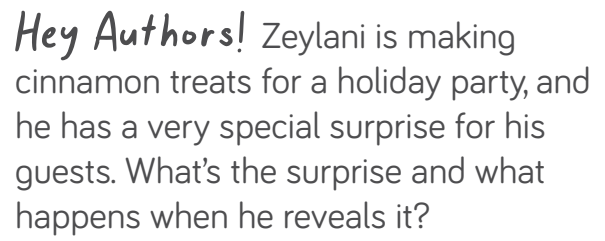
Supplies:

- Ceramic bowl, glass bowl, or glass jar
- Scale or measuring spoons
- Spoon to mix the herbs

Directions...

- ① If you are using a cinnamon stick, break up the cinnamon stick into a few pieces.
- ② Measure the herbs and put them in a glass or ceramic bowl or a glass jar. Mix well.
- ③ Add 1–2 drops of sweet orange or mandarin essential oil.
- ④ Place the bowl or jar in the room you want scented.
- ⑤ You can add more sweet orange essential oil to the herbs every day or whenever the aroma dissipates.



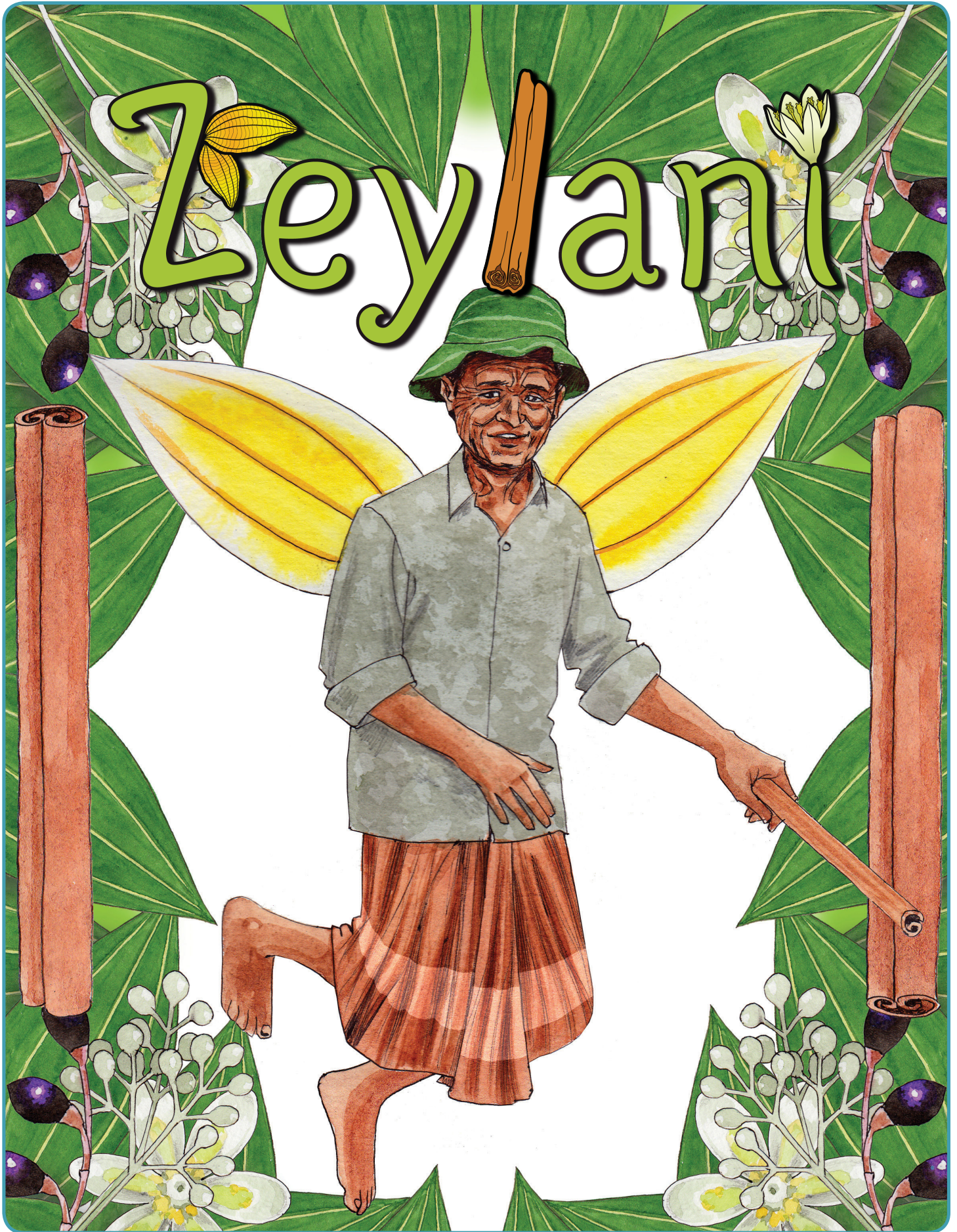
[illegible]

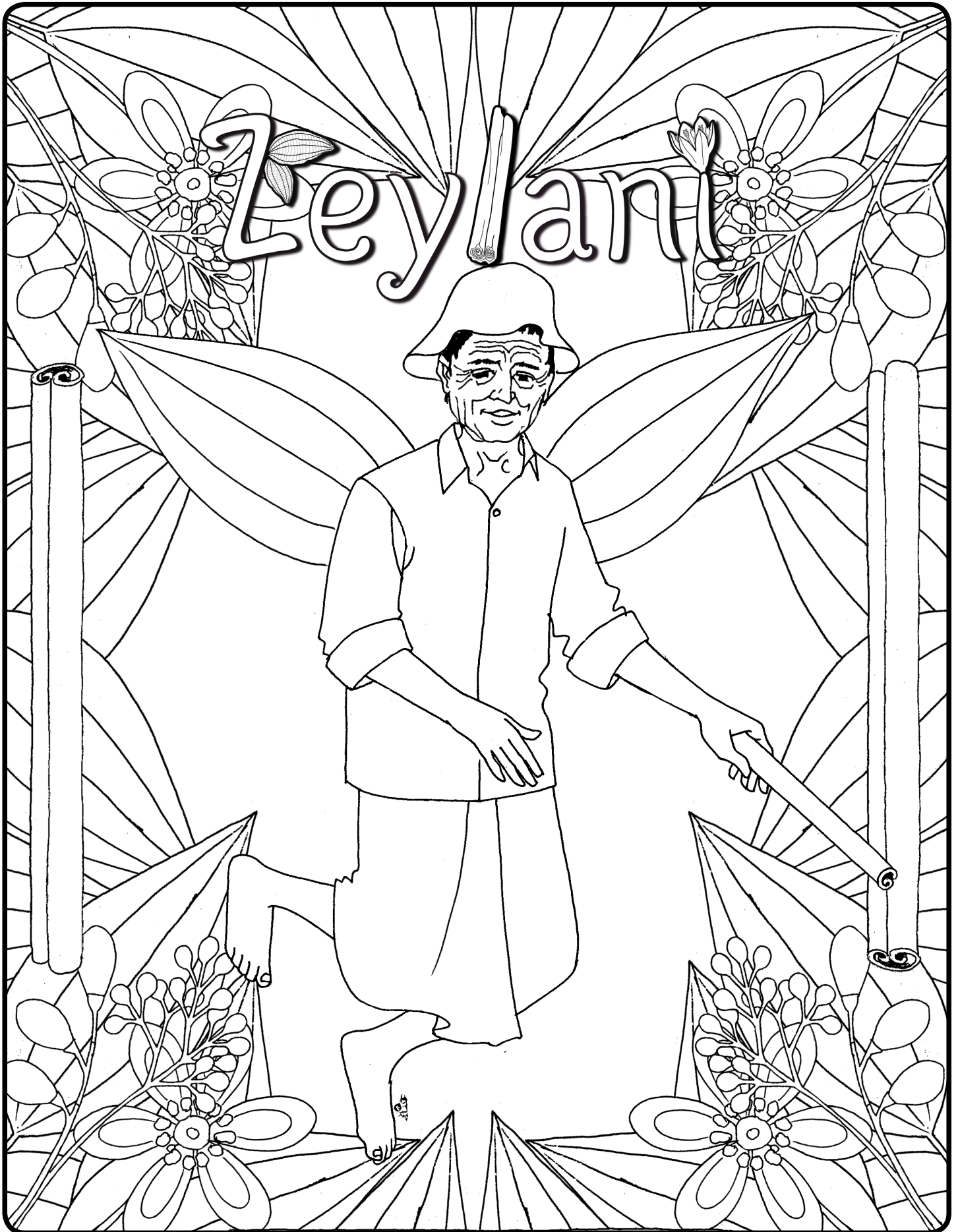
Common name:

Botanical name:

Family:

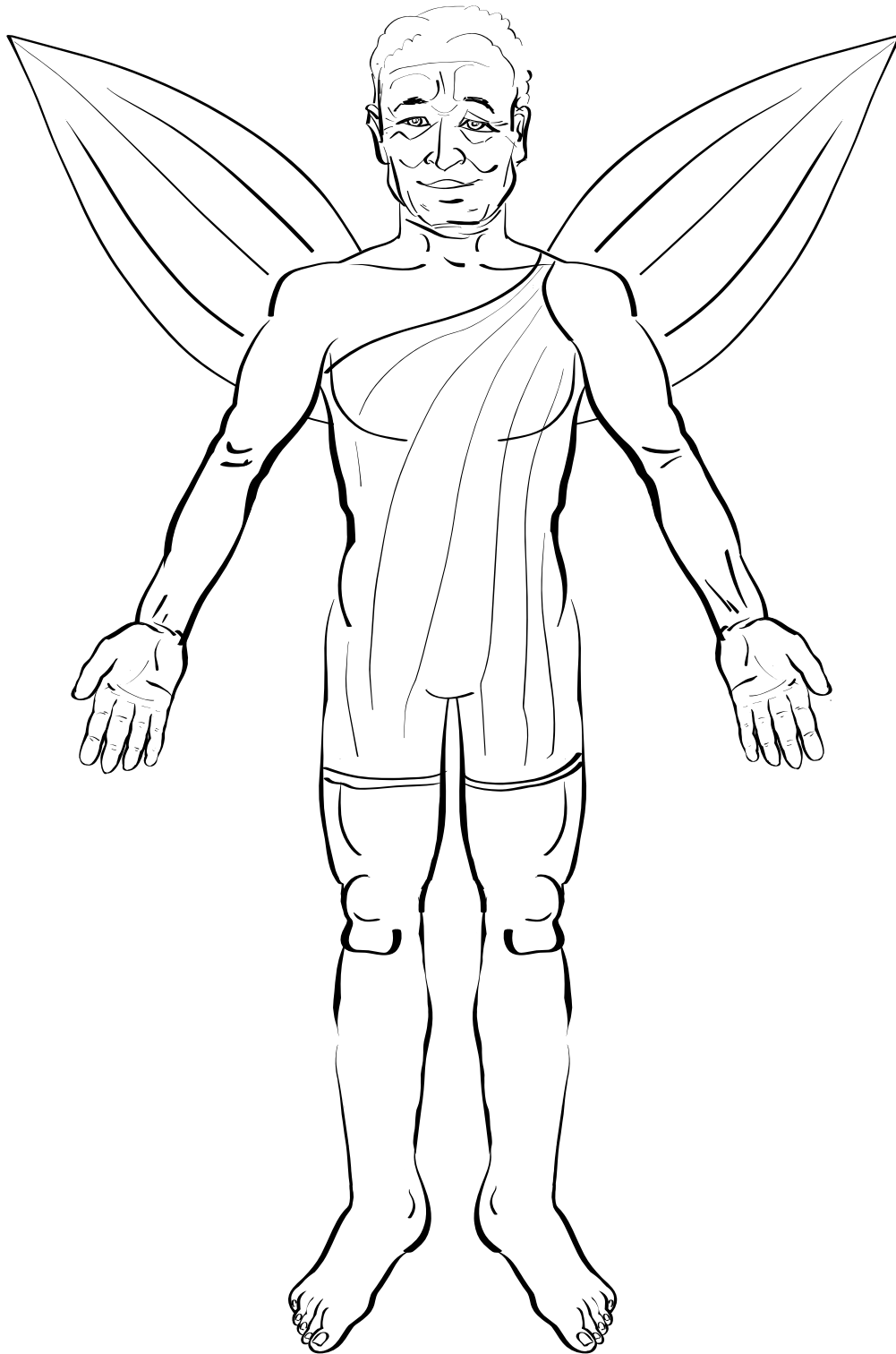


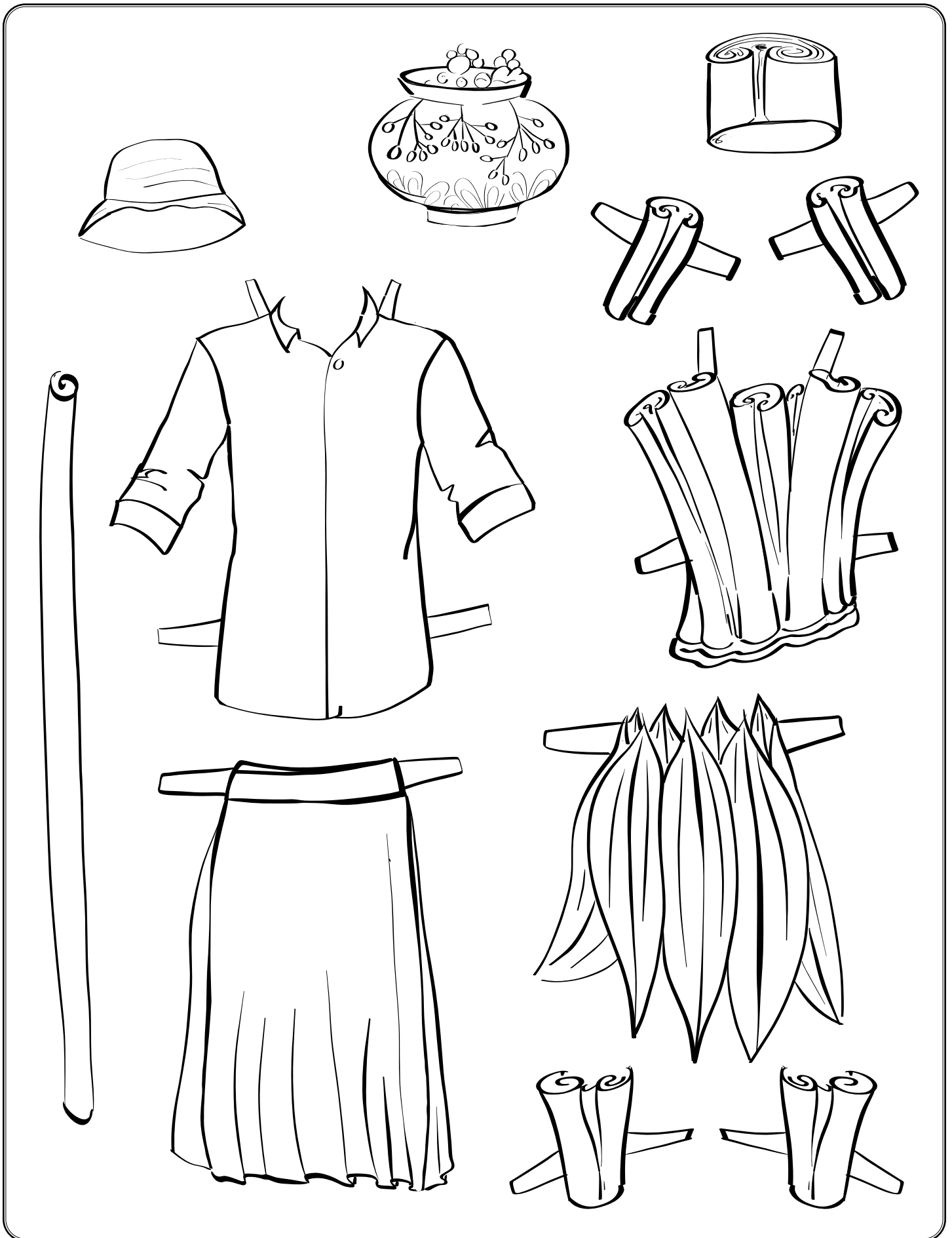




Zeylani

The Cinnamon Fairy Paper Doll







Cinnamon ID (page 2)

- (1) Small, white flowers
- (2) Oval, pointed, shiny leaves with long, distinct vertical veins
- (3) Brown bark
- (4) Pointed black fruits

Word search (page 3)

