

.Pleyne Plants: Only for Peasants? - What plants were commonly used, for what, and by whom. Would your persona have used these? An exploration of plants indigenous to the area of Poland; why and how used.

Introduction

A. Why Use Plants

- History
- Food
- Clothing
- Medicine
- Tools

B. Plants

1. **Birch** *Betula pendula*
2. **Borage** *Borago officianalis*
3. **Cranberry** *Vaccinum vitus-idea*
4. **Dandelion** *Taraxacum officinale*
5. **Flax** *Linum usitatissimum*
6. **Horseradish** *Armoracia rusticana*
7. **Horsetail** *Equisetum arvense*
8. **Juniper** *Juniperus communis*
9. **Linden** *Tilia cordata*
10. **Nettle** *Urtica dioica*
11. **Plantain** *Plantago lanceolata (v. sp.)*
12. **Rose** *Rosa, (v. sp.)*
13. **Sorrel** *Rumex acetosa*
14. **Thistle** *Carlina acaulis*
15. **Yarrow** *Achillea millefolium*

C. Recommended Sources of Information

- Internet
 - Be creative in your search
 - Terms to use
 - Be wary of undocumented information
- Books, etc.
 - Authors
 - Journals
 - Research

D. Questions