

HERB TRIVIA

1. Basil is most commonly associated with what type of cuisine?
 - a. Italian
2. What is the ancient practice of using herbs to heal called?
 - a. Herbalism
3. Which fragrant herb is often used in aromatherapy for its calming effect?
 - a. Lavender
4. What herb, also known as 'Chinese parsley', is often used in Asian and Mexican cuisines?
 - a. Cilantro/ Coriander
5. Which herb was believed by ancient Romans to symbolize love and was used in wedding ceremonies?
 - a. Rosemary
6. True or false? Herbs and spices are the same thing.
 - a. False. Generally, herbs are the fresh or dried leaves of plants, while spices come from other parts of the plant, like seeds, bark, roots, or fruits.
7. Which herb is a key ingredient in mojito cocktails?
 - a. Mint
8. What jelly-like herb is commonly used for a sunburn/ skin soothing properties?
 - a. Aloe vera
9. Can you name the herb that's considered a natural bug repellent due to its strong smell?
 - a. Citronella
10. Which herb was used in the Middle Ages to ward off evil spirits and is now commonly used in cooking?
 - a. Garlic
11. In traditional Chinese medicine, which popular root is used for its warming properties and to aid digestion?
 - a. Ginger
12. What type of herb is commonly used to garnish dishes due to its vibrant green leaves and fresh taste?
 - a. Parsley
13. Which herbs are commonly used in pickles?
 - a. Dill, garlic
14. In traditional Chinese medicine, which herb is used to improve energy and manage stress?

- a. Ginseng
- 15. Which herb contains menthol and is used in gum?
 - a. Mint
- 16. Which medicinal herb is known for its bright yellow flowers and is used in treating wounds?
 - a. Calendula
- 17. What herb is used to flavor Earl Grey tea?
 - a. Bergamot, specifically the oil from the rind of the bergamot orange, is used to flavor Earl Grey tea.
- 18. What herbs might be used in spaghetti or pizza sauce?
 - a. Oregano, garlic, rosemary
- 19. What herb is known for its association with fresh breath and toothpaste?
 - a. Mint
- 20. What common garden herb is used in the creation of pesto?
 - a. Basil
- 21. What are two herbs that contain the word 'lemon' in their name?
 - a. Lemonbalm, Lemongrass, Lemon Verbena
- 22. Name one BC perennial herb, meaning it comes back year after year.
 - a. Thyme, rosemary, sage, mint
- 23. Which herb is known for its calming properties and is often used to make herbal tea?
 - a. Chamomile
- 24. Which herbs can be used in a tea?
 - a. Mint, chamomile, lemon verbena, star anise