

# HORT 90D: HERBS: IDENTIFICATION, USE & FOLKLORE

## Foothill College Course Outline of Record

Heading	Value
Units:	1
Hours:	12 lecture per quarter (12 total per quarter)
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	CSU
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

## Student Learning Outcomes

- Describe the history of herbs used for cultural activities.
- Identify common herbs used for culinary, medicinal, spiritual and decorative purposes.

## Description

An introductory look at the use and folklore of herbs grown for specific cultural purposes. Herbs noted for their culinary, aromatic, or medicinal properties.

## Course Objectives

The student will be able to:

- Identify common herbs used in the landscape.
- List uses of herbs.
- Discuss historic and potential future uses of herbs in our culture.
- Describe the use of herbs in different cultures over time.

## Course Content

- Identification of herbs.
  - Taxonomy.
  - Growth habits.
  - Environmental requirements and cultivation.
- Introduction to the uses for herbs.
  - Culinary.
  - Aromatic.
  - Medicinal.
- How herbs have been used, and may be used in our culture.
  - Historic uses of herbs.
  - Future potential uses of specialized herb.
- Cultural applications of herbs around the world.
  - Herb uses in other cultures.
  - Societal implications of using or promoting the use of herbs.

## Lab Content

Not applicable.

## Special Facilities and/or Equipment

Horticultural laboratory with multi-media projection system, horticultural facilities, and arboretum.

## Method(s) of Evaluation

- Field test on herbs (identification, growth habits, etc.).
- Documented active participation which furthers student knowledge of herbs and their uses.

## Method(s) of Instruction

- Field observation of plants.
- Lectures on plant characteristics.
- Discussions regarding use and care of plants.
- Assigned reading activities.
- Self-guided research.

## Representative Text(s) and Other Materials

Pursell, J.J. The Herbal Apothecary. Portland, OR: Timber Press, 2015.

Adams, James. Landscaping with Herbs. Portland, OR: Timber Press, 2009.

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

Typical reading assignments will include researching up to 20 plant species per week (approximately 30 pages of reading) in representative text and similar text books.

## Discipline(s)

Ornamental Horticulture