

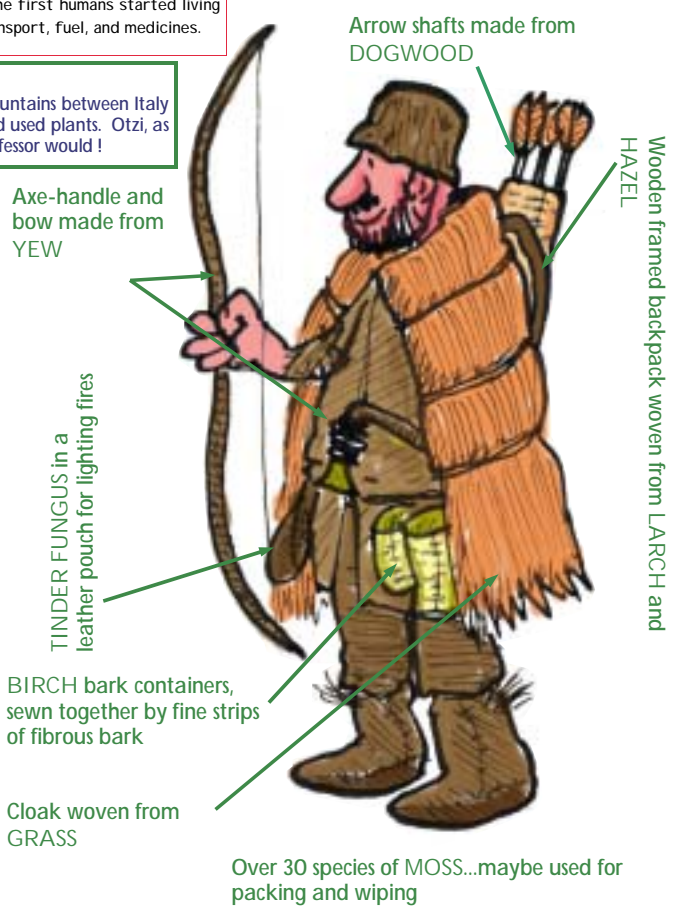
# Plant Power

## Kids Corner

People in the Highlands and islands have been using plants for thousands of years. From the day the first humans started living on Scotland's shores, right up to the present day they have provided us with food, shelter, tools, transport, fuel, and medicines.

**IT'S A FACT**  
 In 1991 the perfectly preserved body of a stone age man was found frozen in a glacier in the mountains between Italy and Austria. Archaeologists were amazed at the number of ways in which he and his people had used plants. Otzi, as he was named obviously had as good a knowledge of his local plants as a modern day plant professor would!

**SUPER NATURAL !**  
 Rowan trees are thought to have special powers to keep witches away. They were often planted outside houses for this reason, and sometimes pieces of rowan timber were used to build the house. Girls would wear necklaces of rowan berries, which were thought to be even more effective if they used red thread !



**HAZEL**  
 Hazelnut shells have been found buried among the earliest human settlements in Scotland, from 10 thousand years ago. The nuts are rich in oils and nutrients, so early Scots may have looked for areas with good hazel to live in. The wood is very good for building shelters too.

**NETTLES**  
 These are rich in Calcium, Iron and Vitamins. The young, fresh shoots are delicious boiled up as soup or mixed with mashed potatoes. The fibres can also be used to produce clothes.

**HEATHER**  
 Stems can be twisted into a strong rope, or used for thatching roofs. The shoots can be used to make beer, wine and tea. The flowers feed bees helping them make their delicious heather honey.

**IN SICKNESS AND IN HEALTH**  
 Many plants have been used as medicines - two common highland ones are bog myrtle and bog bean. Bog myrtle has been used to treat fevers and bog bean roots were boiled to produce a disgusting tasting brew! This is said to be helpful in treating lots of ailments though, from arthritis to skin problems.

Ye old remedy book...  
 For troublesome flatulence take wild carrot seeds. Mix them with honey and shape them into pills the size of peas. Take 4 every morning and evening for 3 days.



See if you can guess what plants go into making these everyday items... [answers below]



ANSWERS: T-shirt - Cotton; Pencil - Willow; Log Basket - Wood; Bag of crisps - Potatoes; Jar of Honey - Nectar & Pollen from flowers (Bee Food); Ice Cream - Seaweed

**\* COMPETITION WINNERS \***  
 Winners of the competition in the last edition of *Teachd an Tìr* were : Iona MacPhie, age 11 and Iain Nelson, age 6 - Turtle Packs were sent to both.

# Cuobheachd na lusan



Airson coir is da mhìle bhliadhna tha daoine as a' Ghaidhealtachd 's na h-Eileanan air bhith a' cleachdadh lusan. Bhon a' chiad latha a dh'fhuirich mac an duine ri taobh cladaichean Alba, tha daoine air a bhith a' cleachdadh lusan airson biadh, fasnadh, uidheamachd, siubhal, connadh agus lèighisean chun an latha an-diugh.

**'SE AN FHÌRINN A TH'AGAM!**  
Ann an 1991, chaidh corp duine bho linn na cloiche a' lorg reòta ann a' ghoineadair anns na beanntan eadar an Eadailt agus an Ostair. Chuir e iongnadh air na àrceòlaichean a' lorg e, an fhiosrachaidh a bh' aige air lusan agus na diofar dhòighean a bha e agus na daoine aige gan cleachdadh. Chaidh ainmeachadh Otzi agus bha deagh fhios aige air na lusan a bha mun cuairt air sa bhiodh aig proifeasair lusan sam bith an-diugh.

**Abair NADAR!**  
Bha uair ann nuair a bha daoine a' smaointinn gun robh cumhachdan sònraichte aig Caorainn airson bana-bhuidsichean a chumail air falbh. Bha iad gu math tric air an cuir mu choinneamh taighean airson an adhbhar seo agus uaireannan bhiodh pìosan de fiodh chaorainn air a chleachdadh airson an taigh a thogail. Bhiodh na h-nighean a' cuir orra grìogagan de chaorainn a bha iad ag ràdh a bha nas eifeachd nuair a chleachd iad snàth dearg.



**CALLTAINN**  
Chaidh na sligean aig cnothan-calltainn a' lorg ann a' tuineachaidhean is sinne air a thiodhlaigeadh le mac-an-duine ann an Alba, coir is deich mìle bhliadhna air ais. Tha na cnothan làn ola agus beathachadh 's mar sin 's docha gun robh na h-Albannaich aig an àm sin a' coimhead airson àite-fuirich faisg air àiteachan far an robh an calltainn a' fàs. Tha am fiodh math airson fasnadh a thogail cuideachd.

**FEANNTAGAN**  
Tha feanntagan làn calcium, iarann agus bhìotamains. Tha na h-ògan math ann am brot neo air a' phronnadh còmhla ri bunntàta. Is urrainn na snàthainnean a bhith air a chleachdadh airson aodach a dh' fhuigeadh.

**FRAOCH**  
Dh'fhaodadh na casan a bhith air a' shnìomhach a-staigh airson ròpa làidir a dheanamh neo air a chleachdadh mar tughadh air taighean. Thèid na h-ògan a chleachdadh airson leann, fion agus tì. Bì na flùraichean a' biathadh na seillean a tha a' toirt blas na fhraoich air a' mhìl aca.

Seann Leabhar na Lèighisean  
Airson bramagan draghail,  
mheasgaich sìol churraim  
fhiadhaich còmhla ri mìl agus cuir  
iad ann a cumadh phileachan mar a  
mheudachd de pheasairean. Gabh 4  
gach madainn agus gach feasgar



**\* Luchd-buannaiche Farpais \***  
Bhuannaich Iona Nic a Phi aois 11 agus Iain Mac Neill aois 6 poca Turtur an duine anns an fharpais a bh'anns an iris mu dheireadh.

Sgrìobhadh le Coinneach MacNeill, Dealbhan le Chris Tyler  
An fhiosrachadh bho Flora Celtica

An gainne air a dheanamh le COIN-BHILE

Cas na tuagh agus an bogha-saighde air a dheanamh le IUBHAIR

Tha an AIRC SPONG sa phoca leather airson teine a' labadh

Tha na pucaidean SLAIT-CHAOIL air fhuairgheil le snàthainnean de rùsg na craoibhe

Tha an cleoc air fhuigeadh le FEUR

Fream fhiodha na бага air fhuigeadh le LEARAG agus CALLTAINN

Tha coir is 30 seòrsaichean de CHOINNEACH ann air a chleachdadh airson pacadh agus airson suathadh

**Bhocdan is Slàinte**  
Tha mòran lusan air a chleachdadh mar leighis - tha a dha air a chleachdadh anns a' Ghaidhealtachd, an còinneach dearg (neo an mònteach liath) agus luibh nam trì bheann (neo lus nan laogh mu 's ann a Uibhist a tha sibh). Tha an còinneach dearg air a chleachdadh airson leigheas a thoirt air fiabhras agus na freumhan aig lus nan laogh air a' ghoil airson seòrsa de thi ghrànda a dheanamh as. Ach tha e math airson mòran bhocdan mar altas neo trioblaidean chraiceann.

An urrainn dhutsa tomhais de na lusan a bhitheas anns na gnothaichean làitheil seo...



Leinne 'T' - Cotan; Peansail - Fiodha; Basgaid Fiodha - Seilich; Pòcan chrìospaichean - Bunntàta; Crogan Mill - Neachair agus porlean bho fhuirichean (biadh nan seillean); Reòtagan - Fearnainn