

# Outdoor Hour Challenge

## Wildflower Nature Study Set #2

### Sample Challenge

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#### **Challenges**

[Henbit](#)

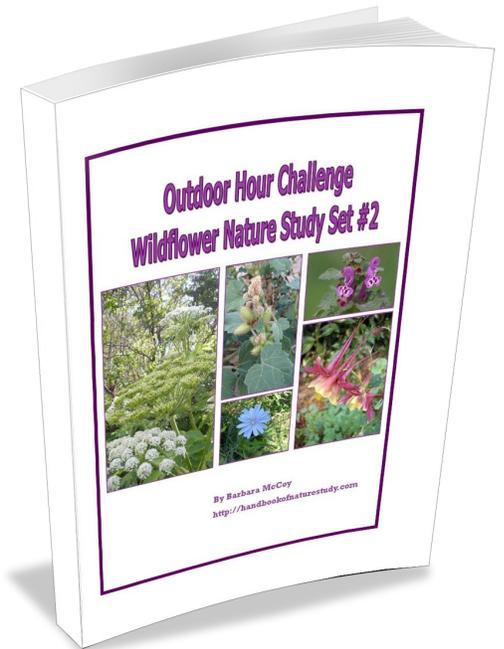
Cow Parsnip  
Columbine  
Chicory  
Cocklebur

#### **Notebook Pages– Regular and Advanced Versions**

Henbit  
Cow Parsnip  
Columbine  
Chicory  
Cocklebur

#### **Coloring Pages**

Henbit  
Cow Parsnip  
Columbine  
Cocklebur



## Henbit Study

### Lamiaceae or Mint Family

Pronounced lay-mee-AY-see-ee

**Patterns of the Mint Family:** Plants in the mint family have square stalks and opposite leaves. They are usually aromatic. There will be five united sepals, four stamens, and five petals.

**General information about the mint family:** Many species in the mint family are used in the kitchen: rosemary, lavender, marjoram, mint, thyme, sage, and basil to name a few.

#### **Inside Preparation:**

- ◆ Henbit (*Lamium amplexicaule*) is a fairly common wildflower in North America. See the range map here: [USDA Henbit](#).
- ◆ You may wish to read this page: [Henbit on Edible Wild Food](#). Please note that I do not encourage the eating of any plants covered in this ebook.
- ◆ Use the chart on page 7 to look up henbit in the suggested resources.

#### **Outdoor Hour Time:**

Look for henbit alongside roads, in lawns, pastures, or gardens. Bloom time is early spring to late fall.

- ◆ Observe henbit if possible but any of the related plants would be a wonderful alternative study, especially purple dead nettle. You can tell the difference between the plants by looking at the leaves. Henbit's are heart shaped and dead nettle leaves are more triangular.
- ◆ Make careful observations using the suggestions in this challenge.
- ◆ Another name for henbit is [giraffe head](#). Which name do you like better?

#### **Follow-Up Activity:**

- ◆ Create a notebook page for henbit using the page provided in the ebook or in your nature journal. There is also a coloring page for henbit in this ebook.
- ◆ Start a mint family notebook page. Keep a running list of flowers you observe and/or study in this plant family.
- ◆ Advanced study: This website has a comparison of three similar plants that you may wish to consult: [Identify That Plant](#). Create a nature journal page that includes descriptions of each of the featured plants: Creeping Charlie, purple dead nettle, and henbit.

## Henbit—Suggested Observations

### Flower

- ◆ Look for bees on your henbit. Henbit is an important early season nectar and pollen source for honeybees.
- ◆ Do the flowers have a fragrance?
- ◆ Use a magnifying lens and see if you can count five sepals, four stamens, and five petals.
- ◆ What color are the flowers?
- ◆ How would you describe the shape of the flower?

### Leaves and Stem

- ◆ What do the leaves feel like? Are they wrinkled?
- ◆ Are your leaves heart shaped or round?
- ◆ Does your stem have fine hairs?
- ◆ Do the leaves have rounded teeth on the leaf margin?
- ◆ When you crush a leaf does it have a scent? Does it smell minty?
- ◆ Did you observe the opposite arrangement?
- ◆ Does the stem feel square when you feel it?
- ◆ How tall is your henbit? How wide?

### Seeds

Can you find the small brown seeds, or nutlets?

### Things to Draw

- Draw the whole flower.
- Draw the flower from the side.
- Draw the stem and the flower arrangement.
- Draw the leaf actual size.
- Draw the seed.

