



# Instructions

We look forward to welcoming you at Braintree Museum. So you are all prepared, please see below instructions on what to bring so you can complete our Museum Garden Trail:

## What to Bring

- A print out of this trail.
- Two sharpened pencils (it always useful to have a spare!)
- A rubber.
- A pencil sharpener.
- Something to lean on (a clipboard or strong piece of card if you have it).

## Instructions

- Don't forget to book your entry ticket to the Museum online.
- Print of your trail (pages 2-3) using a printer at home. Your trail can be printed in colour or black and white.
- Write your name somewhere on your trail.
- Pack your trail, pencils and rubber etc. Bring them with you when you visit the Museum.
- Have fun exploring!

**Please note: staff cannot provide pencils or copies of this trail at the Museum so please remember to bring your own.**

# Museum Garden Trail

Welcome to the museum's garden! Our garden is named after John Ray who was famous for studying plants and animals (a naturalist).

To start, find the John Ray statue in the middle of the garden.

1. In what year was John Ray born?

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2. In what year did John Ray die?

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Draw the statue of John Ray here:

## Plant Hunt

John Ray's mother was a herbalist. She helped people that were ill by giving them special plants to eat or use in drinks. Different plants were used to treat various illnesses.

**Challenge:** John Ray's mother needs help finding some plants! Search the museum garden and tick off any plants from the list that you spot.



**Rosemary**

Believed to help improve memory.



**Sage**

Used to stop bleeding cuts and help with coughs.



**Clove Pink**

Relieve achiness and heartburn.

For hundreds of years, plants were not only used for medicine but many were also eaten as food. This is still true today.

**Challenge:** Find the following plants that are can be eaten as food. Tick off the ones you spot!

**Caution! Do not eat any of the plants on display in the Museum garden.**



**Bay**

Used in some pasta sauces and soups. Often used to flavour food.



**Thyme**

Mainly used to flavour chicken, lamb or beef.



**Lemon Balm**

Used to flavour ice cream and herbal tea. Also used in some fish dishes.



**Fennel**

Used in salads. The bulb of this plant can be stewed, grilled or eaten raw.

## *Drawing Activity*

Draw your favourite plant in the Museum garden in the box below:

Name of plant: \_\_\_\_\_

**Congratulations! You have completed the Museum Garden Trail!**