

# Native PLANTS

## OCTOBER 2009

Mon	5	12	19	26	
Tue	6	13	20	27	
Wed	7	14	21	28	
Thu	1	8	15	22	29
Fri	2	9	16	23	30
Sat	3	10	17	24	31
Sun	4	11	18	25	



*Hi friends!  
Here's a calendar for October, that you can stick on your bedroom wall. Use it well to plan your studies and holiday activities for the month!*

Wild flowers are seen on hills, farms, roadsides, and even in gardens. They are an important part of the ecosystem. Small, non-woody and delicate plants are known as herbs. They have a very short life span of three to four months during monsoon. They have beautiful, colourful flowers and are commonly known as 'wild flowers'. Wild flowers are vital in maintaining the ecosystem balance. Hills are dotted with herbs that spread their roots beneath the soil and hold the

soil together, thereby preventing soil erosion. Insects and wild flowers are dependent on each other. Nectar is one of the important sources of food for small insects like bees, butterflies and wasps. Wild flowers offer sweet nectar to these insects. In turn, the insects help the flowers in pollination. Some herbs are 'insectivorous'. They eat insects by trapping them in their sticky arms. 'Drosera' - one such plant is seen in the Sahyadri & Konkan ranges.



Smithia



Anotis with a bee



Drosera Indica



Drosera Capensis Bend

### CAN YOU DO THIS?

Find wild flowers in your garden. Find out their names. Those staying near farms or hills can see them around in grasses, and along streams. Go to a library or a book store and look for the books on flora to check the names of wild flowers.

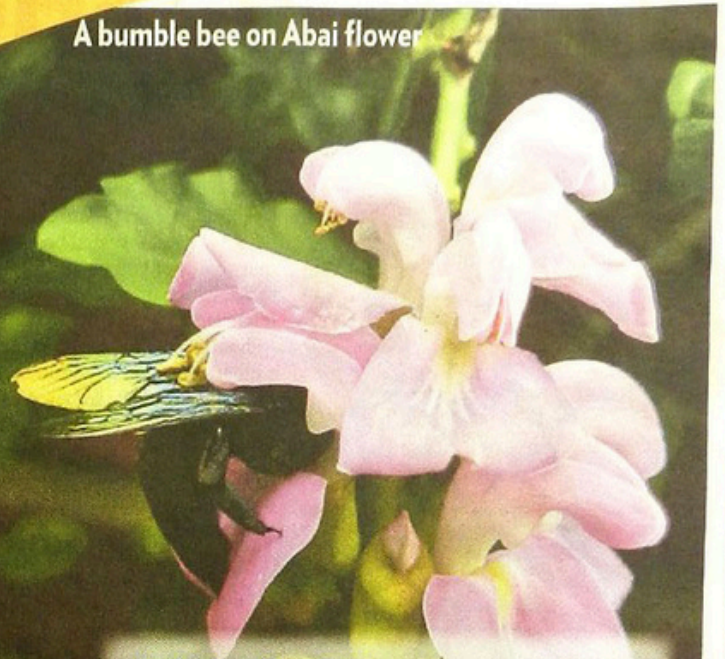


Courtesy

**oikos for Ecological Services**



A bumble bee on Abai flower



**NOVEMBER 2009**

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

**JUSTICIA ADHATODA:** Adulsa is a large shrub with attractive, dark green foliage, commonly used as hedges in villages and medicinally valued. Its leaves are traditionally used for treating cough-related problems. Yellow leaves are preferred for making the medicine. The white flowers attract a lot of visitors like bees, bumble bees, butterflies and birds.

**FLOWERING SEASON:** August - January.

**COLOUR OF FLOWER:** White

**CHARACTERISTICS:** Drooping broad leaves forming thick screen/hedge. Flowers shaped like lion skull so the Sanskrit name *Sinhāsya*.

**MEDICINAL USE:** Parts used for medicinal purposes are the leaves, flowers and roots. The fresh dried leaves contain the drug *Vasika*. Leaves contain an alkaloid *vasicine*, and an essential oil. Dried leaves are used in the form of cigarette to cure asthma. The chief use of *Vasaka* is as an expectorant; it is given in the form of juice, syrup or decoction. It brings about quick relief in bronchitis, arthritis and skin diseases. Decoction of flowers purifies blood and checks painful and difficult urination and jaundice. Useful in scorpion sting. Ayurvedic medicines like *Ashokarishta* for treating ladies problems, *Vasoline*, *Adulasa kafa*, *Chavanprasha* for cough are prepared from adulsa.

**ECOLOGICAL VALUE:** Recommended in soil reclamation programmes and for providing protection with live hedge.



Leaves of Adulsa



Beetle

**Activity:** Go to a nursery and see an Adulsa plant.

**Hi friends!**  
Here's a calendar for November, that you can stick on your bedroom wall. This month on your calendar is the medicinal plant **ADULSA**



Courtesy:

**oikos for Ecological Services**





# CHITRAK

**Plumbagozeylanica**

**FAMILY:** Plumbaginaceae

This is a fast growing large-sized shrub commonly found in Maharashtra.

It has beautiful white-coloured flowers in small bunches. It is a hardy plant and flowers during November - December. Flowers have sticky glands.

One small, bluish coloured butterfly Zebra blue often visits the flowers for nectar and its caterpillars feed on leaves of this plant. Its bark and roots are used in traditional medicine.

It can be used in gardens as an ornamental plant to attract butterflies.



## DECEMBER 2009

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**Hi friends!**  
 Here's a calendar for December, that you can stick on your bedroom wall. This month on your calendar is the medicinal plant **CHITRAK**



**Activity:** Take a sketch book and a pencil and go to a nursery and copy the *Chitrak* plant leaf.





# Wishing you a very Happy New Year...

## Plants and Butterflies:

Butterflies have a strong association with the plants they feed on — called as Food Plants — and the plants on which they lay eggs, that is, Larval Host Plants.

*Crotalaria retusa* or *Khulkhula/Dingala* is one of the food plants most favoured by 'Tiger' butterflies, namely Plain tiger, Striped tiger, Blue tiger and so on.

Dry pods of *Crotalaria* sounds just like a baby's toy rattle, hence the local name 'Khulkhula'.



Khulkhula



Striped Tiger



## JANUARY 2010

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



Dried pods of the Khulkhula

Hi friends!  
Here's a calendar for the month of January that you can put up on the walls of your study room. The theme of the month is Plants and Butterflies

**Activity:** During the Christmas holidays, if you happen to visit the mountains nearby, look for this *Crotalaria* shrub. Collect the pods with seeds, germinate them at home in a pot and then plant the saplings in your backyard or any other garden close to your home. And wait for the Tigers!

