

# FNRS 150 – Edible and Medicinal Plants of Appalachian Folk Medicine, 3 cr.

## Course Syllabus & Schedule



NOTE: This class is designed as a 3-week, online, asynchronous (i.e., no scheduled meetings) class. The accelerated course content means that you should expect to spend 20-40 hours per week on this course. The online delivery requires you to have a reliable internet connection and a webcam for tests. **DISCLAIMER: This class is not intended to replace advice from a nutritionist, and it is not a substitute for regular professional healthcare to treat and diagnose disease.**

**Description:** This course introduces the use of non-cultivated (wild) plants from your backyard or the woods in the Appalachians and beyond for food or wellness.

**Learning Outcomes/ Objective:** Upon successful completion of this course, students will be able to

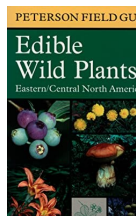
- Name and describe the parts and features of edible and medicinal plants
- Use plant descriptions and habitats to correctly identify plants
- Describe preparation methods for foods and remedies made from plants
- Explain the uses of at least 30 food plants and 30 medicinal plants

<p><b>Professor:</b> Dr. Kirsten Stephan Office: 337-D Percival Hall ☎: (304) 293-0024 (voicemail is forwarded to my email) ✉: Kirsten.Stephan@mail.wvu.edu</p>	<p><b>Meeting Location and Times:</b> <b>Lecture:</b> online, asynchronous 🕒 <b>Office Hours:</b> via Zoom by appointment: <a href="https://wvu.zoom.us/j/5587025812">https://wvu.zoom.us/j/5587025812</a> (just send me an email for a same-day appointment)</p>
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### Course Prerequisites

none

### Course Resources



#### **Required Textbook:**

**Peterson Field Guides. Edible Wild Plants: Eastern/Central North America**  
**ISBN: 978-0395926222**

Additional reading is posted within each Week/Module in eCampus.



**eCampus:** eCampus is WVU's Learning Management System (LMS). All course content, quizzes, assignments, grades, links to discussion forums, etc. will be found there.



**Respondus Lockdown Browser** is a software that you will need to install on your computer (PC, Mac, Chromebook, iPad are supported) to take the tests in this course. [More info on eCampus.](#) You will also need a webcam.

**Note:** Syllabus and Schedule are subject to modification at any time at discretion of instructor.

## What makes up your course grade and how it is calculated

Type of Graded Work	Percent of total	Numerical grade (% of total points)	
<sup>a</sup> Tests (3)	30%	90.0-100	A
<sup>b</sup> Assignments (3)	15%	80.0-89.9	B
<sup>c</sup> Daily Quizzes (14; lowest is dropped)	40%	70.0-79.9	C
<sup>d</sup> Discussion (6; lowest is dropped)	15%	60.0-69.9	D
<b>Course Grade</b>	<b>100%</b>	Below 60	F
<p>"A" -work of exceptionally high quality, "B" -work of superior quality but somewhat lower than "A", "C" -work of medium or average quality, "D" -work of inferior quality, "F"-failing work</p> <p>+/- indicates that the Course grade is within 3 % of next letter grade (e.g., 82.9% is a B-, 83-86.9% is a B, 87% is a B+); +/- designations will not impact your GPA</p>			

Your total **Course Grade** is the weighted average of your score in each grading category. It will be displayed in eCampus as the first (topmost) entry. That is,

<sup>a</sup> There will be three 50-minute TESTS throughout the term. The format of the exams is about half multiple choice/ true/false/ matching questions, and about half fill-in-the-blank/ short answer/ short essay questions. You may use your handwritten notes during these exams. Tests are due each week Friday by 11:59 pm; they will be available to take Monday through Friday. Tests will be administered via the **Respondus Lockdown Browser**. You will also need a camera that will record your activities during these tests. More info on eCampus.

<sup>b</sup> There is one weekly ASSIGNMENT for this class. All assignments are posted at the beginning of the term and due by Wednesday 11:59 pm in a specific week (see Schedule). Assignments allow you to (1) practice the descriptive terms applied to plant parts, (2) gather an edible plant a prepare a dish (or tea), and (3) create a simple plant remedy using one of several techniques introduced in class.

<sup>c</sup> At the end of each day/Module, a QUIZ is due by 11:59 pm. You have three attempts. The final attempt will be used as your grade. You will be able to see which questions you have wrong after each attempt (this info will be available for the duration of the term). You are also encouraged to revisit the quizzes after the due date to see the correct answers. Late submission will score 0 points. Late submissions are possible, however, so you can practice the material in preparation for the next test. The lowest-scoring quiz, including 0 points for a late/missed quiz, will be automatically dropped.

<sup>d</sup> You will engage twice weekly with your peers via a DISCUSSION. You are required to submit 1 post and 2 substantive responses for each discussion topic. Both posts and responses are due on Tuesdays and Thursdays by 11:59pm. Posts earn 30 points, each response is 10 points; half of these points are for participation, the other half is based on the quality of your response (a rubric is posted on eCampus). The lowest-scoring topic, including 0 points for late posting or missed participation, will be automatically dropped.

All graded work must be submitted through eCampus. Therefore, make sure you have access to eCampus and consistent internet service for this online class. Submissions of graded work through email will not be accepted.

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## SCHEDULE

*\*Note that Modules falling on a holiday are due the following day*

Module	Topics	Due*
<b>Week 1</b>		
1	Mon Intro to the course Whatchamacallit? Names of plant parts and growth forms	Quiz
2	Tue Where to find them? - Plant habitats Keeping it unmistakable – Scientific species names Words of caution: Poisonous plants	Quiz Discussion 1
3	Wed How to consume wild plants: from teas to candy Intro to Plant Identification Edible plant species	Quiz Assignment 1
4	Thu Edible plant species continued	Quiz Discussion 2
5	Fri Edible plant species continued	Quiz Test 1
<b>Week 2</b>		
6	Mon Edible plant species continued	Quiz
7	Tue Edible plant species continued	Quiz Discussion 3
8	Wed Edible plant species continued	Quiz Assignment 2
9	Thu Intro to herbal medicine preparations	Quiz Discussion 4
10	Fri What is herbalism? How do herbs work?	Quiz Test 2
<b>Week 3</b>		
11	Mon Herbalism in Appalachia Medicinal plant species	Quiz
12	Tue Medicinal plant species continued	Quiz Discussion 5
13	Wed Medicinal plant species continued	Quiz Assignment 3
14	Thu Medicinal plant species continued	Quiz Discussion 6
15	Fri Harvesting advice and storage basics Conservation and gathering practices	Quiz Test 3

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