

# Cyclamen persicum



Mediterranean Region

Appenines

## Etymology

*Greek: κυκλάμινος, κύκλος "circle"; lat. scient. Cyclamen persicum; it. panporcino; fr. cyclamen; sp. artánita, pan de puerco; ted. Erdscheibe; ingl. sowbread*

Perennial herbaceous plant develops large roundish tubers; the leaves have the shape of a heart and an intense green color, the flower appears in groups, with its petals turned upwards in shades of pink and red, or two colors. Flowering lasts from September until Spring.

The root of the plant has anti-inflammatory and antimicrobial properties.

The ancients believed the plant was able to facilitate conception for its shape.

Question

What properties does the root of the plant have?

Answers

- A) Antihistaminic
- B) Diuretic
- C) Antiflammatory
- D) Laxative

# Borrago officinalis



EVERYWHERE IN ITALY  
FROM MEDITERRANEAN TO  
SUB MOUNTAIN

## Etymology

lat. sc. *Borrago officinalis* L., fr. *bourrache*; sp. *Borraja*;  
ted. *Gurkenkraut*, *Boretsch*; ingl. *borage*

Very common annual plant of the Borraginaceae family, it can be found everywhere with its blue-violet star-shaped flowers with almost 5 black stamens, the stem is covered with stiff hairs and the leaves are covered by a dense fuzz which gives it a velvety appearance.

The ancient Romans considered borage an excellent remedy against melancholy.

French and English people obtained from it a cool summer drink.

What is the colour of the stamens of the Borage

- A) Green
- B) **Black**
- C ) White
- D) Blue- violet

## CAPER BUSH



SOUTH ITALY

MEDITERRANEAN COASTS

## Etymology

*lat. scient. Capparis spinosa L.; fr. câprier; sp. alcaparra; ted. Kapper; ingl. caperbush)*

Bushy woody plant with numerous ascending branches, oval leaves, The flowers are solitary, axillary and showy, with large white or rosy petals and numerous stamens The fruit is an oblong oval berry. It lives in the cracks of the rocks and of old walls. The buds called capers are harvested, put in vinegar and used for sauce and seasoning with aromatic properties.

Question

Which part of the plant is frequently used?

Answers

- A) The root
- B) **The bud**
- C) The stem
- D) The flower

# Narcissus



MEDITERRANEAN  
REGION

## Etymology

*Greek narkào - stun in relation to the intense perfume of its flowers. From latin Narcissus.*

Perennial bulbous herbaceous plant with fragrant, sessile flowers forming an umbrella placed on peduncles of different length that depart from a whitish membranous. Due to its anti-inflammatory and analgesic properties, the bulb was used to treat abscesses and mastitis. It was boiled, cut into pieces and applied to the skin. It has emetic properties and its scent is useful against migraines.

Its essential oil is used in perfumery.

Question

Its scent can help in case of \_\_\_\_\_

Answers

- A) Headache
- B) High temperature
- C) Backache
- D) Vomit

# CALENDULA



MEDITERRANEAN  
REGION

## Etymology

*The name derives from the Latin calendae . It was indicated by Romans as the first day of the month, (figuratively, meaning that it blossoms every month).*

Calendula has its origins in Egypt.

Herbaceous plant with erect stem rich in hair, with yellow-orange-flowered heads. It flourishes in Spring and Summer. The Calendula extract is very useful for its soothing and calming properties.

The petals and the Calendula flower can be used to prepare soups, risotto and salads. The flowers in bud can be collected and prepared as pickle.

Question What colour is the flower of Calendula?

Answers

- A) Pink
- B) White
- C) Orange
- D )Green

## MARSICAN BEAR



Center of Italy

## Etymology

*lat. ursus; lat. scient. Ursus Linneo, 1758; fr. ours; sp. oso; ted. Bär; ingl. Bear- Ursus derived from an archaic form "orcsos", dating back to the indo-european ṛkya - "orso".*

It is present only in central Italy and in no other part of the world, it belongs to a subspecies from the bears of the Alps. The males of marsican brown bear reach a weight between 130 and 150 kg, while the females barely exceed 120 kg. It is the most important Italian carnivorous, even if its diet consists of about 80% of vegetable substances. It lives mainly in mountain woods.

Question

How much do the females of the bear weigh?

Answers

- A) 200 Kg
- B) 80 Kg
- C) 120 Kg
- D) 150 Kg

## GOAT

### Ornate pyrenaica Rupicapra



Central Italy  
Apennine chain

### Etymology

*From late Latin camox-ōcis.*

It is considered “the most beautiful Chamois in the world”. It is one of the rarest faunal entities in Italy. It is a herbivore of the grasslands in high quotes, over 2000 metres, used to living in inaccessible places, above all in rocky walls where it is sheltered to escape predator attacks. If it is alarmed, the chamois emits a typical warning whistle.

### Question

What does the Chamois do in case of danger?

### Answers

- A) Shouts
- B) **Whistles**
- C) Howls
- D) Ceases

# FOX



**Boreal Hemisphere**

## Etymology

From lat. vulpes; lat. scient. Vulpes Frisch, 1775; fr. renard; sp. zorro; ted. Fuchs; ingl. fox).

Originated in Eurasia, it is the biggest among the foxes. It is a carnivorous mammal of average dimensions, with thin and lean forms. The predominant color is tawny tending to a reddish brown. Its individual feature for excellence is the long thick fur tail. The birth takes place between March and April and every female can give birth from three to eight cubs. The male actively takes care of the cubs' health and defense.

### QUESTION

When does the fox's birth happen?

Answers

- A) January/February
- B) July/August
- C) **March/April**
- D) March/June



## BLACK SQUIRREL



(Calabria and Basilicata)

Southern Italy

## Etymology

*The Latin term sciurus, derived from ancient Greek, σκιά and οὐρά, is a word composed of two terms that means shadow and tail.*

It presents a unique color of the coat in every season, it is all black in the upper parts, tail included, while the belly is white. The long tail, of thick appearance and rich of long fur, is often kept folded on the body. It is a diurnal species, essentially forest and arboreal. It feeds on a wide variety of types of food, but he prefers the seeds of trees, which he hides and stores.

Question

What is the black squirrel's favorite food?

Answers

- A) Fruit
- B) Seeds
- C) Grass
- D) Meat

## ITALIAN SALAMANDER



Western Slope of the  
Italian Appenine

## Etymology

*Salamandrina* from the Latin and Greek *salamánda*. gr. σαλαμάνδρα; ; fr. salamandre; sp. salamandra; ingl. salamander; ted. Erdmolch

It is the smallest European example. It lives only in Italy and is active exclusively at night or in cool and covered weather. The adult feeds on invertebrates, mainly annelids, molluscs and insects that it captures with its long and sticky tongue. Pliny the Elder in his *Naturalis historia* reports the belief that the salamander had the power to extinguish the fire.

### Question

What power did the Salamander have according to Pliny the Elder?

### Answers

- A) to transform people
- B) to kill giraffes
- C) to extinguish the fire
- A) to produce water